

30 Hour Famine

May 18th – 19th

Fasting:

Starts: Friday 12 pm

Ends: Saturday 6 pm

Event at OCC: Starts: Friday 6pm

Event Ends: Saturday 6:30pm

What to Bring:

Consent Form (no form, no admission)

Hope House Detroit waiver

Pledge Envelope

Bible

Journal (optional)

Pen

Sleeping Bag

Pillow

Rain gear (if rain is in the forecast)

Toothbrush + Toothpaste

Change of clothes

Closed toe shoe (for working outside)

Work gloves (optional)

Board game/cards (optional)

Sun screen and/or hat (optional)

\$10 gift card from Meijer or Target



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