

# 30 Hour Famine

April 26<sup>th</sup> – 27<sup>th</sup>

**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 (clothes you don't mind getting dirty)

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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