

Date: May 9th , 2022

Time Period: McLean, VA Year 2014 to Mt. Sterling, KY Year 2019

Time Allowance In Homelessness: In between walks and time tenting –

Objective: Educational Comprehensive Materials Were Developed for the Betterment of Life.

Carol Lee Brunk's House & Transportation for 12 years from Mclean, VA to Mt. Sterling, KY

- 1) Camping Tent – Weather proof-two good windows
- 2) Camping Mat – Washable/Waterproof – one you can launder
- 3) Camping locks – luggage or chain bicycle for locking zippers from the inside
- 4) Camping Tools- extra metal spikes
- 5) Camping Lantern -Lithium Battery Rechargeable – double use as bicycle front light
- 6) Bicycle with front basket-zip lock bags sm & lg to pack placed in one large ziplock bag, contents in other plastic bags included tooth brush in tooth brush holder separate from the 6 pk in a separate plastic bag, tooth paste, 6 pk of tooth brushes, 2 rolls of toilet paper in ziplock bag, plastic shop bags put in one ziplock bag for use of used toilet paper/disinfectant sheets (to throw away once used), flash lights, batteries (flash lights), head band flash light, rain coats and/or large garbage bags (precut by oneself of arms out and head spot before a days travel if not used) ready to pull out to use and one not cut to throw over bicycle basket that held backpack most the time) to wrap and tie at bottom front, umbrella (used for rain an to keep the sun off the head and to hide behind to urinate & defecate), cooling gel, shampoo, hand soap, highlighter, pens and small tablet(s) of paper (for writing directions, notes, email addresses, church addresses), state maps, laundry detergent small bottle or packed laundry tablets, small bottle of bleach, paper towels (folded pulled off the roll when bought and put in ziplock plastic bag), and cellular phone, bag of small handmade purses/pouches with elastic handmade contained in one big ziplock bag in exchange for a \$20.00 donation, ride, etc. as a 'thank you' for helping out, a packet or two of crackers, can opener, (spoon, fork, dinner knife & plastic), gloves (winter knit and surgical to put over knit in winter to keep hands warm), stainless steel beverage glass with lid, coffee singles, 4 bottles of bottled water, a pair of scissors, cellular cotton holder with elastic and zipper top handmade to hold cellular phone, sm sewing kit, btl of peroxide, nail clippers, a plastic closet battery light bulb (hung from the middle of my tent at night). A nylon/spandex short haltered sun dress to take a shower outside with a hose at a church and sometimes a camp ground in the summer and the fall in that folds up into a small ziplock, sm bottles of body powder to stay dry.
- 7) Bicycle Tarp (plastic table cloth or what was donated from a church)
- 8) Bicycle Tailer
- 9) Bicycle Trailer Tarp or single bed plastic sheet
- 10) Bicycle locks
- 11) Bicycle can of air (if possible)
- 12) Bicycle tire repair kit/tools that include a small hammer, screw driver, Allen wrenches, extra trailer pins and bolts with screws.
- 13) Bicycle tire pump or can of air (preferred)
- 14) Clothes line (for drying clothes & one pk of clothes pins)
- 15) Nylon Rope for pulling the cart when you need to hold onto it so it does not flip waling up hills
- 16) Rachets (set of 4 to 6 to hold the load)
- 17) Clothes Storage Vacuum Bags ZipLock (2 XXX-Large for putting in sleeping bag and storing blankets)
- 18) Clothes Storage Vacuum Bags Ziplock for clean clothing, 6 bags of 2 large and 4 Medium

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- 19) Towels Body 8, Hand towels 10 to 12
- 20) Laundry Bag nylon w pull string clip tie inside trailer for dirty clothes wrapped plastic shop bags
- 21) Toilet Paper 12 pk, flatten and put in plastic bag for air tight storage stuffed into trailer.
- 22) Plastic Bakers Wrap Or Nylon mixed Plastic Rain coats to put over top of sleeping bag self to keep dew out.
- 23) Disinfectant Wipes or make Bleach wipes (2 cap fulls to one disinfectant of water one bottle ½ to paper towels in empty disinfectant plastic container) wipe crotch before urinating and dedicating and after use of toilet paper, and wipe crotch clothed along with ankles to keep bugs and Nats away.
- 24) Flash lights for self and 2 to 4 flash lights to make tail lights for bicycle trailer.
- 25) Glasses (drinking) Clear plastic with lids that have twist off and have a snap to an opening on the top of the lid. To make tail light put small inexpensive flash light on the inside and place lid back on and pull the snap lid to opening through to attach to trailer. (Hard to find for a few years)
- 26) Heavy duty nylon thread and needles for tarp repair and canvas pieces or tent pieces from previous tents.
- 27) Bungie cords (10).
- 28) Gym bag for the 2 days clothes that is mounted on the top of the trailer with bungie cords for easy access includes extra socks for rain.
- 29) Crossing guard jacket to use on self or place on the back of the trailer.
- 30) Jug 2-liter plastic beverage container with removable top, used for holding a bag of ice and in the morning used for hauling water to wash up with poured fresh water over head. Fresh water or ice only. Filled daily before leaving a location with either ice, if not available, filled with fresh water.
- 31) Reusable handle fabric plastic grocery bags to tie on the cart used for food, canned chicken, Vienna hot dogs in cans, mustard, hot dog buns, sm pks cookies, popcorn, sm pks of crackers, fruit cups, cheese sm pk (depending on weather), dried cranberries.
- 32) Backpack without then with laptop with cotton/nylon blend rope that ties from the zippers and shoulder straps around the wait.
- 33) Luggage locks for tent, backpack and trailer locking up.
- 34) Saved old bicycle trailer tops (sewed pocket for blanket on the top used a gym bag zipper and placed it in the top to lock the blankets in with the bike lock that wrapped around the handle.
- 35) Bright orange long durable zipper -a gift from a military blessing from a friend- I sewed in at the side to keep animals and reptiles out of the bicycle trailer.
- 36) Trailer lifts for parking -2 Wooden pieces of wood made to park the trailer and bicycle – made by a blessed friend in Ohio and a great blessing to help keep the rain out.
- 37) Replacement parts of tire tubes for both the bicycle and bicycle trailer.
- 38) Clothes- sport bras, under panties, capris, leggings, yoga pants tailored for bicycle riding and the winter then was used for daily use, winter tights in the winter, long black shirts to the mid- calf or ankle for dressing for church the A line and the long black skort pulled the skirt sides up of the skort and tucked them in the waist belt when riding my bike and had slim line leggings on underneath, sweaters (pull overs and zippered), turtle necks, string strapped cotton camisoles, t-shirts, t-shirts made into jackets, bolero sweater short knit jacket, white cotton ankle socks

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with a few black ankle socks, long fuzzy socks for winter, long fuzzy socks (matching pair purchased was cut into wrist and hand guards for the winter that went under or over knit gloves to keep wrists warm), knit hats in the winter, floppy white hats in the summer that had shoes strings (one string that held the hat on in case of wind blew it off and the other strung so I could tie the hat on my head), winter hiker jacket that I wore a thick sweater, turtle neck, two sting cotton camisoles, sports bra underneath in the winter, sometimes two sweaters), tennis shoes (replaced every couple of months if did not purchase walking sport shoes or use hiking boots), a pair of slip on ballerina shoes, and boots (a yearly purchase-rarely made a winter and sometimes bought two pairs in the winter due to walking and having holes in the bottom so I had to buy a second pair or otherwise, cold soaked feet), handkerchiefs for the hair, hair bands, comb and/or sm brush (not both), rain coat or light blue jacket.

- 39) Blankets – a mixture of polyester and cotton quilts that were sent to me (polyester for the winter for warm sometimes used the small ones for scarves around my waist and scarves around my neck and head), the cotton quilts sent to me were used in the summer to stay cool.

Large plastic bags of Clothes storage were used at night to hold all contents thrown in the tent at night worked well during rainy days to keep everything dry in the tent. (Had two incidents I needed dry the sleeping bag – used the clothes line for drying the one time and the second time several years later I used the laundry mat.

Things that would of made it even easier over the years:

40) **Camping Toilet – uses shoppers bags size in addition to the plastic bags that are made for it.*

41) **Camping Solar Shower – bag w hose & Baking Soda Or small hose w outdoor attachment head*

**Camping Today in World Travel (List Updated if you have the money to spend)*