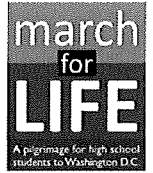




# 2019 March for Life Packing List



## **What to bring:**

- Money (\$70-\$100) for:
  1. 9 meals
  2. Optional materials at the conference / rally
  3. Note: There will be little to no time for shopping / souvenirs
- Warm clothes for the outdoor rally/march at the National Mall
  1. Thermal / polypropylene underwear or snow pants
- Very warm socks and shoes for standing outside all afternoon
  1. Polypropylene / wool socks
- Clothing – please plan to dress comfortably, but modestly while traveling – you are representing the Diocese and the Catholic Church at large. (See Diocesan Modesty Guidelines on next page)
- Homework if necessary
- Personal toiletries
- Bible
- Journal (if desired)
- Pens/Pencils
- Rosary
- Snacks for the bus rides
- Bag-lunch dinner for the first night
- Reusable water bottle
- Small backpack
- If anyone isn't comfortable sharing a bed, feel free to bring a sleeping bag for the hotel
- Sling backpack (Usually Bill provided a free one)
- Neck Pillow/Blanket for Bus

## **Cell Phones**

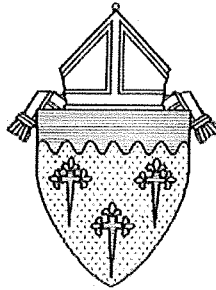
- Pilgrims are welcome to bring their cell phones
- However, we are going on pilgrimage! All of us (adults included) will refrain from using cell phones except when necessary.

## **What not to bring:**

- Electronic games, media and media devices
- DVDs (we'll bring movies for the bus)
- Anything you don't want to lose, break or have stolen.

## **On the bus**

- Each pilgrim may bring one backpack (sling backpack preferred) and a pillow and blanket on the bus.
- You will need to put your main bag in the storage compartment under the bus.



## DIocese OF SUPERIOR

### OFFICE OF CATHOLIC FORMATION

#### **Modesty Guidelines**

Every Catholic Christian is called to beatitude, that is, “blessedness” or “holiness.” In the Sermon on the Mount, Christ teaches, “Blessed are the pure of heart” (Mt 5:8). Each person is called to personal purity as a condition for blessedness with God. This call to purity is rooted in an understanding of each human person’s dignity as being created in the image and likeness of God. That is to say, that each person’s dignity flows from the very fact that they are willed by God for their own sake and called to share in “God’s own life” (CCC 356). From this understanding, purity requires that we respect and protect each human person as being created in God’s image and likeness. Modesty is the way in which we “protect the ‘intimate center of the person’”. It means refusing to unveil what should remain hidden” (CCC 2521). In order to protect “the intimate center of the person”, we agree to certain guidelines which respect the dignity of each human person. These guidelines may be used during any diocesan function and are provided for the sake of continuity in promoting modesty. Therefore as Catholics, we agree to abide by the following guidelines:

#### **Women will refrain from wearing:**

- strapless or spaghetti strapped tops and shirts that are low-cut – t-shirts work best for camp anyways.
- short shorts or short skirts (3-4 inches above the knee or “fingertip length” is an appropriate length).
- bikinis and any other clothing which exposes the stomach area—one piece suits only please.
- tight shirts, tight shorts or pants that reveal the buttocks or chest area (e.g., yoga pants, leggings without knee length top or dress covering)

#### **Men will refrain from wearing:**

- Speedo-type swimwear.
- undergarments above or below their shorts or pants (undergarments should be covered completely).
- tight shirts, tight shorts or short shorts (loose fitting shirts and shorts that come to the knee recommended).
- women’s clothing (cross-dressing).

#### **Both men and women will agree:**

- that no clothing which contains images or language which are crude, sexual, promotes alcohol or drug use, or is in any other way morally objectionable will be allowed. .

#### **Regarding attire for Holy Mass and all liturgies:**

Liturgies, any public prayer of the Church, are sacred and require reverence for God and others. Part of this reverence for God and others is found in appropriate dress. Therefore, we agree to the following guidelines regarding our “church” attire:

- that any individual asked to serve as lector, greeter, extraordinary minister of the Eucharist or another volunteer position must wear long pants or a skirt while performing the corresponding duty.
- to remove any hats, bandanas, gum, etc. during any liturgy or prayer.

**I understand that if I am not following the above guidelines I may be asked by a diocesan staff member to change into more suitable attire.**

[Updated June 2016]