

# NCYC Packing List

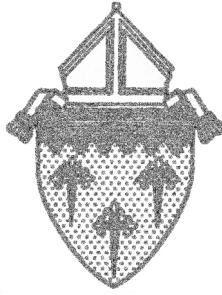
## What to bring:

- Medications
  - Please note all medications must be given to your parish leaders with completed medication form from website: <https://catholicdos.org/national-catholic-youth-conference>
  - Please also note that all prescriptions must be in original bottles
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- 1 Suitcase (reasonably sized please)
  - Clothes for four days (see modesty guidelines)
  - Please pack comfortable but decent looking clothes for the conference
  - Layers are helpful too as we'll be going in and out of buildings
  - Winter gear for waiting in line outside (coats, hats, gloves, etc.)
  - Toiletries, etc.
- 1 Carry-on bag (backpack or cinch-sack, etc.)
- Pillow/blanket for bus ride
- Comfortable walking shoes for walking around the city
- Spending money (enough for 8 meals out, souvenirs, and a \$5 donation during the closing Mass)
- Cell phone/charger/external battery if you have one
- Bible
- Rosary
- Snacks
- Refillable water bottle
- Ear Plugs
- WI/Diocese of Superior related trading items
- School items, clothing items, household items to donate at the conference

**\*\*\*\*Please label all of your items with your name and phone number**

## What to leave at home:

- Electronic gaming systems/devices
- Laser pointers
- Knives – even 'every day carry'/utility knives
- Drugs/Alcohol (duh!)
- Anything you'd be disappointed to have broken, lost or stolen



**DIOCESE OF SUPERIOR**  
OFFICE OF MARRIAGE, FAMILY AND YOUTH MINISTRY

**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 tank tops and shirts that are tight and revealing.
- low-cut shirts, short shorts or short skirts (knee length is an appropriate cut on the bottom).
- bikinis and any other clothing which exposes the stomach area.

**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).

**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.
- to refrain from cross-dressing.

**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, or to have my access to electronics temporarily denied.**