

Pilgrimage for Life Packing List

WHAT TO BRING:

LIMIT: One duffle bag or suitcase per person. No larger than 50" (ie- 24"x 10"x 16') *This does not include your sleeping bag & pillow and small backpack.*

CLOTHING: *(take note of current weather forecast)*

- long pants and/or jeans *(See list of what not to bring)*
- long sleeved shirt and sweatshirt (as per weather)
- T shirts *(See list of what not to bring)*
- underwear and socks (lots of them and warm)
- Tennis shoes
- snow boots (optional)
- Hat or visor – remove when in the buildings
- Raincoat or poncho
- Gloves/Mittens (We will be outside for long periods of time, can be extremely cold.)
- Winter Coat

OTHER:

- Rosary, **Bible** *[Like a lifejacket.]*
- notebook and pen or pencil
- soap, shampoo, other toiletries (extra contact lenses and a back-up pair of glasses)
- eye glasses strap (preferably sports strap)
- daypack (back pack/fannypack to place items for each day)
- A sturdy water bottle.
- Some snacks for the trip to and from Washington DC
- sleeping bag, pajamas and pillow
- extra spending money for food/shirts/caps/souvenirs, snacks. (About \$130.00)
- Imodium AD or Pepto Bismol
- lotion (optional)
- flashlight
- camera

All medications must be distributed by your chaperone if you are under 18 years old.

WHAT NOT TO BRING

- A bad attitude
- Electronic devices with internet and video capabilities (you will not miss them)
- Cell phones are **only for emergency**. **No texting or photos**. These will be confiscated if you do not follow this. Thank you for your sacrifice and virtue lived here!!! They may be used only to find your group during touring and the March in DC.
- No tank tops, baby t-shirts, sleeveless shirts, spaghetti straps, low necklines, (no more than 3 fingers below your collarbone), bikini tops, clothes with offensive logos, mini-skirts, short-shorts and shorts with images or writing on the backside (bottom of shorts should be 3 inches from the knee when standing) and all underclothing needs to remain under! You will be asked to change **immediately** so just don't wear them and we all save time and are happy!
- Anything illegal (cigarettes, liquor, explosives, fireworks, narcotics, and illegal drugs and substances)

Updated 10/14/2011

Diocesan Pilgrimage for Life - Expectations for Youth and Adults

MODESTY POLICY: VERY IMPORTANT!

The Diocese of La Crosse policies and Conference centers have very specific guidelines regarding modest dress. We ask that you strictly adhere to and enforce these policies. A helpful question for youth is asking them if their choice of clothing draws attention to their parts or to their whole being.

- **NO shorts, skirts, or dresses that are shorter than 3 inches from the knee while standing.**
- **NO Shirts that reveal midriff, or are too low cut from the neck area.**
- **NO shirts, shorts, or pants that are too tight, drawing attention to the shape of the body.**
- **NO Pants or shorts that sag to the point where they reveal one's undergarments.** → **NO Clothing with an anti-Christian message, crude language, promotion of alcohol or drug use, or suggestive material.**
- **All shirts must have sleeves.** → **During all liturgies and prayers, every male – youth or adult – must remove any headwear. This includes all hats, visors, headbands, bandanas, etc. This is more out of respect than modesty.**
- **At such events where music is being played, many people often feel moved to dance. While we definitely encourage this, we feel it is necessary to remind you that no moves that appear tasteless and vulgar will be permitted.**

Scripture and Catechism references:

- **"Purity requires modesty, an integral part of temperance. Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden. It is ordered to chastity to whose sensitivity it bears witness. It guides how one looks at others and behaves toward them in conformity with dignity of persons and their solidarity."**
- **Catechism of the Catholic Church #2521**
- **"Let no one despise your youth, but set the believers an example in speech and conduct, in love, in faith, in purity." – 1 Timothy 4:12**
- **"All things are lawful to me but not all things are helpful. I will not be enslaved by anything... the body is not for immortality, but for the Lord; but the immoral man sins against his own body. Do you not know that you are temples of the Holy Spirit within you... so glorify God in your body." – 1 Corinthians 6: 11 –20.**

Participation:

- **All participants (youth & adults) are expected to be present at and participate in scheduled sessions & events. Your method of participation may vary from one situation to the next. Methods of participation include: doing an activity, encouraging others who are doing an activity, helping others to do an activity, listening to a speaker or another person, sharing an experience or idea, singing, and praying. Participation does not mean separating yourself from the other members of your group. Adults are expected to be with their group during sessions & events.**
- **No "coupling" is allowed. We promote healthy relationships shared in the context of everyone.**

Up-building Speech:

- **Participants are expected to use positive and up-building speech during the Pilgrimage. Cursing, swearing, and other forms of foul and abusive language will not be permitted.**
- **"No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear." – Ephesians 4:29**

Miscellaneous:

- **Food: Food is provided for some of the Pilgrimage, mostly you are on your own. You can bring other food items to snack on, however all food items stored must be in "re-sealable" bags or containers (Ziplocs) to avoid attracting insects.**
- **Lights Out: Lights out is at 11:00pm (unless otherwise stated). All are expected to be in their assigned rooms after lights out. We appreciate your cooperation in this matter.**
- **There are to be no extra people in your hotel room and no one of the opposite sex in your room AT ANY TIME unless you are with your family or married. Consequence: You will be sent home immediately with a bill to your parents.**