

March for Life 2016 – Packing List and Other Info!

We are meeting for departure, Thursday, January 21st from Ohio Dominican University, 1216 Sunbury Road, Columbus, OH 43219. We will be attending Encounter before departing on the buses, Encounter begins at 6:30PM. Details: <http://www.encountercolumbus.org/events>

PLEASE EAT DINNER BEFOREHAND

We will arrive back in Columbus on Sunday, January 24th around 4:30PM. Pick up will be at Ohio Dominican University.

What to Know/Bring/Pack:

- Money – At least \$30 for one meal (Sunday's lunch) not covered in fee or if you want to buy souvenirs.
- Backpack – We will also provide a small drawstring backpack.
- Reusable Water Bottle (make sure it seals well).
- LOTS of warm clothing**, such as: a hat, gloves, scarf, sweatshirt, warm coat, long underwear or under armor, thermal socks, **waterproof shoes or boots**.
You can never have too many layers! Make sure the boots keep your feet not only dry but warm.
- Bring an extra outfit to change into after the March, just in case it would rain or snow.
- Umbrella, Poncho or Rain Jacket
- Hand and feet warmers if you wish. **They sell these at Target or Walmart.**
- An extra pair of practical, walking shoes.
- Pajamas
- Snacks, appropriate movies or homework for the bus ride are allowed. You may also bring a pillow and blanket on the bus.
- Electronics** – Cell phones, I-Pods, chargers, etc. are allowed, however please keep in mind we will be on pilgrimage. So limit your time with these items and be present. **Leave other valuable items at home.**
- Sleeping bag and pillow. Air mattresses are also allowed.
- Toiletries or medications you may need to take – **Please note there are NO showers.**
- Chapstick!
- Religious Items – Rosary, Journal, Pen, Other Prayer Materials or Books

Address of where we'll be staying:

HOLY FAMILY CATHOLIC CHURCH

2200 Callaway Street, Hillcrest Heights, MD 20748

FINAL TIPS

1. Bring nothing that can't be easily replaced.
2. If you BRING it, you have to CARRY it.
3. Remember, to stay warm, wear layers. Big, bulky coats will not be as effective as several layers.
4. **PACK LIGHT. This is a must. We only have so much room underneath the bus.**
5. Prepare ahead of time – you'll have more fun.
6. Ask questions before the trip – waiting until we're on the trip is too late.
7. Be spiritually prepared: spend time praying and contemplating the meaning and purpose of this pilgrimage. Fast for its success. Make a good Confession. Offer up the inconveniences of group travel for the Holy Innocents of America.

“Situations can change; people can change. Be the first to seek to bring good. Do not grow accustomed to evil, but defeat it with good.”

~Pope Francis