



Mary Help of Christians Pastoral Center

39 Catholic Conference Center
Huttonsville, WV 26273
304-335-2165
office@bishophodges.org



Packing List: Manus Christi

Note: One Manus Christi session lasts five nights- six days and includes four days of service work. Some evening activities are high- energy. Please keep these things in mind when packing clothing. Please ensure that all clothing is modest and does not bear any inappropriate logos, phrases, etc.

- Comfortable clothes that you don't mind getting dirty. Some days might get rather warm; pack accordingly. Some Jobs require long pants and/or long sleeves. Some clothes or shoes might get stained.
- Work/garden gloves
- Safety glasses
- Clothing for leisure
- A light jacket or sweatshirt
- Shoes for work and leisure- at least two pair. Shoes worn to work sites and around property MUST be close-toed.
- Pajamas
- Socks and underwear for 5 days (extra socks are never a bad idea)
- Sleeping bag or bedding
- Pillow(s)
- Water bottle
- Any necessary medications. These will be turned in to our staff at the beginning of your session. Any emergency medications (Epi-pens, inhalers, etc.) will be carried by your small group leader or worksite coordinator at all times.
- Toiletries
- Towel
- Bug spray and sunscreen
- Items for prayer and reflection: bible, journal and pen, rosary, spiritual readings, etc.

ITEMS THAT ARE OPTIONAL:

- Bathing suit (girls' bathing suits must cover like a one-piece)
- Camera (please do not bring a camera that can connect to the internet)
- Sunglasses and/or a hat
- Nice outfits for Sunday's opening mass and Thursday's closing mass

ITEMS NOT TO BRING (these items will be collected by your chaperone or by staff upon arrival if you bring them)

- Cell phone
- iPod or other music player
- Laptop or tablet
- Weapons (some knives or multi-tools can be approved by our staff; please contact us or bring the knife or multi-tool to your session if you have questions about it)
- Food and gum (please contact the director if you have concerns about this)