



### **Manus Christi Packing List**

Note: A 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 clothing that you don't mind getting dirty and/or paint on. Some days might be rather warm; pack accordingly.
- Work/garden gloves
- Work glasses
- Clothing for leisure
- A light jacket or sweatshirt for cool evenings
- 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 (inhalers, Epi-Pens) will be carried by your small group leader at all times.
- Toiletries
- Towels
- Sunscreen + bug spray
- Items for prayer/reflection: bible, journal, spiritual readings, rosary, etc.

#### ITEMS THAT ARE OPTIONAL:

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

ITEMS NOT TO BRING (these will be collected by our staff or your chaperone when you arrive if you bring them):

- Cell phone
- iPod or other music player
- Laptop or tablet
- Weapons (some knives/multi-tools may be acceptable; contact our director or bring the item to your session to ask about it)
- Food and gum (please contact the director if you have any concerns about this)