

Pro-Life Trip List of Items to Bring

MONEY

Girls - if you bring a purse, make sure you can zip it or completely fasten it closed. It would be best if it has a long strap so that you can carry it across your chest. Boys - bring a wallet that fits in your pocket. You will be responsible for your own money and paying for your own meals. We suggest bringing approximately \$125.00 for meals and snacks. Some of you may need more - some less. You will need to buy 4 breakfasts, 3 lunches and 3 dinners. We will not be eating anywhere expensive – mostly McDonald's, food courts, etc. You may want to bring breakfast bars and hot chocolate for the two mornings we are staying at the hotel to allow for more time to sleep in or get ready. You will want to discuss with your chaperone whether your group will be going out for breakfast in DC.

CLOTHING

- long underwear or under armor
- hat and gloves
- winter coat
- long, warm socks
- comfortable shoes (bring tennis shoes, but walking boots would be good to bring along if you have them in case we run into especially cold temps, rain, snow or ice. You also may want to bring a pair of flip flops/slippers for the hotel.)
- clothes for 4 days (Wear something comfortable Tuesday and Friday for the 18 hour bus trips)
- pajamas
- rain poncho (You may need this!!)
- small umbrella (optional if you have a poncho)
- hand/foot warmers (If you are worried about your feet/hands getting too cold, these work great. Small packets that you shake up and place in shoes/gloves that will keep things toasty for hours.)
- camera (know how to turn off flash and bring extra batteries)
- DO NOT BRING: laptops, valuable jewelry, or swim suits (We won't be swimming.)

PERSONAL ITEMS

- toothbrush/toothpaste
- shampoo
- hairbrush/comb
- soap – if you don't want to use the hotels
- deodorant
- daily medication
- rooms are equipped with one hair dryer

SUGGESTIONS FOR THE BUS

- one carry-on bag - backpack or small duffle - (We will not be able to get into our luggage until we get to our rooms, so put whatever you need handy for that 18 hour bus ride in your carry-on.)
- pillow and blanket
- ear plugs
- I-Pod
- DVD's (G and PG and PG-13 rated) Subject to Chaperone approval. If you think your movie might be inappropriate it probably is please leave it at home.
- handheld electronic games
- books
- medication
- snacks and drinks (Please do not bring messy food that would stain or stick to the seats.) **Energy drinks are not allowed.**