

2021 Love Begins Here Packing List

Let's start with a few initial notes:

- **Footwear:** During the day, participants will have to wear sturdy, closed toed footwear, like tennis shoes. Sandals, Crocs, and the like are not acceptable for service work. In the evenings, they can transition into other summer footwear and sandals if preferred.
- **Clothing:** Please note that participants are encouraged to dress modestly, and expected to dress appropriately. As such, mission trip participants will not be able to wear clothing which is overly-revealing, such as bare midriffs, spaghetti-strings, and sagging or very short shorts (for the ladies, shorts must have a 3-inch inseam at a *minimum*). Leggings, tights, and other form-fitting pants should have a pair of shorts or skirt worn over them.
 - Participants will be asked to not wear any clothing which displays or promotes a message which is inappropriate for their age (i.e. alcohol logos) or in conflict with Christian values.
- **Shower/Swimwear:** It is likely that participants will not be showering in an area with private shower stalls. As such, they should bring swimwear for the shower. Swimwear will also be useful in the evenings when we may play water games, go swimming, etc.
 - For the ladies, bring one piece swimwear, tankinis that cover the whole midriff, or a non-white tshirt to wear over your two-piece swimwear.
- **Mass Clothes:** At LBH, we take plenty of time to change our clothes between things like swimming and the worksite. We also take time to change into some nicer clothes for daily Mass.
 - Ladies: please bring a **knee-length** skirt to slip over their shorts for Mass. If you are unsure of skirt length, bring a pair of leggings to wear underneath.
 - Gentlemen, bring a pair of long slacks (not jeans) and a polo shirt.
- **Air Mattresses/Sleeping Pads:** We are blessed to be hosted by parishes around the Archdiocese of Milwaukee. Often, this takes place on hard floors (like a school classroom). These are rather unforgiving, so we strongly encourage air mattresses or sleeping pads to provide a little support as you sleep.
- **Cell Phones:** While useful tools, cell phones easily keep us from being fully present to those around us. We know this might be difficult, but we challenge you to “unplug” on the mission field in order to fully participate in the mission!
 - Be assured that all adult leaders have phones that can be used in case of emergencies, and Love Begins Here will do a great job of documenting your week! You'll be able to access all photos of your week when you get home.

See page 2 for the full packing list!

Things to DEFINITELY pack for Love Begins Here:

- Shorts
- T-shirts
- Underwear
- Socks
- Skirt or pants for Mass (ladies)
- Pants & polo for Mass (gentlemen)
- Sweatshirt
- Pajamas/sleepwear
- Face masks/coverings
- a Rosary
- Work gloves
- Closed toed (tennis) shoes
- Sandals
- Towel
- Swim suit
- Sunscreen
- Laundry (plastic) bag
- Water bottle
- Toiletries (soap, toothbrush & paste, shampoo, hair brush, deodorant, lotion, lip balm)
- Sleeping bag/sheets
- Pillow
- **Inflatable Mattress or Sleeping pad (we sleep on hard floors!)**

Things to PERHAPS pack for Love Begins Here:

- Medications (**in original containers**)
- Flashlight
- Pen & Journal
- Book
- Money for LBH merch

DO NOT pack these things for Love Begins Here:

- Drugs (prescription drugs must be noted on your registration and accompanied by our medicine release form)
- Alcohol
- Weapons
- Portable video games & music players
- Hair dryers & curling irons
- **Cell phones**