

Steubenville Atlantic 2024 Packing List

Saint Mary's University

What to Bring

- Comfortable clothing – *No spaghetti straps or clothes that show your undergarments or midriff. Helpful hint for length of shorts: with arms at your side, if your fingertips go past your shorts, they are too short!*
- Pajamas
- Sweater
- Flip-flops for the showers
- Comfortable shoes for walking around campus
- Rain jacket *if it is forecasted to rain*
- Toiletries (toothbrush, shampoo, etc.)
- Mini packs of tissues
- Sunscreen
- Medications that you take on a regular basis
- Health card
- Any chargers you may need
- Any prayer materials you see fit (Journal, rosary, bible, etc.)
- **Water Bottle!**

Optional items that might be nice

- Spending money (for the Bookstore)
- **SMALL** Fan (dorms are NOT air conditioned, and if possible you should not bring a full sized fan)
- Lozenges (you may need them after all of that singing and cheering)
- Flashlight
- Kneeling pad (for Mass and adoration; there will be a limited amount available)

What should stay home

- Large electronics like Video Games and Computers. Trust us, you won't have time to use them!
- Anything that you won't reasonably use during the weekend that will take up space
- Drugs, alcohol, or other substances. If any are found, the participant will be asked to leave the conference

Remember while packing:

Catechism of the Catholic Church 2521: "Purity requires modesty, an integral part of self-control. *Modesty protects the intimate center of the person.* It means refusing to unveil what should remain hidden.... It guides how one looks at others and behaves toward them in conformity with the dignity of persons and their solidarity."

Please do not use your cell phone during the sessions and especially during adoration or Mass. Your phone is great to use to take pictures, and stay connected with your group and family, but trust us – you don't need to text during adoration - Jesus can already hear your thoughts!

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