



Packing List

Footwear: Closed-toed shoes (e.g., tennis shoes) are **required** at worksites. Sandals or other summer footwear may be worn in the evenings.

Clothing: Participants should dress modestly and appropriately. No revealing clothing (e.g., bare midriffs, spaghetti straps, very short shorts). Shorts must have at least a 3-inch inseam. Leggings/tight pants should be worn with shorts or a skirt. Avoid clothing with inappropriate or non-Christian messages.

Shower/Swimwear: Participants may not have access to private shower stalls, so swimwear should be brought for showering. Swimwear will also be useful for evening activities like water games and swimming.

- **Ladies:** please bring one-piece swimwear, tankinis that cover the whole midriff, or a non-white tshirt to wear over your two-piece swimwear.
- **Guys:** no tight-fitting suits or speedos.

Mass Clothes: We take plenty of time to change our clothes between things like swimming and the worksite. We also take time to change into nicer clothes for Mass.

- **Ladies:** please bring a **knee-length** skirt or slacks (not jeans or sweats) to wear over your shorts for Mass. If you are uncertain about skirt length, consider bringing 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, often, sleeping on hard classroom floors. We strongly encourage air mattresses or sleeping pads to provide a little support as you sleep.

Phones: Student missionaries are expected to leave their phones at home during the LBH week for several important reasons:

- **Safety & privacy:** Phones are typically used at night in bedrooms, where they can compromise the privacy of others.
- **Clear communication:** Without phones, students bring needs or concerns directly to onsite adult leaders, ensuring proper care and follow-up with parents when needed.
- **Presence & community:** Removing phones helps foster deeper relationships and full engagement in the experience.

All adult leaders will have phones throughout the week, and families can stay connected via our Instagram updates.

The Essentials

- Inflatable Mattress
- Sleep bag **OR** Sheets and a blanket
- Pillow
- Toiletries (shampoo, soap, toothbrush, toothpaste, deodorant)
- Towel
- T-Shirts & Shorts for Worksites
- One pair long sleeve shirt and pants for worksite
- Underwear
- Socks
- Pajamas
- 1 - 2 Outfits for Mass
- Sweatshirt
- Swimsuit
- Closed-toed (tennis) shoes
- Rosary
- Money for LBH Merch
- Work gloves & safety glasses
- Sunscreen
- Cap
- Medications
- Water bottle

Optional Items

- Box fan
- Pen & Journal
- Shower Sandals
- Stuffed Animal

DO NOT BRING

- Alcohol
- Tobacco Products
- Illegal Drugs
- Weapons & knives
- Pornographic Materials
- **Cell Phones**
- Portable video games & music players
- Hair dryers & curling irons