



THE CATHOLIC UNIVERSITY OF AMERICA

PACKING LIST

- Bedding
 - Pillow
 - Twin XL sheets with blanket / sleeping bag
 - Towel
- Toiletries
 - Toothbrush/ Toothpaste
 - Shampoo (conditioner)
 - body wash
 - hand soap
 - Hair Brush
 - Razor
 - Deodorant
- Clothing for 7 days of institute
 - Please dress appropriately for the integrity of the sites we will visit and daily Mass.
 - Washington, D.C. can be hot and humid in the summer months, please bring lightweight clothing
 - Evening wear can be casual but modest.
 - Light jacket or sweatshirt
 - Pajamas
 - Shoes: sneakers and socks/ sandals. We will walk many miles throughout the week, please only bring comfortable shoes.
 - Undergarments
- Bag for dirty clothes
- Raingear or umbrella
- Sunscreen
- Medicine/ allergy needs/ bandages/ Glasses and/or contact solution
- Cell Phone/ charger

OPTIONAL

- Money for souvenirs
- Shower shoes
- Laundry soap (there are washers and dryers on site)
- Pens, pencils, stationery, stamps
- Camera
- Sunglasses
- Bugs Spray
- Snacks (not requiring refrigeration) for late night, all daily meals and snacks are provided

DO NOT BRING

- Laptops or Tablets
- Microwaves, Televisions, Hot Plates, Coffee Pots, or any major appliance