

## ITEMS (and Tips) TO HELP YOU “MARCH FOR LIFE”

- ✘ Emergency Contact Information (telephone numbers, names)
- ✘ Personal Identification
- ✘ Prescription Medication (if applicable)
- ✘ Backpack/Carry Bag
- ✘ Cellphone (if owned)
- ✘ Rosary Beads
- ✘ Warm Clothes (Dress in Layers)
- ✘ Gloves/Hat/Scarf
- ✘ Extra Pair of Socks
- ✘ Comfortable Walking Shoes
- ✘ Rain Poncho/Umbrella (If rain is predicted)
- ✘ Shoe Protection/Snow boots (In case of rain/snow/slush)
- ✘ Hand Warmers
- ✘ Foot Warmers
- ✘ Sunglasses
- ✘ Hand Lotion
- ✘ Lip Protection
- ✘ Tissues
- ✘ Pain Reliever
- ✘ Bottled Water/Drinks
- ✘ Sandwiches and Snacks  
(The bus usually makes “stops” where food will be available for purchase)