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| ignite 1 outline.jpg | IGNITE YOUR TORCHA CATHOLIC YOUTH CONFERENCE JULY 9 – 11, 20201-800-764-8444 • www.catholicsunitedforlife.org |
| In the Diocese Birmingham, AL: Sponsored by Catholics United for Life & St. Martin de Porres Lay Dominican Community |

**WHAT TO BRING/ NOT TO BRING**

what do i need to bring?

This applies to all youth, chaperones, green shirts, volunteers and organizers

1. You must bring your own bed and bath linens. A bath mat or bath shoes are recommended.

2. Clothing that falls within the dress code guidelines (see below).

3. Medications and any special personal items you need for yourself

4. A kneeling pad (available in the garden section of Wal-Mart or other stores) for the holy hours and Masses. Please

 label the pad with your name before you come.

**Recommended:**

* A sweater or jacket
* An umbrella or poncho
* Athletic shoes (for activities in the gym)
* Kleenex/tissues
* Sharpie markers for signing shirts at end of conference

WHAT NOT TO BRING

Do not bring food — all meals, as well as some snacks, will be provided. There are snack and drink machines in the conference areas. No food is allowed in dorm rooms. (Exemption for approved medical reasons.)

Please note that no products with peanuts or peanut oil should be brought to conference.

Do not bring any valuable items such as expensive jewelry or cameras, large amounts of cash, etc. Do not bring cell phones, CD players, iPods, or any electronic devices. (In case of an emergency, a chaperone cell phone may be used.) We cannot guarantee the safety of such items. An alarm clock may be brought but should not be used to play music.

DRESS CODE

Conference activities vary from prayer and adoration to workshops and recreational activities. The dress code assures appropriate attire for all activities:

•Conference T-shirts (provided at the conference) **must** be worn by all on Friday, Saturday and Sunday until the end of the conference (and by chaperones, organizers & volunteers during the entire conference including Thursday). **Shirts may not be rolled, tied, cut, or altered in any way!**

•Capris, pants, shorts or skirts must reach **at least** to the knees **(strictly enforced)**•no low-riding pants

•Participants’ own shirts will be worn on Thursday (youth are welcome to bring and wear Ignite t-shirts from previous years on Thursday only). **All shirts must have**: sleeves and a t-shirt neckline with no midriff showing.

•no inappropriate messages or images on clothing

•no transparent or see-through clothing

•no frayed or cut clothing

•no spandex, including yoga pants, running pants and leggings

**For Sunday Mass, wear long pants or slacks or (for girls & women) a skirt reaching at least to the knee.**

WHERE CAN I GET MORE INFORMATION? Visit [www.igniteyourtorch.com](http://www.igniteyourtorch.com)

You can also call us at 1-800-764-8444 or email Cesare.tamara@gmail.com