

St. Catherine of Siena



Sleep Out
for the
Homeless

Recommended Packing List

- Sleeping Bag
- Bug Spray
- Pillow
- Blankets
- Warm clothes
- Hat, gloves
- Water bottle
- Clothes to change into
- Toothbrush/toothpaste
- Deodorant
- Personal items
- 2-3 cans of food (Required)
- Tarp (optional – but helpful if the ground is wet)

I will give you a Sleep-Out Shirt that you will be able to wear Saturday night into Sunday morning. We will attend 9:00am Mass together in these shirts and sit as a group.

Please DO NOT bring

- ✓ iPods
- ✓ Cell phones
- ✓ Computers