

## **Preparation Suggestions/Tips For March for Life Participants**

Please arrive at Holy Spirit Church on Thursday, January 23, between 8:00-8:30 pm to sign in, get your bus assignment and handouts. The church has requested that we park in the lower parking lot, away from the main entrance to the church, so please park there for overnight parking. During check-in, Eucharistic Adoration will be occurring in the sanctuary. Please be quiet and respectful and feel free to participate.

There will be a prayer service in the church at 9:00pm. There will be some announcements after the prayer service. We will begin boarding the buses immediately after that, around 9:45pm. Please DO NOT board the buses before being instructed to do so. Buses roll at approximately 10:00pm.

You will be traveling to and from Washington on a Bedore Tours bus. Your bus captains will be Gerry Sander (585-503-3256) [Bus 1] and Jeff Rembold [Bus 2].

You will need cash for the following:

- Breakfast in the cafeteria at the Basilica
- One food stop returning from Washington
- Tip for the bus driver (\$5-10 per person)
- You may wish to purchase articles at the Shrine Gift Shop in the lower level.
- Along the March, there will be people with buckets collecting donations for the March for Life.
- If you choose to travel to the Washington Mall via Metro, you will need fare (<\$5)

You may choose to bring snacks or special foods, if you have diet restrictions. We will provide some snacks and water on the trip.

Be sure to bring any required medicines/prescriptions.

You should bring your cell phone, if you have one. Cell phone numbers will be recorded by your bus captain when you register for the trip. Electrical outlets are available on the bus, so bring your charging cords. Outlets are limited, so please share. Take photos and use the hashtags #WhyWeMarch and #LoveSavesLives on your social media posts.

The buses will have lavatories. Try to use them sparingly, if possible. What goes on the bus, stays on the bus.

The buses are Wi-Fi equipped, but don't expect it to be fast or consistent.

The buses will have DVD players and we will be watching something on the bus. Please bring DVDs, if you want your choice for movie to be considered. Please limit movies to G and PG ratings, as there are many youths on the buses.

You may wish to bring a blanket and pillow for the bus ride. Backpacks are allowed, as the March is on public streets/parks.

It can't hurt to bring your rosary! We will be praying the "Rosary for Life" on the bus.

You should wear comfortable shoes/boots and warm clothing that protects you from cold, snow and or rain. You may also wish to bring along an extra pair of socks. If you get too cold during the March, you can always duck into one of the Smithsonian buildings to get warm!

It's recommended that you dress in layers...and of course bring gloves and a hat. We will provide red and white scarves to most of our participants to make it easier to identify our group. If you have one of these scarves from past years, please bring it with you as we may not have enough for everyone.

Items that you don't wish to carry with you during the March can be left on the bus, but you will not have access to them after drop-off at the Basilica and until pick-up after the march. Drivers are not responsible for lost or stolen items.

If you plan on visiting any of the Smithsonian Museums while in the Washington, DC area, please be aware of their security policies found here: <https://www.si.edu/visit/security>.

Please Note:

While walking and riding the metro in DC, please be respectful of residents and commuters. Let's show the Nation's Capital how passionate, polite, and respectful pro-lifers really are!

Do not leave trash or signs on the grounds of the National Mall, Supreme Court, or Capitol. This is our Nation's Capital and we should treat it with dignity and respect. If trash bins are full, please carry your trash or sign with you until you find an available trash bin.

Do not engage with counter protesters. Once again, please be respectful of all people and stay focused on the cause of promoting and celebrating life, lovingly and graciously.

We anticipate arriving back at Holy Spirit around 12-1 am on Saturday, January 25.

#### Important Information about riding the Metro:

Closest Metro to Basilica is Brookland-CUA Red Line on eastern edge of Catholic U. Tickets available at self-pay kiosks in station. More info at <https://smartrip.wmata.com>

To get to March:

**Red Line** to VAN NESS-UDC METRO STATION or SHADY GROVE (end of line destination)  
Exit at METRO CENTER METRO STATION (can walk from here, exit 12<sup>th</sup> and F)

**OR** transfer to

**Orange Line** to NEW CARROLLTON (end of line destination)  
Exit at FEDERAL TRIANGLE METRO STATION on 12<sup>th</sup> St btwn Pennsylvania and Constitution