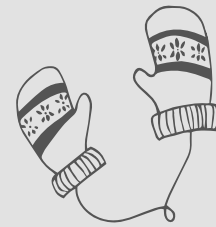




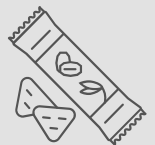
Packing Guide for the 2023 Walk for Life

- Layered clothing - prepare for chilly weather that could turn warm and sunny in the afternoon!

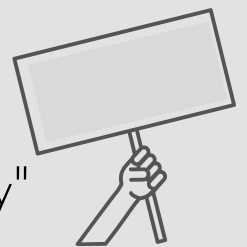
- hat, scarf, and gloves
- good walking shoes or boots
- waterproof jacket



- Rain poncho or umbrella
- Water bottle
- Snacks to have handy (*there won't be an opportunity to purchase food*)



- Battery pack & phone charging cord
- Waterproof backpack or plastic bag to cover belongings in case of rain showers
- Homemade sign with a positive, thoughtful message such as "love them both," or "our salvation began with an unplanned pregnancy"



For more info & full schedule, visit oclife.org/walk