

### *Candidate Checklist for What to Bring*

- Sleeping bag or bedding to fit a twin-size air mattress
- Pillow and extra blanket as it can get cold at night
- A refillable water bottle if you want. We will have cups and mugs available for you otherwise. Keep in mind you will only have access to the bathroom sinks to wash and rinse it throughout the Weekend.
- Towel, washcloth, and toiletries
- Necessary medications
- Clothing for 3 days and nights (Casual). Comfortable shoes for optional walking rosary (if weather permits).
- A jacket or sweater as it can get cold in the facility
- Rosary or any devotional materials you regularly use (Not mandatory)
- Ear plugs (people snore)
- Cash or check for a donation at the end of the weekend
- A heart and mind ready to hear the Holy Spirit

### *Know Before You Go*

#### TRAVEL

- Your sponsor will make arrangements for your travel to and from the weekend.
- Candidates are expected to stay the entire weekend. You may only attend one Cursillo weekend as a candidate. If you must leave, you may not come back as it disrupts the other candidates.

#### SACRAMENTS

- A large part of the weekend involves receiving the Holy Eucharist and possibly Reconciliation. If you are not able to receive the Sacraments, you are unfortunately not eligible to attend a Cursillo weekend as reception of the Sacraments is a critical component.
- Spiritual advisors and priests will be present during the weekend. Please take advantage of the time given to you for spiritual direction and Reconciliation.
- You will receive the Holy Eucharist daily and the Blessed Sacrament will be present in the chapel 24/7.

#### SLEEPING ARRANGEMENTS

- Each attendee will be sleeping on a double-high air mattress that is set up in the gym. If you have an issue that prevents you from sleeping on an air mattress (we promise they are actually comfortable!), let us know immediately.
- If you require a power outlet for a c-pap machine or a heart monitor or for any other health related issue, please let us know immediately.

#### MEALS AND SNACKS

- The kitchen staff will provide lots of food. If you have any food allergies or a special medical diet, please let us know immediately.

#### DISTRACTIONS

- We ask that all cell phones are put on silent mode (or better, turned off!) and left at the beds. The sound of a cell phone vibrating against the wall during Mass is disruptive. The weekend is an opportunity for encounter with self, with God, and with others. It is best to minimize all outside distractions.