



1. When on duty as a Helper: You must wear the Diocese uniform, this includes any official roles during the pilgrimage (e.g., in the Sanctuary, assisting pilgrims, participating in processions, etc.).
2. During Social Times: Dress should be respectful and modest. Uniform is not required, but please choose clothing suitable for a church setting.
3. Within the Lourdes Sanctuary (At All Times): Regardless of whether you are on duty or not, we ask you to dress and behave respectfully in this holy place. Shoulders and midriffs must be covered, shorts and skirts must be at least knee-length.

All Helpers	 	<p>a Plain Royal Blue or White Polo shirt with either smart – trousers, shorts, skirts – that come to <u>knee length or longer</u>. (<i>leggings / cycling shorts / activewear / are not appropriate as uniform when caring for others</i>)</p> <p>New Helpers should collect a free polo shirt / dress at New Helpers or Briefing Day. Additional ones will be available for sale at £7 each.</p>
Footwear		For safety you are also required to wear, sensible, secured footwear with an element of heel protection. In particular flip-flops must <u>not</u> be worn on duty.
<p>If at any point you are considered to be inappropriately dressed, either by pilgrimage leaders or Sanctuary staff, you may be asked to return to your hotel and change.</p>		

If you are unable to attend the preparation days and collect uniforms **please ensure you have the appropriate uniform before the pilgrimage**. They do not have logos so may be purchased from multiple providers in the UK either online or in store.