

Life ^{IS A} Gift

I Stand
With the
tiny humans

*we'll see you at
the march!*

don't forget your signs!

EQUALITY
BEGINS IN
THE WOMB

*life is
a gift!*

2026 MARCH FOR LIFE

Travel Planner
JANUARY 23, 2026 | WASHINGTON, D.C.



Travel Planner

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Sign up for March for Life
email and text message
alerts for updates.

Text LIFE to 73075



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Dear Marchers,

Welcome to our 2026 March for Life Travel Planner! Whether this is your first March, or you're a longtime Marcher, this is your guide to ensure a safe, smooth trip to Washington D.C. for what we hope will be a life-changing experience. This year will mark the 53rd National March for Life. We celebrate our rich history and the longevity of this tradition, while knowing that the March for Life and the pro-life mission never go out of style: they remain as fresh and important as the gift of life itself.

That's why our 2026 March for Life theme, **Life is a Gift**, encapsulates everything we stand for. We invite you to join the spirit of joy and celebration that is the March for Life – a spirit inspired by the inherent goodness and beauty of life itself. This year's theme transcends politics, division and debate. It invites all to join in the irresistible and joyful truth that, in all circumstances, **Life is a Gift**. On January 23rd, we will march to remind the nation that every human life, unborn and born, has profound dignity and unique value. Each baby in the womb deserves a chance to make the most out of life and is always worth fighting – and marching – for.

By Marching for Life, you are making history as part of the largest and longest-running human rights demonstration in the world. When you join us you become a voice for the voiceless, a beacon of hope for the future, and an advocate for a culture that cherishes every life, no matter how small. The 2026 March for Life will unite and rally us to build a brighter future for the unborn and their mothers. We invite you to be part of this historic movement as we continue to shape a society that values and protects moms and babies. And we invite you to lift up the message that **Life is a Gift**.

Thank you for your commitment and dedication to the pro-life mission! I can't wait to see you in Washington on January 23rd.

For life,

Jennie Bradley Lichter
President, March for Life



Tell us *why* you march!



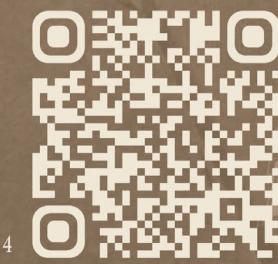
Unite and rally the pro-life movement by sharing your story!

Tell the world why YOU are pro-life! If you have attended any previous March for Life, tell us about your experience and how it has impacted you.

Submit your video!

Official 2026 MFL Merch

Inspire a Generation to End Abortion.



shop.marchforlife.org

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Schedule

FRIDAY, JANUARY 23, 2026

11 a.m. - 12 p.m. **Pre-Rally Concert with Sanctus Real**

The National Mall between 7th St and 12th St

12 - 1 p.m. **March for Life Rally**

1 - 4 p.m. **March for Life**

Madison Dr. between 7th St. NW and 12th St. NW

5:30 - 9 p.m. **Rose Dinner Gala**

Westin Downtown D.C. Hotel

**Ticket Required*

5:30 p.m. Cocktail reception

7:00 p.m. Dinner service

8:00 p.m. Featured performances

 [Secure Your Spot!](#)

5:30 - 8 p.m. **Pour la Vie - For Life**

Westin Downtown D.C. Hotel

**Ticket Required*

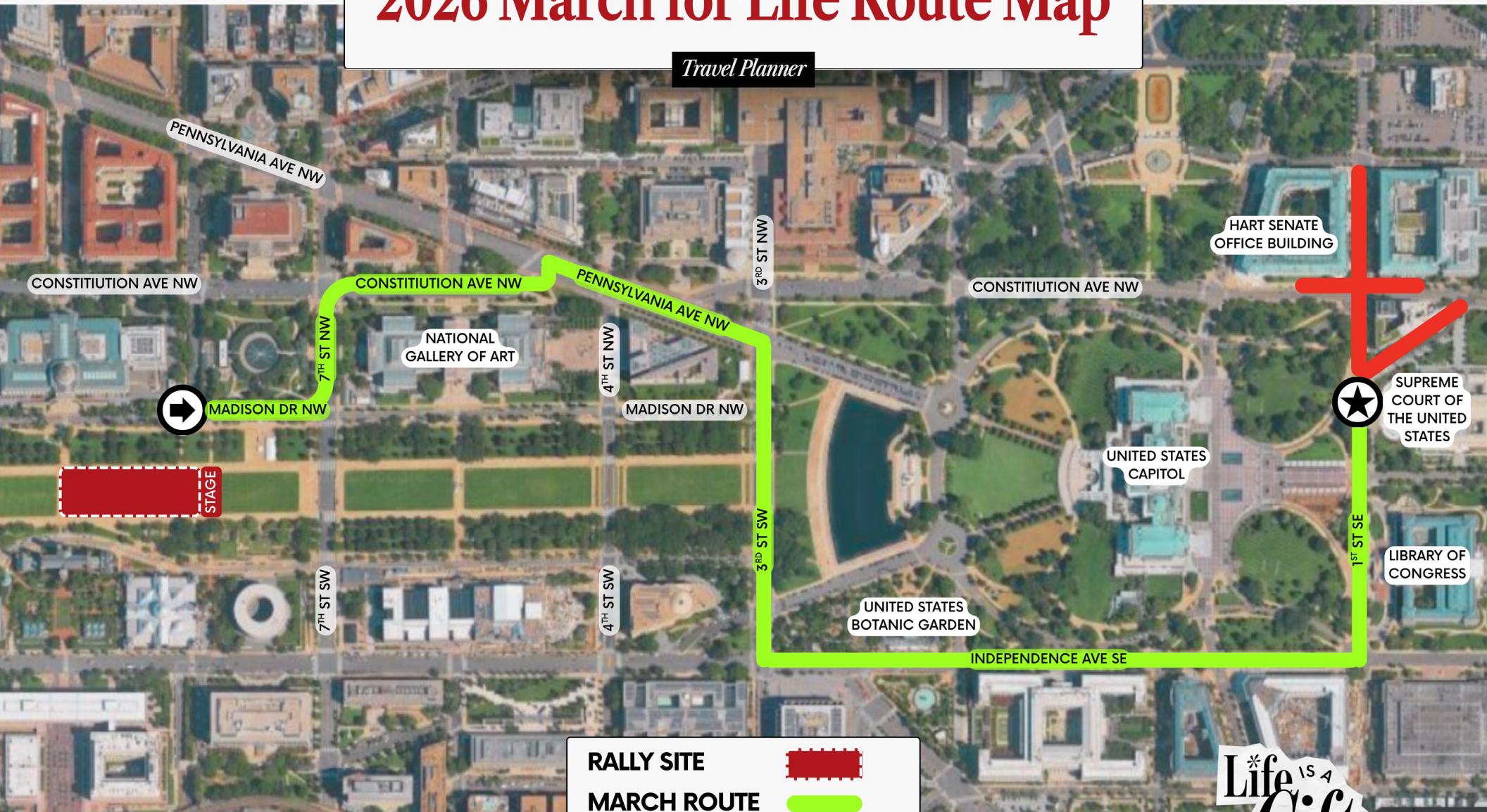
5:30 p.m. Cocktail reception

 [Secure Your Spot!](#)



2026 March for Life Route Map

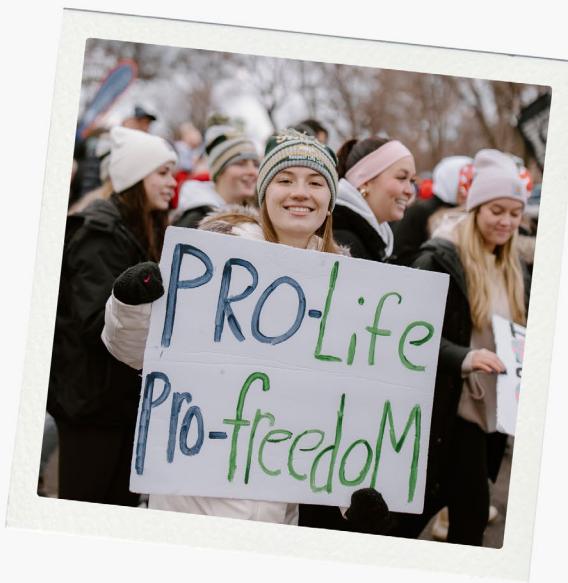
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March Guidelines

The March for Life Rally will take place at noon on the National Mall between 7th St and 12th St. Following the Rally, the March will begin on Madison Dr. between 7th St. NW and 12th St. NW at approximately 1:00 PM.

While walking and riding the metro in Washington, D.C., please be respectful of residents and commuters. You are a representative of the pro-life community.



How you carry
yourself *can change*
hearts and minds.

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.

Once again, please be respectful of all people and stay focused on promoting and celebrating life, lovingly and graciously.





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Marchers and most especially, *young people!*

You are the heart of the pro-life movement; the best ‘ambassadors’ for life! We are so very grateful for your witness. Your presence at the March for Life is an incredibly powerful declaration about the truth and beauty of life and the inherent dignity of each human person.

If you encounter protestors at or near the Rally or along the March route, we recommend that you do not engage with them. Please maintain a peaceful demeanor during all March for Life activities and remember that your actions reflect on the entire pro-life movement – and have the power to change hearts and minds. Allow the *hope, joy and love* of our “Life is a Gift” theme to shine through you as you March for Life.

Thank you for marching for life.





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Travel Information

Public Transportation – DC/VA/MD Metrorail System:

To order metro cards or learn how to pay with your smartphone using "Mobile Pay," please visit the website: <https://www.wmata.com/fares/smartrip/>

Each SmarTrip® Card costs \$2. You can then register the card on your smartphone's mobile wallet and add value online.

Group Sales Office:
202-962-5700

Buses:

Bus Permits:

To obtain a trip permit, please visit the website:
<https://dmv.dc.gov/service/get-trip-permit>



Bus Drop-Off:

There are no specific bus drop-off locations since we are not notified in advance about road closures and traffic routes. However, we suggest that groups attempt drop-off near the Washington Monument.

Travel Information



Parking for Buses and Cars

Union Station:

Parking is available at the Union Station Bus Terminal, which can also be a drop-off location for groups. Only reservations made in advance are guaranteed a parking space.

Pick-up and drop-off services are only valid within the Bus Deck Facility. Please see the website for parking rates or to make a reservation.

Phone: 202-898-1950

Website: www.unionstationdc.com/parking

Basilica of the National Shrine of the Immaculate Conception:

Buses are allowed to park in the Basilica's main parking lot, accessed via Harewood Road. Parking is granted on a first-come, first-serve basis. There is no overnight parking at the Basilica.

Phone: 202-526-8300

Website: www.nationalshrine.org

Travel Information

Westin D.C. Downtown Hotel

The Westin D.C. Downtown Hotel is located across from the Washington Convention Center, between Capitol Hill and the White House. The hotel is 25 miles from Washington Dulles Airport and 5 miles from Ronald Reagan Washington National.

WESTIN D.C. DOWNTOWN HOTEL

999 9th St. NW
Washington, D.C. 20001
Phone: (202) 898-9000



Metro location: Gallery Place/Chinatown

The ROSE DINNER Gala

2026

JANUARY 23, 2026



Potomac Ballroom

THE WESTIN WASHINGTON, D.C. DOWNTOWN
999 9TH ST NW
WASHINGTON, DC 20001

5:30 P.M. - COCKTAIL RECEPTION | 7:00 P.M. - DINNER SERVICE

Featured performances by The Friends of Club 21 Choir
and Dancers from Ballet Hartford

The Rose Dinner Gala is a celebratory gathering of pro-life leaders, influencers, and marchers. This formal event includes cocktails and hors d'oeuvres, a three-course dinner, a live jazz band, and an inspiring program featuring a tribute to the gift of life through the arts.



Hosted in Partnership With

The ROSE
DINNER
2026 *Gala*

✿ CALLING ALL YOUNG PROFESSIONALS ✿

Pour La Vie
For Life

The Westin Downtown

THE WESTIN WASHINGTON, D.C. DOWNTOWN

999 9TH ST NW

WASHINGTON, DC 20001

5:30 P.M. - 8:00 P.M.

Join us for an evening of networking, fellowship, and pro-life conversation with peers, pro-life leaders, and guests of the Rose Dinner Gala.



TICKETS!

Enjoy light hors d'oeuvres and an open bar (21+).

Follow us on social media!



Let the world know that you
are *proudly* pro-life!

Share your Reels, Stories, Posts. Whatever
you're on, tag us and we might share it to
the entire pro-life movement!

-  @marchforlife
-  @marchforlife
-  @march_for_life

The March for Life is made possible by *marchers like you*. Strengthened by your generosity, we will keep marching forward to build a culture where every human life is valued and protected. **Donate to support the March today!**



Scan the QR code or visit our website to make a gift and help advance our mission.



March
for Life

Official 2026 MFL Merch

YOU ARE PART OF A JOYFUL,
LIFE-AFFIRMING MOVEMENT THAT IS CHANGING
HEARTS AND MINDS ACROSS THE COUNTRY.

Life is a
Gift



shop our
merch for life

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shop.marchforlife.org

March for Life Checklist

Trip Leaders

- Itinerary
- Map of Washington, D.C.
- Hotel Confirmation Details

- Bus Parking Permit
- Metro Cards



Marchers

CLOTHING: The weather in Washington, D.C. can be unpredictable in January. Be sure to pack layers and check the weather ahead of time.

- Pro-Life T-Shirt
- Long-Sleeved Shirt
- Sweatshirt
- Warm Socks

- Winter Coat
- Winter Hat
- Gloves
- Comfortable Shoes

PERSONAL ITEMS:

- Backpack
- Handwarmers
- Water

- Snacks
- Phone/Charger
- Toiletries

Don't forget your signs!

