

# What to bring to WYD 2011

You should be able to carry all of your items at the same time, and be able to walk a considerable distance with them before getting tired. We suggest the following:

- One Main Sturdy Suitcase (preferably on wheels) or a large backpack (WYD recommends)
- One small carry-on bag
- You are supposed to receive a small backpack in Madrid.

Mandatory:

- **Passport**
- Plane tickets
- Photocopy of: Passport, phone numbers of credit card, prescriptions, important home phone numbers
- Back-up ID (Drivers License – keep separate from passport)

Average temperature for July:	High	Low
Madrid	85-90	65-70
Barcelona	75-80	60-65

Clothing

According to the weather averages above, Madrid is comparable to that of Kansas City (hot and humid!). However, be prepared for anything...hot, cold, humid, rain. Keep in mind that you will be visiting churches/cathedrals, attending Mass, etc... and should be dressed respectfully.

- 1 T-shirt per day
- 2 long sleeve shirts
- 1 Sweatshirt
- 1 waterproof jacket (or poncho)
- 2 pair shoes (I am bringing one pair tennis shoes for walking 5-7 miles per day, and one pair of sandals (for back-up shoes, showering, around the sleeping accommodations, etc...))
- 2 pair jeans
- 1 pair of khaki hiking pants
- 2 pair shorts
- 1 pair undergarments per day
- 1 pair socks per day
- Ball cap/visor/ bandana for shading head and neck
- One change of clothes in your carry-on in case of luggage problem

*We will plan on a laundry day on August 14<sup>th</sup>-15<sup>th</sup> for the extended pilgrims.*

Sleeping Items: (if you are not pre-purchasing a Sleep Pak combo)

- Sleeping bag
- Sleeping pad for overnight vigil
- Small inflatable mattress (if you can fit it!)
- Small travel pillow – this is **not** being offered on the Sleep-Pak!
- Survival blanket (fold-up foil type found in any camping store for about \$5)
- Appropriate sleepwear (T-shirt and gym shorts...not pajamas. This is for boys and girls.)

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## Personal Care

- Sunscreen (SPF 30 or higher)
- Any medication you may need (please let your chaperone know BEFORE the trip)
- Travel-sized toiletries
- 1 bath towel

## Money

- Credit Card (use as often as possible for best exchange rate)
- American Cash (accepted most places)
- Travelers Checks (need ID to get cashed)
- Have a mixture of the above types of money so that if you lose one, you have other options. Basic trip pilgrims will only need money for about 6 (non-included) meals (**\$50-75**) in addition to any additional spending money. Extended Trip pilgrims need approximately (**\$175-\$200**) for meals not included in the trip, plus any additional spending money.

## Other

- Money belt that goes under your clothing to hold personal information and money.
- Flashlight
- Camera (disposable may be a good option)
- High energy snack bars (non-chocolate)
- Small binoculars
- Health Insurance Card and instructions
- Rosary
- Plastic bag for separating clean clothes from dirty clothes
- Calling card / Cell phone (call provider for proper number to dial)
- Padlock
- Travel Insurance details and copies
- Water Bottle
- Small FM radio to listen to the translations of the major services that will be broadcast.

## Optional

- Small Bible, journal and pen (a Pilgrim handbook will be given out)
- Playing cards
- Power converter – (Walmart etc.)
- Small pocket-size first aid kit
- Moleskin for blisters
- Portable toilet paper for carrying in case there is none on outings
- Small hand sanitizer
- Ear plugs

## ***What NOT to bring:***

- Jewelry or items of value
- Drugs/Alcohol/Cigarettes/Chewing Tobacco
- CD players and headphones/ iPads / iPods /video games/ skateboards/etc...
- Inappropriate Message T-shirts
- Spaghetti strap/Sleeveless T-shirts
- Short Shorts