

# WYD Packing List

These are some basic ideas and not an exhaustive list. Use your common sense, don't over pack and think of WYD as a 'camping style' experience.

## Group Leaders

- Small First Aid Kit
- Mobile Phone (+ Charger & Adaptor Plug for Australian Power Points)
- A Flag or Banner to identify your group in a crowd
- Emergency contact details of all your pilgrims. (Medicare card numbers and guardianship [permission slips for under 18's](#))

## Pilgrims

- Sleeping Bag. Light & winter weight (-5°C or 0°C should be OK)
- Travel Pillow. (Alternatives could be to use a pillow case stuffed with clothing)
- Sleeping Mat
- A number of little gifts to swap - something that states the country you're from or has your parish name on it. You can hand make these.
- Layers for your winter clothes and warm gloves.
- A Beanie or something to keep your head warm.
- Avoid bringing jeans/cotton clothes - bring polyester clothing. Polyester dries quicker.
- Good closed in water proof walking shoes - wear them in before going to Sydney.
- A good travel backpack or suitable sized suitcase. Be prepared to carry your own luggage up stairs.
- Small padlocks to lock your bag(s).
- Bring a packet of tissues or a roll of toilet paper (Remove the cardboard roll - makes for easier packing). Keep these in your day backpack for the port-a-loo's.
- Bathers and thongs (also known as flip-flops) - for the showers.
- A travel towel (not a big cotton beach towel!).
- Photo identification for use at the airport to get your plane tickets. Passport or driver's license is acceptable.
- Your Parish/Group t-shirt (if applicable).
- Own personal toiletries, medications needed or special dietary foods needed.
- **Small AM/FM radio** for the telecast of translation for large events (not everything will be in English).
- A good waterproof winter jacket
- Your WYD08 Itinerary and registration details, travel insurance details and copies of these.
- Small torch.
- Your preferred means of contacting home (home cards, etc.)
- Money (credit cards, debit cards, cash).

## Non-essentials

- Binoculars, Camera, Batteries, Memory Sticks.

## For the Vigil Sleep out

**NOTE:** Your main luggage will be secured at the accommodation for the two days. Only a smaller pack needs to travel with you to the sleep out.

- Tarpaulin or other ground sheet for underneath air mattress AND on top in case it rains/dew
- Light weight sleeping bag (Winter weight - possibly bring a silk liner to keep you a little warmer)
- Clothes: Generally you will sleep in the clothes you wear for the walk. (If bad weather is forecast, bring a spare change of clothes in a plastic bag)
- 'Wet Ones' wipes or similar products to clean your hands before eating. 'Aquim' Antibacterial lotion is also good for this.
- 'Shower in a can' - Deodorant if you're conscious of your body odour.
- A bottle of water for the walk. Despite it being winter time, you will still need hydration.
- Thermal underwear (top and pants). Excellent for most trips - light, warm (even when wet), dries quickly and comfortable.

## Snack/ Energy food

- Dried fruit
- Chocolate
- Muesli bars. Almost essential.
- Sweets, e.g. glucose lollies like snakes.

**NOTE:** Australia has strict Quarantine Laws regarding bringing food into the country. Please check [www.daffa.gov.au/agis](http://www.daffa.gov.au/agis) if you plan to bring food into the country. It would be more convenient to purchase snacks from a supermarket when you are in Australia.

## What NOT to bring

- 'Going out' type clothes or shoes. (Women - No high heels are needed)
- Large suitcases that you cannot lift on your own or carry up stairs on your own.
- Tents with tent poles/pegs for the sleep out.
- Extremely valuable items. You will be in communal accommodation and your personal belongings won't always be secured.

## **General Tips on Packing**

You can only carry a maximum of about 30% of your body weight. We recommend no more than 25% of your body weight. The best thing to do is reduce the weight as much as you can. In general, if you think you can do without something, then leave it out. When packing, try to place most of the weight at the bottom of the pack near to your back. Put items that you may need to access quickly (e.g. water, sunscreen, snacks, rain jacket) in easy-to-reach pockets or (if that isn't possible) at the top of the main section of the pack. Also, try to pack so that your legs share the weight equally, otherwise the pack will pull you over at every step.

Check the weight restrictions for your airline ticket to ensure your baggage is not overweight.

## **Preparation - Fitness**

- Begin doing some walking during the week or on weekends to get your fitness levels up. Try to walk in the shoes you'll be wearing during WYD.
- Try walking on a variety of terrains, surfaces, hills and valleys (e.g. get off the footpath)