

# Pilgrimage Packing List & Preparation Sheet

*Brought to you by the Holy Land Franciscan Pilgrimage Office*

## Carry On

Be sure to keep the following items with you:

- Tickets (include a photocopy of your ticket in your pocket or purse)
- Passport (include a photocopy of your passport in your pocket or purse)
- Cash (Approximately, \$150-\$200 – keep it low)
- Medications
- One change of clothing (in case luggage is delayed)
- Personal grooming items—small bars of soap, travel size tubes of toothpaste, etc. Remember to put manicure items in your *checked* baggage. Scissors or other pointed items may be confiscated if you leave them in your carry-on.
- Umbrella or poncho or raincoat
- Any snacks you may want to bring with you on the plane
- Sweater or light jacket to wear on the plane
- Camera
- While we strongly encourage you to not use your mobile phones you can still pack it for emergencies

## Checked Baggage

- Bible
- Rosary
- Notebook/Journal, pen or pencil
- Backpack, cross-body bag, fanny pack or similar for convenient storage of essentials while traveling
- Sturdy water bottle
- Flashlight
- Hat or visor
- Good walking shoes are the most important item to pack
- Extra contact lenses and a pair of back-up glasses
- Wash cloths in a plastic baggie
- Travel alarm
- Sun glasses
- Insect repellent (optional for use during the summer months)
- Imodium AD & Pepto Bismol
- Small packets of facial tissues
- Hand wipes
- An adapter and converter for any electrical items
- Night wear / underwear / socks
- A couple of skirts or pairs of slacks/washable pants (and/or jeans if desired)
- Shirts or blouses that have at least short sleeves
- Sweater or sweatshirt; windbreaker or jacket, scarf, gloves, hat or earmuffs, depending on the time of year
- A good attitude ready for learning and walking!

### OPTIONAL

- Liquid or powder detergent (small plastic bottle) and 6-12 small plastic clothes pins plus string for hanging for hand washing and drying your clothes (if desired)
- Plastic bags for packing shoes, laundry, liquids, etc.

## Other Tips

- ❑ Wear loose-fitting clothing on the plane. Soft slipper socks can also add to your comfort while you sleep during the flight.
- ❑ Bring practical clothes that are **easily washable and fast drying.**
- ❑ Part of traveling lightly and simply includes leaving at home as many of your electrical devices as possible. For those that you *must* have, check with a travel store regarding what kind of adapter/converter you may need. Note that some pilgrim hotels supply hair dryers; some do not.
- ❑ Many airlines are no longer providing **free** snacks on shorter flights. Airport food and food purchased on the planes can be expensive. Before you leave home, purchase a few breakfast bars or granola bars to pack in your carry-on to use as snacks. If you carry a small plastic water bottle, it can be re-filled at airport water fountains.
- ❑ Remember that you must handle your own luggage, so pack lightly (and remember to leave room for items you purchase as souvenirs).
- ❑ Check the weather for when and where you are traveling. Early spring and late fall *can* be cold and wet. Bring things that could be layered when the weather is cool and peeled off when it is warm. A light sweater is generally sufficient for summer evenings. **If you are traveling in very early spring or late fall, bring warm clothing.**
- ❑ When packing clothes, please consider appropriateness. If you have anything with thin or no straps, please bring something to cover your shoulders