

# Guelph Walking Pilgrimage CHECKLIST and other TIPS

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- ✓ ***Have you made your own transportation arrangements home from Midland?*** Contact us if you have any questions.
  - Selected Optional Transportation on registration form for an additional fee provided sufficient interest. In the case of insufficient interest, you will be notified by the registration deadline and your fee will be refunded to you during the pilgrimage
  - Carpooling is recommended, call a friend.
  - Cars can be shuttled daily from one camp location to the next after lunch and takes 60-90 minutes
- ✓ ***What to pack your personal items into to maximize safety of transportation and handling***
  - Rectangular shaped bags pack best and are the safest for handling and transportation.
  - NO SUITCASES or garbage bags are to be used for packing your equipment or personal effects
  - Please remember, the committee members are all volunteers and have paid to participate in the pilgrimage just like you. Think of their backs as everything gets handled twice a day. Limit your bag weight to less than 20kg.
  - Please ensure your clothing; personal items; pillows; sleeping bags are packed in duffle bags or hockey bags.
  - We discourage the use of large backpacks in the truck for safety reasons. Daypacks that you carry daily while walking are ok and are your responsibility.
  - To ensure easy identification of your gear, put your name on all your belongings, tent and chair
  - Daily you will be responsible for gathering and returning your gear to three different locations
    - Camp chair (smaller truck)
    - Tent (stacked on racks then placed in the large truck)
    - Duffle Bag or hockey bag (piled in the large truck, rectangular shapes pack best and safest for transporting)
- ✓ ***Comfort Stations***
  - Bathrooms are Johnny on the Spots and are available at the lunch stops and end of day camp location
  - Showering is limited to: Monday for a \$5 donation; Wednesday a cold outdoor shower option is available
  - Daily cleansing is via small basins and cold water or via your personal cleansing cloths you packed
  - Remember your arrive late afternoon and August nights are cool so laundry may not dry quickly.
- ✓ ***The organizers will supply***
  - All meals and snacks, including Gatorade and water. Pack a bottle that will last 2.5 hours between breaks
  - Epson salts at the end of the day to soak your feet
  - Daily Transportation for heavy gear such as tents, sleeping bags, duffle/hockey bags, chairs

**Below are some tips and suggested items to ensure your comfort and enjoyment on the pilgrimage.**

## CLOTHING

- 2 pairs of “broken in” walking shoes/boots. Alternating between comfortable footwear gives your feet a break.
  - ***Worthy investments*** include *good walking or hiking shoes*
  - Rain and wet shoes don’t make for happy feet which is why 2 pairs are recommended
- 1 pair of sandals. To allow your feet to breath at the end of the day
- 1- 2 pairs of socks per day. Enjoy a fresh pair of dry socks at lunchtime and give them a little massage.
  - *Good quality socks* will help to reduce blistering: Cool Max, Smart wool, Wrightsock
  - *Your feet are critical so research what works best for your feet*
- walking shorts/trousers/skirt: zip-off pants can come in handy
  - longer pants are suggested for evenings or when walking in the woods to avoid mosquitos and Lyme disease threats
- tee shirts/tops: you decide on how many
  - *Quick-dry shirts* will keep you cool; they also dry quickly after being washed at night and worn the next day
- underwear
- swimming suits
- rain gear or poncho – a brief rain shower or an all-day rain....you need to be prepared for both
- jacket/fleece or tracksuit for evening/nights ... mosquitos are much livelier at night

## **PERSONAL ITEMS**

- Rosary
- Water container: light weight and large enough to last 2.5 between refills
- Phone / camera but remember hydro is limited so pack spare batteries
- hat and sunglasses
- sunscreen – SPF 30 or higher --- remember you are in the sun all day long, remember to reapply
- after sun or moisturizing lotion
- lip balm
- bug spray for walking in wooded areas and for the evenings
- toothbrush & paste
- any prescription medication and or inhalers
- antibacterial hand sanitizer and or wet wipes
- light weight towel, washcloth(s), soap, shampoo, laundry soap
- small roll of toilet paper / kleenex
- sweat / Cooling cloths are a great asset on hot humid days
- Zinc helps prevent road rash for those who discover they are sensitive (long socks or pants are a great prevention)
- **to avoid blisters:** use Glide, or talcum powder, or Vaseline, or duct tape ... experiment to what works for you.
- Blister band-aids / duct tape / second skin help in the event that you get a blister. Whatever you choose to use apply it as soon as you feel a hot spot
- First aid kit: eg band-aids, ibuprofen for relief of muscle pain, voltaren or arnica for muscle sprains, after bit
- Small sewing repair kit
- some type of knee support if you find walking up/down hills strenuous on your knees (shuttling is also provided)
- hiking sticks: add support when walking and especially when walking up/down hills
- nominal cash: French fry stop; pay for use of showers; possible dorm-style accommodations
- ear plugs as we are a large group camping close together (snoring and road noise)

## **CAMPING GEAR:**

*Make sure that all your gear is clearing labeled with your name as it all looks the same*

*Remember August nights can be cool, windy, wet or warm.... Unpredictable so be prepared*

- small backpack or fanny pack for daily essentials:
  - sanitizer, Kleenex, camera/phone, spare socks, water bottle, sun screen, bug spray, rain gear, etc
- re-fillable water bottle and carrier as you are carrying it all day long and using it at all meals
- camp chair to relax in and eat
- tent & waterproof groundsheet
  - tent size should be large enough to keep all you gear dry at night until it is back on the truck
- warm sleeping bag & mattress (self-inflating, foam, or air)
- small flashlight and spare batteries
- two garbage bags in case gear gets wet
- Ziploc bags (to keep camera, flashlight, batteries, etc. dry)
- duct tape (for repairs to equipment and perhaps to stick on feet to avoid blisters)

If you are a first time camper, ask a friend for advice or do some research ahead of time. Practice setting up your tent.

The pilgrimage is about community, you help someone and they are sure to help you. Ask for help.