

# Guelph Walking Pilgrimage (GWP) Additional Information

*You are joining a temporary intentional community, not just walking. Here are planning ideas, packing tips and suggested items, the daily routine of the pilgrimage, safety rules and volunteer opportunities to ensure the comfort, safety, and enjoyment of your pilgrimage.*

## PLANNING IDEAS:      *Pilgrimage is about simplicity, so be prepared to “rough it” a little 😊*

- ✓ **Have you made your own transportation arrangements home from Midland?** Carpooling is recommended
  - Option 1: Ask family or a friend to come and collect you. They are welcome to stay for the closing Mass and lunch.
  - Option 2: While on the pilgrimage, make a connection with someone employing Option 1 or 3.
  - Option 3: Bring your own car and shuttle it daily from one camp location to the next (takes 60-90min).
  - Contact us if you have any questions. Transportation is surprisingly easy, and we have never left anyone in Midland yet.
- ✓ **Consider gathering prayer petitions from friends, neighbours, and others for your pilgrimage.**
  - Petitions will be carried collectively and burned on the last day.
- ✓ **How to pack your personal items to ensure maximize safety of transportation and handling:**
  - See the Packaging Tip list for recommendations and identify all bags, tents, chair etc. clearly with your name.
  - Hockey bag or duffle bag recommended for safety in the truck. **NO SUITCASES. NO OPEN BAGS**
  - **MAX WEIGHT 20Kg    Bags will be weighed    MAX BAG SIZE: 24"x 36"x 15"**
  - Daily you will be responsible for gathering and returning your gear to different locations listen and follow instructions.
  - **REMEMER: THINK AHEAD / take everything you need for the day ... NO access to gear stored on the truck until dinner.**
  - 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.
- ✓ **Comfort Stations ... the be prepared to “rough it” a little part 😊**
  - Bathrooms are Porta Potties and are available at the lunch stops and end of day camp locations
  - Showering is limited to: Monday      River Dip: Friday (pack a swim suit)
  - Daily cleansing is via small basins and cool water or via your personal cleansing cloths you packed
  - Remember you arrive late afternoon and **August nights can be cool** so laundry may not dry quickly
  - We are camping and LIMITED access to electricity so pack portable charges and flashlights / small lantern
- ✓ **The organizers will supply**
  - All meals and snacks, including Gatorade and water.      *You pack a bottle that will last you 2.5 hours between breaks*
  - Epson salts at the end of the day to soak your feet      *You pack Band-Aids etc. for your blisters should they appear*
  - Daily Transportation for heavy gear such as tents, sleeping bags, duffle/hockey bags, chairs
  - Porta Potties at lunch and night camp locations
- ✓ **Contact us if you have any questions**
  - email: [guelphwalkingpilgrimage@gmail.com](mailto:guelphwalkingpilgrimage@gmail.com)
  - Website: [ignatiusguelph.ca](http://ignatiusguelph.ca) (under programs for more information and support materials)
  - Call: 519 824 1250 ext 266
- ✓ **GOOGLE has a wealth of knowledge to help you prepare**

The following information about how to prepare to walk the Camino in Spain may be helpful to you as you prepare to walk this pilgrimage as there are many similarities. The benefit of the GWP pilgrimage is you don't have to carry all of your belongs, however you do have to set up camp daily and volunteer with meal preparations or clean up.

  - How to train to ramp up your walking to 20-27 km/day required for this pilgrimage
    - May walk 30 - 60 minutes with no break 2x/wk; start @30 min increase each week by 10 minutes
    - June walk 1-2hrs with no break 2x/wk; start @1hr increase each week by 20 minutes
    - July: **week 1:** 10 km 2x /wk; **week 2:** 15 km 2x /wk; **week 3:** 20 km 2x /wk; taking a 10 minute break every 2hrs of walking, focus on hydration, pack snacks, walking rate should be 4.5km/hr
  - How to pack for the Camino ... lots of resources to help you be efficient, light weight and organized
  - How to avoid blister hiking the Camino ... lots of different methods, find the one that works for you









## PACKING TIPS AND SUGGESTED ITEMS to ensure your comfort and enjoyment on the pilgrimage






*LOOKING for HOW TO VIDEOS... google packing or preparing for the Camino... it is similar to this pilgrimage*






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

**Ensure identification of your gear, put your name on ALL your belongings (eg Sharpie, duct tape, Mable labels, address labels)**

✓ VISUAL AID	PACKING LIST AND TIPS
  	<p><b>HOCKEY BAG OR DUFFLE BAG:</b> Rectangular shapes pack the safest in the truck  <b>MAX BAG SIZE: 24" x 36" x 15"</b> <span style="color: blue;">Label it with your name</span>  <b>MAX WEIGHT 20Kg</b> <u>Bags will be weighed upon registration</u>          Absolutely <b>NO</b> open or loss bags, <b>NO</b> suitcases, <b>NO</b> garbage bags          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.</p>
 	<p><b>TENT:</b> large enough to keep all your gear dry at night until it is back on the truck  <b>NO LOOSE BAGS</b> everything secured for safe handling          Call a friend, share a tent and then always have help setting up and tearing down 😊          Recommend a groundsheet or shower curtain but it can <b>NOT</b> be in loose bag. It must be in with your tent or secured to your tent and tent handles still accessible for easy and safe handling  <span style="color: blue;">Label it with your name</span></p>
	<p><b>CAMP CHAIR</b> to relax in and eat <span style="color: blue;">Label it with your name</span></p>
	<p><b>WARM SLEEPING BAG:</b> stuff your bag vs rolling <span style="color: blue;">Label it with your name</span>          Need space buy a compression sack          Inflatable pillow or small pillow REMEMBER a pillowcase for increased comfort  <b>Remember August nights can be cool, windy, wet or warm....</b>  <b>August is Unpredictable so be prepared, be warm and dry</b></p>
	<p><b>SOMETHING TO SLEEP ON:</b> you choose: <span style="color: blue;">Label it with your name</span></p> <ul style="list-style-type: none"> <li>➤ Air mattress (12volt air pumps are available)</li> <li>➤ Self-inflating Therma rest</li> <li>➤ Foam mattress</li> <li>➤ Light weight cot (picture is a Woods expedition low set cot &lt;4lbs holds 260lbs)</li> </ul>

 	<p><b>CLOTHING</b></p> <p><i>Remember nights are cool so quick dry is recommended if washing. Large safety pins allow to hang anything on your day pack to dry if needed.</i></p> <ul style="list-style-type: none"> <li>• 1- 2 pairs of socks per day or plan on washing socks and lighten your load <ul style="list-style-type: none"> <li>○ Enjoy a fresh pair of dry socks at lunchtime</li> <li>○ <i>Good quality socks</i> will help to reduce blistering: Cool Max, Smart wool, Wrightsock</li> <li>○ <i>Your feet are critical so research what works best for your feet</i></li> </ul> </li> <li>• Walking shorts/trousers/skirt: zip-off pants can come in handy <ul style="list-style-type: none"> <li>○ long pants suggested for evenings or walking in the woods to avoid mosquitoes</li> </ul> </li> <li>• T-shirts/tops: you decide on how many <ul style="list-style-type: none"> <li>○ <i>Quick-dry shirts</i> will keep you cool; they also dry quickly</li> </ul> </li> <li>• Long sleeve sun shirt: protection from UV and warmth in the cool morning starts</li> <li>• Sleeping wear: check the forecast, if warm night, pack shorts/T-shirt, if cold pack base layer</li> <li>• Underwear / sports bras</li> <li>• Swimming suit for the last night river swim or for the cool outdoor shower mid-week</li> <li>• Rain gear or poncho – a brief rain shower or an all-day rain.... be prepared for both!</li> <li>• 1 Jacket/fleece/sweater the cool August evening/nights ... and mosquitoes are livelier at night</li> </ul> <p><b>Remember your Day 1 clothes count to your total when packing</b></p> <p><b>ORGANIZATION TIP:</b> Pack your clothes into zip lock bags or compression bags, or cubes for easy organization and space / dryness</p> <p>Pack your nighttime clothes / last things used in the morning in a separate bag (eg sleeping clothes, tooth brush and tooth paste, ChapStick, pillow, small flash light, ear plugs and eye mask if you require dark for sleeping as many locations have lights)</p> <p>Some people like to pack ziplocks based on when they plan to put on fresh clothes</p>
	<p><b>SHOES</b></p> <ul style="list-style-type: none"> <li>• 2 pairs of “broken-in” walking shoes/boots. <ul style="list-style-type: none"> <li>○ Alternating between comfortable footwear gives your feet a break</li> <li>○ Rain / wet shoes don’t make for happy feet hence 2 pairs recommended</li> <li>○ <b>Worthy investments</b> include <i>good walking or hiking shoes, NO tight spots</i></li> </ul> </li> <li>• 1 pair of sandals. To allow your feet to breathe at the end of the day</li> </ul>
	<p><b>TOILETRY BAG</b></p> <ul style="list-style-type: none"> <li>• Flashlight &amp; spare batteries (night time finding the port-a-potty 😊)</li> <li>• Earplugs as we are a large group camping close together (snoring and road noise)</li> <li>• Eye mask if you require dark for sleeping as many locations have lights</li> <li>• <b>Foot cream to apply at night as your feet are key to a good pilgrimage</b></li> <li>• Lip balm / Vaseline / After sun or moisturizing lotion as the sun dries everything</li> <li>• Toothbrush &amp; paste</li> <li>• Small nail clippers / nail file / large safety pins (for repairs or fastening laundry)</li> <li>• Any prescription medication, vitamins, inhalers, magnesium chloride cream etc</li> <li>• Light-weight towel, washcloth(s), soap, shampoo, brush</li> <li>• Some type of knee support if you find walking up/down hills strenuous on your knees (shuttling is also provided) - Knee brace</li> <li>• <b>To Avoid Blisters:</b> use one of the following: Glide, talcum powder, Vaseline, duct tape, mole skin, hikers’ wool ... experiment to what works for you / SOCKS are key</li> <li>• OPTIONAL: Stretching bands for tight muscles</li> </ul>
	<p><b>FIRST AID KIT</b></p> <ul style="list-style-type: none"> <li>• Zinc cream helps prevent road rash for those who discover they are sensitive (long socks or pants are a great prevention)</li> <li>• <b>Blister band-aids</b> / duct tape / second skin helps in the event that you get a blister. Whatever you choose to use, <i>apply it as soon as you feel a hot spot</i></li> <li>• Regular band-aids, after bite / Benadryl / polysporin / mask</li> <li>• Ibuprofen for relief of muscle pain, Voltaren or Arnica for muscle sprains</li> <li>• Small duct tape for repairs and blisters</li> <li>• OPTIONAL: laundry soap / clothesline / vicks / Small sewing repair kit / zip ties</li> </ul>



	<p><b>MISC pack</b>          Electronic charging equipment for phone and watch etc          Portable charger(s) as we are camping, and <b>electricity is VERY VERY LIMITED</b>          Spare Kleenex or old-fashioned hanky          NOTE: my hat was here and not in my day pack as I was on the support team</p>
	<p><b>DAY PACK:</b> small backpack or large fanny pack</p> <ul style="list-style-type: none"> <li>• Rosary</li> <li>• Hat and sunglasses      Lip balm as the sun dries everything</li> <li>• Water container: lightweight and large enough to last 2.5 hours between refills</li> <li>• Blister band-aids / knee brace</li> <li>• Sunscreen – SPF 30 or higher - you are in the sun all day long, <b>remember to reapply</b></li> <li>• Bug spray for walking in wooded areas and for the evenings</li> <li>• Antibacterial hand sanitizer and or wet wipes</li> <li>• Small toilet paper/Kleenex / and doggie bags or ziplock as <b>nothing gets left behind</b></li> <li>• Cooling cloths are a great asset on hot humid days</li> <li>• Nominal cash: French fry stop; ice cream</li> <li>• Phone / camera and portable charger or spare batteries</li> <li>• Gum or room for trail mix snack bags or extra apple</li> <li>• <b>OPTIONAL Hiking sticks /Trekking poles:</b> add support when walking and especially when walking up/down hills</li> </ul>
	<p><b>OPTIONAL IDEAS</b></p> <ul style="list-style-type: none"> <li>• Bag for carrying shower supplies / clean clothes for Monday's glorious shower</li> <li>• Microfiber cloth to wiping off damp tent &amp; doubles to dry feet after Epson bath</li> <li>• Lantern to free your hands in the late night and early morning in your tent</li> <li>• Instant Hot / Cold pack for aches and pains</li> <li>• Compression tape</li> <li>• Yoga balls to treat your body</li> <li>• Penny whistle or another small instrument you play</li> <li>• Reading material</li> <li>• Zip lock to keep all your extras organized and dry</li> <li>• Garbage bag incase your things get wet</li> </ul>

**Organize your bag for quick and easy packing:** make sure everything has your name on it, so nothing gets lost

ONE tent bag

ONE day pack















ONE personal bag (**max 20kg**) **it will be weighed**

ONE camp chair (not shown)



Seeing the world at 4.5 kms an hour, over many kilometers, facilitates a kind of natural meditation. Sometimes the realisations that bubble up while walking long distances can be joyous; sometimes they may be difficult. Walkers should practice kindness and patience with fellow pilgrims. Virtually every pilgrim has moments of soaring elation and personal growth. Pilgrimages never fail to surprise!

**PILGRIMAGE DAILY ROUTINE:** **Important to stay on schedule as dinners are donated and delivered**

	<b>Time</b>	<b>Activity</b>
	<b>6:00 am</b>	<b>RISE &amp; SHINE:</b> Get dressed      Pack your gear into your duffle bag Eat breakfast      Brush teeth Running out of time... leave your tent till after Mass..... Prioritize Mass
	<b>6:55 am</b>	Be sitting down preparing for 7am Mass <b>NOTE if you are part of the MUSIC MINISTRY BE THERE FOR 6:50 AM</b>
	<b>7:00 am</b>	<b>MASS</b> followed by: <b>Martyr of the Day</b> <b>Daily announcements:</b> weather update, trail details, shuttle update <b>Volunteer for Safety Detail:</b> Rabbit, turtle, cross bearer, petition bearers (2 people) <b>Car shuttle plan and organization</b>
	<b>7:50 am</b>	<b>FINISH PACKING</b> tent and gear to truck loading staging area <b>Pack your day pack:</b> sunscreen, bug spray, hat, fill up water bottle, coat etc <b>Bring all gear to the truck for loading</b> <b>If time help</b> with the dishes, chairs or help other pilgrims pack up
	<b>8:00 am</b> <b>Or Lunch</b>	SHUTTLING OF CARS Make sure you understand when (AM vs lunch) to shuttle your car to the next camp Those shuttling cars will be brought to the walkers after dropping off their car
	<b>8:15 am</b>	<b>GATHER FOR THE START OF THE DAY AND INSIGHTS</b> ➤ It is critical that we start on time as dinners are donated and have an arrival time ➤ Those not ready will be shuttled to the walkers.
	<b>8:30 am</b>	<b>START WALKING</b> Walk 20-28 km per day Walk at a pace of 4-4.5 km/hr Typically walk 6-8 km between breaks <b>30 minutes of walking in silence</b>
	<b>10/10:30 am</b>	<b>Morning Break: 15-minutes</b> breaks occur every 6-9 km First break starts between 10 & 10:30 depending on the KMs that day Refill your water bottle. <b>IMPORTANT TO STAY HYDRATED TO AVOID CRAMPS</b> Trail mix and fruit available to refuel your body
	<b>11:45 am</b> <b>/</b> <b>12:30 pm</b>	<b>Lunch: 45 minutes</b> starts 11:45-12:30pm depending on the KMs that day Nutritious lunch available, chairs to rest, and shade tents Refill your water bottle. Important to stay hydrated to avoid cramps <b>Thank our lunch spot patrons</b> 🚻 <b>Port-a-potty available</b> 😊
	<b>2:00/3:15 pm</b>	<b>Afternoon Break: 15-minute</b> breaks occur every 6-9 km Break starts between 2 & 3:15 depending on the KMs that day Refill your water bottle. Important to stay hydrated to avoid cramps Trail mix and fruit available to refuel your body <b>30 minutes of walking in silence</b>
	<b>3:30 / 5:15 pm</b>	<b>Arrive at Camp</b> between 3:30 & 5:15 depending on the day Pilgrim Volunteers set up chairs and Epsom bath for your aching feet Set up your tent, relax, wash, socialize, build community thro helping
	<b>6:00 pm</b>	<b>DINNER IS DONATED SO START TIME MAY VARY</b> depending when our patrons arrive <b>Listen</b> for announcement and bring your voice to sing the meal prayer <b>Thank our dinner patrons as well as camp location host</b> Build community through helping: dishes, setting up/storing chairs <b>Thank our dinner patrons &amp; camp location host</b> 🚻 <b>Port-a-potty available</b> 😊
	<b>7:00 pm</b>	<b>Sacred Circle</b> Gather and share insights from the day. Build community
	<b>10 pm</b>	Lights out and camp is silent

## **SAFETY RULES & REGULATION for Walking Safely to Midland**

A few simple rules will make your pilgrimage more enjoyable for you and those who take your safety seriously. Travelling on roads and crossing roads can be very dangerous. We have developed a procedure to cross roads that minimizes the amount of time spent on high traffic roadways. We cross even lesser travelled roads in the same way we would cross a busy four-lane highway, so we are well-practiced for all road crossings. Support vehicles assist pilgrims, who need to rest, cannot climb the hill, or wish to return to camp to assist with other necessary activities for a successful pilgrimage. We are exposed to the dangers of inclement weather. Normally we walk through rain. In the event of severe weather, we will make our best effort to evacuate the group from the area of danger using support vehicles and trucks. Daily weather updates are provided at the start of each day so you can be prepared.

### **Safety Detail**

- ❖ The persons in the high-visibility safety vests are pilgrims like you who have volunteered to serve as part of the safety detail. Please help them enjoy their pilgrimage by paying attention to them.
- ❖ 3 persons in safety vests make up the safety detail: one at the lead - the Rabbit (usually 50 to 75 yards ahead of the cross-bearer) one in the middle of the column - the Monkey, and one at the rear of the column - the Turtle.
- ❖ A volunteer heads up the safety detail, providing clarification and instruction when necessary to all other safety detail.
- ❖ Pilgrims will be asked to volunteer and be part of the safety detail.




### **Order of procession**

1. **Lead safety detail** referred to as the **"Rabbit"**: walks ~2 hydro pole lengths ahead to notify oncoming traffic of walkers
2. Cross-bearer
3. Petition bearers (2 people)
4. Pilgrims
5. **Middle safety detail** referred to as the **"Monkey"**: walks in the middle of walkers helping to keep the pace consistent.  
**NOTE:** this is an optional position depending on the number of walkers
6. More pilgrims
7. **Rear safety detail** referred to as the **"Turtle"**: is the last walker ensuring no one falls behind the group

### **Pilgrim Responsibilities:**

- ✓ Pay attention to and heed the instructions of the safety detail volunteers
- ✓ LISTEN for WHISTLE SIGNALS and follow their meaning
- ✓ Exercise patience and remain calm at all times
- ✓ Walk at a pace of 4 – 4.5 km/hr for 20-28 km per day minimizing the gap from the front to end of the line
- ✓ Walk on the left side of the road, facing oncoming traffic. NOT MORE THAN 2 side by side
- ✓ Walk well to the left and in single file: up steep hills, approaching crests of hills, and blind corners
- ✓ Do not walk ahead of the petition bearers
- ✓ Do not walk behind the rear safety detail (Turtle). Take a ride from the support vehicle if you are tired.
- ✓ Do not cross the road unless accompanied by a safety detail. | NEVER cross ahead of the safety detail
- ✓ Notify safety detail if you need a support vehicle. REMAIN on same side as the walkers; the car will come to you and the turtle
- ✓ **Follow Road Crossing Procedures for ALL road crossings:**
  - Lead Safety Detail (Rabbit) stops at the intersection
  - Pilgrim column lines up in SINGLE FILE to the left of the lead safety (Rabbit), stretching out along the road edge
  - DO NOT TALK. Wait in SILENCE in preparation to cross the road awaiting the HORN signaling it is safe to cross
  - Pilgrims cross in SILENCE all at once, maintaining the same order on the opposite side of the road
  - Pilgrim column proceeds in order in accordance with the safety detail instructions
  - LEAVE DROPPED ITEMS on the road. DO NOT GO BACK across the road unless accompanied by a safety detail.
- ✓ As the day progresses you may become tired and lose your attention to the road. It is at these time it is even more important to follow the safety detail instructions and remember a Pilgrim's Responsibilities in keeping everyone safe.

### **Whistle Signals:**

-  1 **WHISTLE BLAST:** car coming  
*move to the left edge of the road, CONTINUE WALKING*
-  2 **WHISTLE BLASTS:** cars coming from BOTH directions  
*move off the road and form a SINGLE LINE*
-  3 **WHISTLE BLASTS:** need all pilgrims to gather as group with the Rabbit, then stop  
*move off the road, walk in a SINGLE LINE and STOP once all together*

## **VOLUNTEER OPPORTUNITIES:**

***You are joining a temporary intentional community, not just walking.***

We offer a communal experience. We share chores, keep to a schedule, eat together, and do group activities. Time for contemplation and quiet reflection is also built in. Be open to transformation and growth! Both walkers and GWP Support team have all paid to participate in the pilgrimage. Walking is often the easiest part but often people feel bad about not being able to walk. Please remember, many hands make light work 😊, so if your feet aren't working your hands likely still can! If you get tired or sore feet you can always help serve your fellow pilgrims and assist the GWP support team with meal preparation, dishes, camp set of chairs, Epsom baths preparation etc.

Email [guelphwalkingpilgrimage@gmail.com](mailto:guelphwalkingpilgrimage@gmail.com) and let us know how you are interested in helping out.

**I know of a high school student interested in earning volunteer hours** assisting the Pilgrim Support Team during the actual walk for a day, a weekend, or the entire walk. I understand they will still be able to walk some of the Pilgrimage. They will assist with the physical demands of handling gear, camp set up/take down or food preparation or clean up.

**I am interested in serving on the GWP Support team** on the Pilgrimage. Training will be in Guelph (or by zoom) during July

- Pilgrim Safety Team: Rabbit, Monkey, Turtle keep the pilgrims safe when walking and crossing roads
- Scheduler Monitor / Announcer: Responsible for keeping the group on schedule
- Music Lead: Manages musicians and instruments and plans songs for mass and sacred circle

**I am interested in serving as a volunteer *DURING to the actual Pilgrimage* by:**

- Be that 6 am morning wake up for the entire camp
- Be the Coffee Lead: Prepare after dinner and bring to breakfast
- Participate in the Music Ministry: Remember singing counts as 2x prayer
- Assist first-time pilgrims: camp set up/ pack in, learning routines etc.
- Assist Safety detail by coordinating who will carry cross and petitions daily after each break
- Assist Safety detail by daily charging and distribution of walkie talkies
- Coordinate washing, drying and putting away dishes - breakfast and/or dinner
- Set up chairs for morning Mass, lunch and dinner
- Closing of chairs for the night to avoid the dew
- Packing up and bagging chairs after Mass and after lunch and bring them to truck staging area
- Coordinate setting up chairs and Epsom salt foot baths at camp location ready for the walkers' arrival
- Coordinate daily vehicle shuttling in the morning from one camp location to the next camp location
- Assist the walkers Safety Support vehicle: requires that you have a vehicle: option full days or ½ days:
- Assist with lunch food preparation
- Assisting with physical demands of the truck team