

# Packing for your Pilgrimage



## The Key Packing Principle:

In the spirit of pilgrimage try carrying as little as you need. The spirituality of pilgrimage challenges each of us to renegotiate our relationship with all the *stuff* that chokes out our deep communion with God.

Pack lightly. Let go.

1

ESSENTIAL  
CLOTHING

2

ESSENTIAL  
TOILETRIES

3

ESSENTIAL  
FOOTCARE



### Backpack

A fitted backpack with hip support.



### Hiking Shoes

Break in your hiking shoes!



### Water

A backpack hydration system is best.

## **Essential Clothing**

- Rain jacket
- Fleece
- 1 x pair hiking pants
- 1 x pair hiking shorts
- 3 x t-shirts
- Sleeping bottoms and top
- 3 x pair underwear
- Hat with brim & sunglasses
- Flip flops
- 3 x pair smartwool socks
- 1 pair hiking shoes

## **Optional Clothing**

- Evening Shirt and pants
- Evening footwear (sandals)
- Swimming gear

## **Optional Items**

- Razor and shaving cream
- Phone, charger, earbuds
- Trekking poles
- Flashlight / headlamp
- Nail clippers
- Fork, knife and spoon
- Earplugs (nearly essential!)
- Needle and thread

## **Essential Toiletries**

- Toothpaste
- Toothbrush
- Deodorant
- Sunscreen
- Shampoo and soap
- moisturizer
- Lip balm with SPF
- Ibuprofen / acetaminophen
- Toilet paper
- Towel

## **Essential Footcare**

- Band aids
- Moleskin
- Foot powder
- antiseptic (polysporin)
- Aloe vera

## **Recommended Items**

- Bible
- Journal and pen

## **Sleeping Gear**

- Light sleeping bag
- Pillow
- Cot