

Lisbon WYD Packing List

Documentation

- Passport (Extra copies)
- Driver's license
- Medical Insurance cards / information
- Reservation & confirmation numbers
- Airline tickets

Money

- Cash (USD & Euro)
- Credit/Debit cards
- Money Belt

Clothing (Appropriate Dress for Pilgrimage)

- 4 interchangeable shirts (*shoulders/midribs covered*)
- 2 pair of long pants &/or skirts
- 2 pair of shorts (knee level required for entering many of the Churches)
- Recommended: 1 outfit that is a little dressier
- Two pair closed toe comfortable water-proof walking shoes (lots of walking, lots of crowds)
- Shower shoes
- 6 change of under garments
- 6 socks
- Jacket, sweatshirt, or pullover
- Sleepwear

***Lisbon average low 60 degrees – average high 85 degrees. Very few days of rain. **Please remember to pack modest attire appropriate for weather conditions.** You may consider packing clothes that can be mix-and-match as we will be hand-washing all laundry.

Electronics

- Headphones in carry-on (for flight & closing Mass)
- Watch with alarm
- Camera, SD cards, chargers &/or batteries
- Chargers for electronic devices (ie. phones)
- [Power Adaptor/Converter](#)
- Flashlight
- AM/FM Radio &/or batteries

Medications

- Medications in their original labeled containers
 - Prescriptions: A letter from your physician in your carry-on as some countries have strict restrictions on bringing medications in/out of the country.
 - Narcotic-based Prescriptions: A letter from your physician stating the need for narcotic-based medication (sedatives, tranquilizers) to avoid potential problems with customs officials.
 - Bring more medicine than you need. An extra week's supply is a good rule of thumb.

Food

- 2 power bars (emergency food source)
- Gum
- Propel, Gatorade, or other rehydrating/electrolyte drink mixes

Toiletries

- Laundry detergent (for hand washing)
- Toilet paper
- Hand sanitizer/handwipes
- Soap
- Facial cleanser
- Lotion
- Shampoo
- Deodorant
- Disposable Razor/Shaving cream
- Comb/brush
- Toothpaste/Toothbrush
- Sunscreen
- Towel/washcloth
- Band-Aids
- Moleskin (optional)
- Bug repellent
- Arch supports (optional)
- Feminine care products

Reminder: ALL liquids must fit in a single, clear, quart-sized re-sealable bag. Liquids must be 3.4 oz OR 100.55 mL or less. No aerosol cans (ie. hairspray). Consult www.tsa.gov for current flight regulations.

Miscellaneous

- Cell Phone Apps
 - What's App
 - Laudate
 - Ulmon Guides
- Journal & pen
- Deck of cards or light entertainment
- Trading items (Customary, but NOT A REQUIREMENT. These are items such as medals or prayer cards that reflect our local faith community to trade with other pilgrims in Portugal. These need not be extravagant, something small reflecting Oklahoma and/or the US.)
- Host family gifts. When you are a guest in a home it is customary to bring a gift. Consider something that says Oklahoma or USA, religious or secular.
- Hat w/brim &/or sunglasses
- Poncho &/or umbrella
- Collapsible bag (for returning to the US w/souvenirs, etc.)
- Religious Articles*** (for blessing at closing Mass)
- Light tarp or emergency blanket for closing Mass***
- Pool float***
- Sleeping bag or blanket (Days in the Diocese & Closing Mass)
- Inflatable Pillow***
- Flat Water Bottle

***We will be staying the night in an open field for the final Mass. You will want to have something to sleep in for the evening due to low temperatures at night.

Remember: Whatever you take, you carry!

Suggestions:

1. Remember this is a pilgrimage, not a vacation. Please remember to pray, sacrifice, and offer up suffering.
2. Before departure:
 - a. Register with the US State Department at <https://step.state.gov/step/>
 - b. Contact medical provider for any information you need to know in the event of an emergency (*put in carry-on bag)
 - c. Contact bank(s) if you intend to use an ATM, debit and/or credit card. Banks monitor transactions and will often freeze accounts for overseas charges to prevent fraud. Notify them of the dates and locations of travel so that you continue to have access to your accounts. You may also consider asking about any exchange rates or fees for overseas usage.
3. Carry-on backpack weighing no more than 22 lbs., 22h x 14w x 9d (check www.tsa.gov for carry-on rules & regulations). Less is better.
4. Use luggage tags (must be on each piece of your baggage this includes your carry-on and sleeping bag). Dube Travel has provided enough luggage tags for each pilgrim to have one (1) bag.
5. Leave a photocopy of your passport, pg. 2, with a family member at home. A copy will remain in the Diocesan Youth Office with the Chancellor's Office. A copy will be with the group leader during travel, Sarah Jameson. The travel agency also has a copy in the event you lose your passport during travel. You need to carry an additional copy of pg. 2 of your passport in the event your passport is lost.
6. Pick-pocketing is a major industry in Europe. While no one expects any trouble, a money belt is highly recommended to carry your passport, money, plane ticket, credit card & any other important papers. **Never, ever, ever use a purse, backpack, fanny pack, or wallet for your identification documentation or valuables.**
7. Do not bring illegal items, expensive electronics such as MP3 players or Ipods, cell phones that do not work internationally, expensive jewelry or aerosol cans. Please do not pack scissors, nail clippers, tweezers, or anything of the like in your carry-on bag! This will not only slow down the security process at the airport, but will make this pilgrimage a penance for you and your fellow pilgrims. If you are unsure about flight restrictions, check www.tsa.gov for rules and regulations.
8. You may be wondering how much money you will need for this trip. You are responsible for meals in transit (ie. while we wait in the airports). You are responsible for a few lunches during the pilgrimage. You are responsible for souvenirs. With that said, you will want to have BOTH US dollars and Euro. Talk to your bank about exchange rates and fees associated with exchanges before departure.
9. Again, if you have not already, begin praying for the pilgrimage.

WYD Pilgrim Backpack will be given to us when we arrive in Portugal with the following:

- Rosary
- Meal Vouchers
- WYD Hat
- Pilgrims Booklet
- Guidebook to WYD

