

What to Bring

Remember - We're Pilgrims not Tourists

To bring - in general

1. A thin, light, non-bulky pillow & blanket (for sleeping on the bus and for sleeping in the bunks at the lodge).
2. To wear on bus - jeans / sweats, t-shirt, sweatshirt, tennis shoes, and a winter coat.
3. A sleeping bag to be placed w/ luggage **under** the bus.
4. 1 case of bottled water per two students please. In addition to this water, some recommend "camel packs".
5. Pre-packaged *healthy* snacks **to share** (granola bars, snack crackers, trail mix, jerky, and Strawberry Twizzlers).
Also, we'll take as many satsumas as we can get.

Bring nothing that can't be easily replaced.

To bring in a backpack

6. Spending money for pilgrimage gift shops and meals on the road - \$100-\$125.
7. Lined thermal mittens or ski gloves.
8. 1 light-weight, compact, bright-yellow rain poncho - recommend the LSU rain poncho from Walmart (under \$5).
9. An *inexpensive* digital camera and a cell phone are suggested. "Go Phones" are recommended.
10. Travel size hand lotion + chapstick
11. A novel or a notebook with school work, plus crosswords, coloring books, or sudoku activity books.
12. At least 4 pens and a Sharpie marker. (If you're artistic, consider bringing a small sketch pad and pencil)
13. 10-15 Pocket Hand Warmers (the packets that you shake to activate the heating element).
14. Some toiletries - deodorant, toothbrush and toothpaste.
15. A small, pocket flashlight for going to and from the cabins.
16. Very inexpensive sunglasses.
17. A product to avoid motion sickness.

If you BRING it, you have to CARRY it.

To bring in your one, single suitcase

Please note: Each participant is allowed only one suitcase. You will need to tie a colored bandana or cloth to your suitcase handle to distinguish it from the other 200 suitcases under the bus. Also, except in cases of extreme emergency, know that suitcases will NOT be accessible during the 24 hour bus trip (that is from the time of departure on Thursday morning to arrival Friday evening, and from Monday morning until we arrive back home Tuesday evening.)

18. Toiletries – brush, travel size soap & shampoo, more deodorant etc.
19. A towel & flip flop shoes – for showering
20. 5-6 t-shirts
21. 2 sweaters/sweatshirts
22. 2-3 turtle necks
23. 3-4-pairs of jeans
24. 1-2 pairs of *long* underwear (thermal) - in addition to other underwear
25. 2-3 Pairs thermal socks (recommend wool/polypropylene)
26. 4-5 pairs of cotton socks
27. Lightweight boots - hiking-snow-sorrels – but only if you already own them and they are broken in.

To stay warm – Wear Layers!

We recommend against purchasing boots. Apart from the considerable expense involved, they will not be broken in, and the amount of walking we'll be doing will result in more blisters than warm feet. An effective and common "Boyscout" alternative to buying new, expensive boots is to wear tennis shoes with a plastic bag (newspaper or grocery bag) worn over the socks and inside the shoes. Spraying Scotch Guard on tennis shoes and jeans is also highly recommended. The day of the March in particular could involve standing and walking for hours outside in rain or snow.

"IN YOUR TRAVELS YOU WILL MEET TWO KINDS OF PEOPLE - THOSE WHO PACK LIGHT, AND THOSE WHO WISH THEY HAD."

- CONFUCIUS