

Recommended Packing List Warriors to Lourdes Pilgrimage

Please remember that each traveler is limited to ONE checked bag and ONE carry on bag.

General Guidelines:

- **All pilgrims must travel with a valid passport and health cards**
- Because we will be visiting holy grounds, please limit the quantity of jeans, t-shirts, shorts, flip-flops and 'very casual clothing' you choose to bring

Active Duty Military:

- For all PMI events, Seasonal Service Uniforms are required as prescribed below:
 - Army: Army Service Uniform (Class A)
 - Marines: Service "A" with ribbons and badges
 - Navy: Full dress whites with ribbons. Females: Skirt preferred, pants optional for less formal events
 - Air Force: Service Dress
 - Coast Guard: Service Dress Blue
- For personal time: business casual
- Active Duty service members unable to properly wear the appropriate Seasonal Service Uniform (due to injury or grooming standards) should follow the prescribed attire for former military and civilian personnel

Civilian and Former Military:

- For all PMI events, please follow the 'Business Casual' model as prescribed below:
 - Men: trousers, collared shirt, sport coat/sweater (recommended) and comfortable shoes that provide a good appearance and are suitable for walking
 - Women: dress pants, knee length skirts/dresses, blouses/shirts with sleeves, jacket/sweater (recommended) and comfortable shoes that provide a good appearance and are suitable for walking
- For personal time: business casual

Provided to all pilgrims on site:

- The K of C will provide **each** pilgrim with: 1 poncho, 2 oxford long sleeve shirts with pilgrimage logo (male or female versions as appropriate), 1 weather resistant jacket with pilgrimage logo and 1 umbrella

- The Sanctuary within which all WTL and PMI events occur is considered holy ground and requires due respect. **Shorts, logo t-shirts, tank tops, unserviceable clothing, sandals/flip-flops or items considered inappropriate for religious events or ceremonies are NOT permitted**

How to Pack:

- Pack all that you might need for 24-48 hours, including a **10-day supply** of medications, in your **carry-on bag**
- Plan to dress in layers adjustable to changing weather with coordinated clothing or mix-and-match outfits
- Allow room in your suitcase to bring home Lourdes holy water and souvenirs
- Pack all toiletries in one bag to easily carry into a bathroom

What Not to Bring:

- High-value cameras or personal valuables
- Pocket knives
- Metal nail files
- Scissors or corkscrews
- Lighters or matches
- Anything that can be misconstrued as a weapon

Packing List Suggestions:

***Weather:** Lourdes is located in a mountain region. The average low temperature for the month of May is 52 degrees Fahrenheit while the average high is 72 degrees Fahrenheit. Mountain weather can range from lots of rain to clear sunny days. Please come prepared for both scenarios

Daily wear:

- Comfortable shoes or sneakers
- Wrist watch or pocket watch
- 3-5 complete changes of clothing
- Enough Underwear and socks for 7 days
- Warm sweater, scarf and socks
- Jacket (that fits over the sweater)
- Hooded rain coat
- Pajamas, Robe and Slippers as needed
- Travel alarm
- Physical training gear for participation in the *Sports Challenge* relays

Toiletries:

- Soap, shampoo, hair products
- Dual-voltage or 220V hair dryer
- Razors or shavers (220V)
- Deodorant
- Nail clippers and non-metal emery board
- Vitamins, pain relievers, cough drops, lip balm, and other essentials

- Sunscreen and sunglasses
- Moisturizer and hand lotion
- Travel tissues

Adaptors for all electronics

- This applies to cell phones, tablets, laptops, camera chargers and bathroom electronics

If applicable:

- Electric adapter/transformer for CPAP or other medical equipment
- Prescription medications
- Medical equipment and supplies
- Antibiotics
- Sugar substitute packets
- Healthy snacks (for delays) and chewing gum
- Address book to mail postcards home
- Business cards or small give-aways to share with new international pilgrimage friends (unit patches and lapel pins are very popular)
- Camera, batteries or chargers