

WYD 2008. PACKING LIST SUGGESTIONS

On any trip, we tend to bring all the comforts of home, to feel like being at home. The only problem is that no matter how hard one tries to remember or have someone else remind us about our stuff; it is really easy to forget something, when we are rushing from one place to another. So, to ease headaches, you should keep certain things in mind while you are packing:

1. **If you can't afford to lose it, don't bring it!**
2. **Keep luggage to a minimum**, we may have A LOT of walking to do.
3. **If you bring it, you carry it.** Your fellow pilgrims will have their own luggage to carry and may not be able to help you with yours.

Now with the checklist. Items inside parentheses () are merely suggestions. The others you should consider seriously. Also, consider what one person may consider important, someone else may not. Therefore, go through the checklist at least once, to determine what **YOU** may deem necessary. Of course, think simply and be a minimalist as you pack; e.g., bring 6 Band-Aids, not 26, etc.! If you run out of something, your fellow pilgrims can be counted on to share! Consider sharing some of the generic items with a friend – you carry some things, s/he carries others.

IMPORTANT ITEMS

- PASSPORT- DO NOT LEAVE HOME WITHOUT IT**
- Passport Copy -

MEDICATION

- Prescription Medication: **If you bring a prescription, international law requires that you transport it in its original container, with YOUR prescription information clearly labeled on it.**
- Document all medication you are bringing with you (Prescription and non-Prescription). To make the Custom declarations much easier.
- Do Not Bring Prescription Medication that was not prescribed to you with your name on the bottle. If found, you will lose it and there could be other consequences as well.

MEDICAL

- Make at least one copy of your current insurance card. Just in case.
- Call your medical provider to check for allergy, health or other concerns to be made aware of in New Zealand and Australia for July, 2008.

FOOD ITEMS

- Document all food items you are bringing with you (No Kidding). Australia wants to know about EVERYTHING that enters or leaves their country. Food items, such as Beef Jerky, commercially packaged seeds, all fresh and frozen fruit, etc., must be declared. To avoid any delays at Customs, write everything down when you're packing at home.
- All the items listed above need to be at the very top of your packing list worksheet. Listing your medications and food can be done on the plane but writing it out before hand will save you some time and a little grief (if you have a lot to declare).
- Having your insurance card would be beneficial if you need medical attention during our visit but if you forget it - there's always email or fax services that can be utilized, if needed.

CLOTHING ITEMS - Pack sparingly and sensibly for Winter Season in Australia!

- A nice outfit for the dinner cruise / Church
- A couple pairs of jeans
- A pair of shorts
- Three / four t-shirts or shirts should stand you in good stead (Rinse and wash!)
- Ladies, sometimes a long denim skirt works a lot better than jeans or shorts.
- Good pair of walking shoes / sandals [Planning on taking a new pair? **Break them in!**]
- (A second pair of shoes/sandals)
- (Rain Poncho)
- Undergarments: Bring fewer sets and wash out as needed.
- (Bathing suit)
- Beanie
- Gloves
- (Handkerchief)
- Hiking boots

- Jackets – Lightweight, Heavyweight
- (Long Johns)
- Socks
- Shower / water shoes (sandals)
- Sweaters
- Sweats
- Umbrella
- Vests

NOT USUALLY ALLOWED IN CHURCHES

- Shorts, cut-offs, short sleeves, sleeveless shirts/blouses.
- Ladies, consider "cap sleeves" or bring a shirt/sweater in your day pack along with a packable wrap-around, split skirt, or other kind of skirt that can be thrown on at a moment's notice if necessary. You don't want to be excluded from any place because of apparel.
- Gentlemen, muscle shirts are **NOT** acceptable wear either.

SUN PROTECTION

- Bandana (with insect repellent)
- Chapstick
- Hat, for protection from the sun
- Sunglasses
- Sunscreen
- (Sun Visor)

TOILETRIES

- (Baby Wipes)
- Feminine Products
- Personal Care Items –
 - Brush,
 - Comb,
 - Conditioner
 - Deodorant / Anti-Perspiration (For the love of God!)
 - Dental Floss
 - Hair curler
 - Hair dryer
 - Razors
 - Shampoo,
 - Shaving cream
 - Soap,
 - Tooth paste,
 - Toothbrush
 - Q-tips etc
 - Dispenser containers / bottles
 - Ziploc bags – packing liquids
- Small container of clothes detergent and a few clothespins & maybe a few "Shout" wipes for spots.
- (Toilet Seat Covers)
- (Toilet Tissue)
- Towel(s) (consider a quick-drying towel from Bed, Bath & Beyond or a camping store)
- Washcloth(s) (same as towel)

FIRST AID

- 1st Aid Kit
 - (2nd skin / Moleskin)
 - Advil / Tylenol / Ibuprofen
 - (Finger wraps)
 - Band-Aids [for blisters, etc]
 - Mosquito bites
 - Topical antiseptic [e.g., Neosporin or its equivalent)
 - Tape
- (Airborne)
- Benadryl / Allergy Medication (allergy prescription if you have one: allergens in New Zealand and Australia are different than here!)
- (Antacid)
- Contact lens solution / cleaner / container
- Cough drops / throat lozenges
- Insect repellent
- Instant Hand Sanitizer
- Imodium or equivalent
- (Mosquito coil holder and coils)
- No-Jet-Lag
- Dramamine or equivalent medication if you are subject to motion sickness on the plane.
- Prescription Medicine: See above
- Second set of glasses/contact lenses if you're concerned about loss or breakage
- (Sleep Aid. if sleeping on planes or in an area with lots of people is difficult for you, consult your doctor first before purchasing over-the-counter sleep medication.)

MISCELLANEOUS

- Backpack / Day Pack
- (Earplugs; gum – both will help you in flight)
- (Eye Mask)
- Luggage
- (Money belt or similar)
- (Pencil / pen / eraser / sharpie(s))
- Personal water bottle
- (Pocket size or small New Testament)
- Radio w/ earphones to listen to English/Spanish translations of WYD activities on Radio [extra batteries]
- (Rosary)
- Sleeping Bag**
- Thermal blanket (Fleece w/ zipper) [\$2.00± - for placement under sleeping bag for warmth and dryness] (purchase at Wal-Mart / -Target / camping store) {maybe two of them}
- (WYD PRAYER JOURNAL)

- Rechargeable Battery charger
- Batteries, Rechargeable are best buy.
- (Binoculars)
- Camera / Film (better alternative, disposable cameras. Consider at least one panoramic camera)
- (Disposable camera for around water)
- Digital camera (Compact)
 - Batteries
 - (Camera Lenses)
 - Memory cards
 - (Tripod)
 - (Card reader)
- Flashlight and batteries
- (Mani / Pedi care)
- (Money Clip)
- (Pillow – for sleeping)**
- (Doughnut pillow – for travel)
- (Playing cards or ?)
- (Plastic bags)
- (Nylon cord)
- (Shoe Sanitizer [or something like Fabreeze – small bottle])
- (Sewing kit)
- (Tent Mat)
- Travelers Power Converter Kit - So you can plug in your electronics
- (Water-proof bags / cases)
- (Ziploc bags)

OTHER "THINGS" TO CONSIDER

- Address Labels for family & friends at home
- Address Labels with your name, address, phone, and email to give to new friends
- There will be a power conversion issue. Get a hairdo that does not require a hairdryer for upkeep!
- Pack liquids in Ziploc bags.
- Small gifts to exchange with new friends [indicative of California, U.S., San Diego, your culture, etc.]
- (Two-way Radios: Adult leaders may want to consider bringing a couple in order to communicate with group. If you bring some, bring extra batteries.) [Although, we have found that everyone else has them, too, and everyone is on the same frequency/ies—so they are not always useful!]

PHONE CARDS

- For calling back home [make sure you can make international calls with your card]. (Unless you have international capabilities with your cell phones, you should not bring them. New Zealand and Australia operate with different systems.) (Look into adding an international long-distance calling card plan to your home phone.) This is extremely costly though. I would suggest a phone card to keep costs down.

SAFETY CONSIDERATIONS

- Copy of Passport – one in your suitcase, one on your person in place other than where you will carry your passport
- Give Melissa names and telephone numbers of emergency contacts.
- Tell family members how they may reach you if necessary. (Call Father Rich at Parish office.)
- Money – carry little money with you. Plan on exchanging about \$50.00 into New Zealand and Australian currency before you leave home – at a bank or at the airport.
- Best exchange rates are with your credit card. You can find a currency converter at <http://www.xe.net/ucc/>
- If your taking a credit card, call the card company to indicate dates of travel
- No Expensive Jewelry or Equipment: Remember: If you can't afford to lose it, don't bring it!

Please be advised, with new luggage restrictions and inspection possibilities, remember: No sharp items in your carryon; e.g., scissors, nail file, needle, razor, pocket/pen knife, etc. **ONE small suitcase, backpack, sleeping bag!**

For more information as to what you may place in your carryon or luggage, see:
<http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtml>

REMEMBER, WE ARE PILGRIMS NOT TOURISTS!