

## WYD2008: Packing for the Pilgrimage

### Top tips ....

- We suggest you pack warm clothes taking a number of thinner "layers" which will let you wrap up warm if you need too
- Average temperatures in Sydney are between 8C and 16C. Expect some rain.
- Average temperatures in the Blue Mountains are between 2C and 9C

### Luggage Restrictions

The following luggage restrictions are anticipated for our international and internal flights:

- Hold luggage: Free Baggage Allowance is 20Kg and bags must not exceed a total linear dimension of 140 cm (add together depth, width and length). Aim to keep your hold luggage down to 1 item if possible.
- Cabin luggage: Total 7Kg comprising:
  - 1 piece not exceeding dimensions of 23 cm in depth, 34 cm in height and 48 cm in length, (total linear dimensions equal to 105cm), and;
  - 1 laptop computer, a handbag, pocketbook or purse
  - No liquids or toiletries in excess of 100ml are permitted in the cabin and any liquids which are brought on board need to be in a clear plastic and sealed wallet (available for free at the airport).

### Leave some space

Remember coming back from Australia you will also have WYD memorabilia, souvenirs and a small back-pack. So remember to leave some space in your luggage for them!

### IMPORTANT!!!! What NOT to pack!

- Please note that Australia is VERY VERY VERY VERY strict on what can be brought into the country (e.g. fresh food, dried fruit, cheese, meat are all a no no!). Therefore expect that no food or drink will be allowed into Australia and you will need to finish it before arriving.
- In the event you do have food in your luggage, which you haven't declared on arrival you could be given an on-the-spot fine or face prosecution. For full details of what you can't bring into Australia visit [www.aqis.gov.au/whatcanti](http://www.aqis.gov.au/whatcanti).

### Proposed Packing List

#### General Clothes

- Long-sleeved shirts
- Jeans/trousers
- Dress/skirt
- Fleece/jumper (take two or three thin ones as temperatures in the Blue Mountains may be as low as 6C)
- Shorts (1 pair) + T-shirts (a few) as really wont be very warm!
- Underwear
- Thermals for night vigil
- Waterproof top/jacket / umbrella
- Appropriate PJs (remember you may be sharing a room!)
- Sunhat
- Comfortable shoes e.g. trainers / walking boots + appropriate socks
- House slippers
- Swimming trunks / costume

#### Toiletries

- Towel
- Toothbrush and toothpaste
- Shaving kit
- Contact lenses and solutions
- Prescription glasses + sunglasses
- High factor sunscreen
- Insect repellent
- Wet wipes
- Travel wash or bottle of detergent
- Travel sickness pills
- Painkillers (aspirin / paracetamol / nurofen)
- Any prescription medications (enough supply for the whole trip) - remember to pack a 3 day supply in your hand luggage
- Copy of any prescriptions for regular medications

#### Other useful items

- Reusable water container (e.g. camel pack)
- Small torch (to get out and about if you are sharing a room and for the vigil on the last night)
- Camera + film / memory sticks + charger
- Small binoculars
- Mobile phone + charger (check it will work in Australia before you go!)
- Power adaptor (Oz + New Zealand)
- Bible + Rosary
- Prayer book / prayer journal
- Small radio which could be used to pick up sermons in other languages or listen to WYD RADIO
- MP3 download of Worldyouthday reflections from [www.pray-as-you-go.org](http://www.pray-as-you-go.org) (available after 5 July 2008 for iPod/other MP3/phone/PSP)
- Addresses of friends and family for postcards
- 4 x bin liners for wrapping round your sleeping bag on vigil night - very useful!!!!
- Glucose sweets / energy boosters

#### Sleeping stuff

- Sleeping bag (3 season)
- Carry mat / Therma Rest
- Travel pillow for that extra little comfort
- Eye mask and ear plugs if you're a light sleeper (for flight and for room shares)

#### Documents

- Passport
- Australian Dollars - equivalent to £100
- Waist bag for valuables / cash
- Copy of passport (to keep with you in case you lose your passport)
- Copy of ETA (your own copy)
- Copy of insurance policy and certificate

#### Gifts and UK Souvenirs

- A thank you card and one or two small presents to offer to your host family in Blue Mountains (e.g. a Big Ben Tea Towel)
- UK souvenirs to swap with other pilgrims (e.g. uk fridge magnets)

#### For those going to New Zealand

- New Zealand Dollars - equivalent to £100
- Ski gloves / hat / goggles etc (if opting for the ski day in New Zealand)

#### For Priests

- 'Celebret' for the Papal Mass, alb and reversible stoles (Purple and White)
- "Permit to practice" - speak to Fr Damian for more details