



# WYD Packing Checklist

The notes in **red** are our group notes based on our experience of travelling to previous World Youth Days

## Before Departure

- ☐ Register with the US State Department *Smart Traveler Enrollment Program* at <https://step.state.gov/step/>  
Go to the link above and click *Traveling? Enroll a trip and get Alerts* and then follow the prompts.  
In addition to basic contact information and your passport number, you will need to enter travel dates and flight information - see the [Flight and Hotel Information](#) doc on the [Information for Pilgrims and Parents](#) page on our website.
- ☐ Contact your Cell Phone Provider to verify/turn on international capabilities with your cellular plan.
- ☐ Contact your Bank if you will use an ATM card and your credit card company if you intend to use a credit card.

## Most Important Items

### ☐ ~~Passport & Medical Forms~~

**BRING YOUR PASSPORT!** We will collect all passports before heading to the airport, distribute them before security, then collect them again. They will be locked in the hotel safe during the trip, and we will repeat the process on the way back. (We already have your medical forms so no need to worry about those.)

- ☐ ~~Passport photocopy (bring extra copies)~~ We have copies – no need to bring more.
- ☐ Photo ID Card (i.e. license – if you have one)
- ☐ Proof of Covid Vaccination if you have one.
- ☐ Medical insurance card
- ☐ Electric plug adaptors for European outlets
- ☐ Money belt (\*Be very cautious about securing valuables – don't put any valuables in backpack)
- ☐ Money for souvenirs & a few meals NOTE: You will be responsible for meals in transit, and some lunches.  
Bring some US dollars and some euros if possible. It's better to get additional cash via ATM while in Portugal rather than traveling with large sums of money.)
- ☐ A second passport picture in case your passport is lost.
- ☐ AM/FM portable radio and earphones (events will be translated through a local radio station)  
Available in Walmart's camping section or another camping shop or on Amazon. A crank radio/flashlight combo is good. We don't all need one so you can team up and share if you want to. It's not an essential item but if some of you could bring them it would be great – it makes the masses so much more accessible.
- ☐ Sunscreen!!  
We need each pilgrim to bring their own and apply each morning before we leave the hotel and carry with them for the day.
- ☐ Mosquito Repellant (non-aerosol!)
- ☐ Hat for sun protection
- ☐ Toiletries: soap, toothbrush, toothpaste, deodorant, feminine products, hand wipes, hand sanitizer, etc....
- \*No aerosol cans i.e.: hairspray** FYI: Buy disposables and small travel sizes - talk with other pilgrims - any supplies that you can share?
- It's a good idea to bring a small, travel-size hand sanitizer in your backpack for the plane ride and while we're there.**
- ☐ Personal Water Bottle(s)/Hydration Bladder

This Is REALLY important. We need you to have either a hydration bladder in your backpack or at least 2 refillable Nalgene-type bottles. For past World Youth Day trips we found the people who had the hydration bladders were the most well-hydrated. It is going to be hot and you really need to drink lots of water. You will be walking with a small backpack or daypack and need to carry a supply of water at all times.

## WHEN TRAVELING WITH MEDICATIONS:

- ☐ All medications should be in the original container, properly labeled and carried in your carry-on bag. Bring a copy of your prescription/s with you, in your carry-on bag (in case there are any questions going through customs)
- ☐ If you are carrying a narcotic based prescription drug (sedatives, tranquilizers) make sure to get a letter from your doctor stating why you need the drug/s in question to avoid potential problems with customs officials.
- ☐ Bring more medicine than you need. An extra week's supply is a good rule of thumb.

You need to bring your own supply of Tylenol or Motrin – whichever you usually take if you need to. The chaperones are not allowed to give any medication to you. We can only suggest that you “take whatever you would take at home” We will require however that you let us know what you have taken.

## Luggage

- ☐ Maximum – 1 checked suitcase (50 lb. max.) + 1 small carry-on bag/backpack – avoid large luggage! (Remember to leave room if you are planning on bringing back souvenirs)

See the [Flight and Hotel Information](#) doc on the [Information for Pilgrims and Parents](#) page on our website for more detailed information on Air Portugal's baggage restrictions.)

- ☐ Luggage tags must be on each piece of baggage, including your carry-on & sleeping bag (if not in your suitcase.)

At our Pre-Trip Meeting (date TBD) each pilgrim will get:

- 1 Dube Travel/WYD Luggage tag - attach this one to your checked suitcase.
- 1 SJSP Luggage Tag - attach this one to your carry-on bag
- 1 carabiner with SJSP logo tag - you will keep this one on the backpack you carry with you every day

## For the Vigil

- ☐ Thin Sleeping bag, Inflatable cushion or mat – pack these inside your checked suitcase if possible. Please note if your sleeping bag is carried separately it will count as a carry-on item.

See the examples on the [Information for Pilgrims and Parents](#) page on our website. You will need to be able to carry it either in or attached to your daypack. Pack it in your main luggage for the flight.

- ☐ Ground cover to put under your sleeping bag - plastic poncho or trash bags, shower curtain or plastic painting tarp.

Please put at least 2 contactor trash bags in your checked suitcase in case it rains - one to keep you dry and one to keep your backpack dry overnight. The field is NOT comfortable – be prepared to sleep on rocky, gravelly, maybe muddy ground. Test out your daypack and check that you are able to fit in or attach your sleeping bag and sleeping mat, pillow if you are taking one and water. You will be carrying all these on the hike to the field where the vigil and overnight will be held.

**Pilgrim backpack will be given to us when we arrive in Portugal and will usually include:**

- Rosary
- Metro pass
- WYD Hat
- Pilgrim's booklet
- Guidebook to WYD

***Remember: Whatever you take, you carry.***

## Clothing

- ☐ Casual clothes are the rule for our attire for most of the time. **Shorts and t-shirts are fine but no short-shorts, tank tops, or crop tops - we'll be spending lots of time in churches.**
- ☐ One outfit that is a little dressier is recommended.
- ☐ Clothing must fit appropriately: midribs and undergarments are to be covered at all times. No tank tops or halter tops, or t-shirts with inappropriate advertising or writing – throughout the pilgrimage.
- ☐ Good walking shoes - we will do lots of walking! Break them in - in advance! (2 pairs are recommended) No flip-flops; closed toe shoes are needed and will protect your feet in the crowds, rubber soles are highly recommended.
- ☐ Good socks **Bring more than you think you will need!**
- ☐ Undergarments

## Things to Consider

- ☐ Binoculars
- ☐ Portable cell phone charger
- ☐ Flashlight
- ☐ Camera
- ☐ Extra batteries
- ☐ travel alarm clock (back up for wake-up call)
- ☐ Zip lock bags (to put belongings in – in case it rains)
- ☐ Roll of toilet paper or tissue paper in case
- ☐ A few washcloths - European hotels do not provide them. Also, good to take one wet in plastic bag for when hot
- ☐ Plastic bags (i.e., grocery sack) – for laundry
- ☐ Sunglasses
- ☐ Small umbrella (for rain & shade)/Hat with brim
- ☐ Bungee cords/duct tape/ nylon cord/rope to attach sleeping bag to backpack for vigil Mass.
- ☐ Carabiner Clip (i.e. useful for attaching water bottle to bag when walking)
- ☐ Travel pillow
- ☐ Wristwatch
- ☐ Religious items to be blessed at Papal audience and Papal Mass
- Perfect thing to bring back for parents, Godparents, Sponsors etc. Buy them before you go. Rosaries, icons etc are good**
- ☐ Rosary & small bible
- ☐ Headphones for the plane
- ☐ Gum
- ☐ Journal
- ☐ Books, puzzles, cards—for down time and before the vigil/during travel
- ☐ Small gifts to share with pilgrims from other countries.

## You should not bring:

- ☐ No aerosol cans (i.e.: hairspray)
- ☐ Expensive electronics, or cell phones that do not work internationally.
- ☐ Jewelry should be left at home.
- ☐ \*\*\* Please DO NOT PACK, scissors, nail clippers, tweezers, or anything of the like in your carry-on bag!!!
- ☐ Remember that any liquids/toiletries in your carry-on bag must be travel-sized (3.4oz/100ml or less) and must fit in a single quart-sized/up to 1l transparent bag.

***This is a pilgrimage – please travel light and pack only what you need!***