

JMJ Youth Pilgrimages'
Suggested Packing List for World Youth Day 2023
Average Summer Weather in Portugal = 65-85°F
with a slight chance of rain

Video packing tutorial:

<https://www.youtube.com/watch?v=yyMFB3ljb1E>

Highly Recommended

1. Backpack or suitcase (carry-on size)
2. Passport (also take a picture of it to keep on your phone and email yourself and a family member a copy)
3. A joyful spirit (critical for the group)
4. Money Belt worn under clothing
5. Compact, micro-fiber sleeping bag or sleepsack
6. Emergency Blanket (foil)
7. Rosary and Scapular
8. Spending Money (Euro)
9. Prescription Medication
10. Sunglasses
11. Compact inflatable camping matt for one night on the ground at the Vigil and for Simple Lodging

Bathroom Items

12. Small Towel (Simple & Budget lodging)
13. Travel size soap (Simple & Budget)
14. Travel size shampoo/conditioner (Simple Budget)
15. Travel size deodorant
16. Toothbrush/Toothpaste (travel size)
17. Sunscreen (small)
18. Brush (small)
19. Glasses, Contacts, Solution (travel size)

Clothing

20. Shirts 5-6 (wear one on the airplane), including 1 long- sleeve shirt for layering
21. 2 pairs of your choice: pants, capris, or a skirt
22. 1 pair of shorts (not allowed in some Churches)
23. Comfortable walking shoes
24. Flip flops for showers (simple & budget lodging)
25. Swimsuit (showers in simple lodging)
26. Sweatshirt (thin hoodie is best)
27. Socks and underwear

Optional

1. Pajamas
2. Hat (to block the sun)
3. Small umbrella (for sun and rain)
4. Items to trade with other pilgrims
5. Group Flag (one per group)
6. Earplugs (for airplane & snoring roommates!)
7. Lock (for hostel lockers)
8. Basic over-the-counter medicines
9. Band-aids and/or a blister care kit
10. Bug Spray (3 oz or less)
11. Journal and pen
12. Protein bars (emergency food)
13. Small nylon bag (for dirty clothes)
14. Shaving razors
15. Laundry Soap (for hand washing, or shampoo works)
16. Ziploc bags (for stuff)
17. Tarp or sheet for shade/ground cover at Vigil (1 per 6-8 pilgrims)

18. Safety Pins
19. Washcloth (simple & budget lodging)
20. Deck of cards/Frisbee

Please DO NOT Bring

1. Things you wouldn't want to lose
2. Heavy things
3. Electronic things for your hair
4. Illegal items (We will not bail you out!)
5. Jewelry

Baggage Limits: Luggage restrictions vary from airline to airline, and often cost money to check a bag. Refer directly to your airline for details. JMJ Youth strongly recommends limiting your luggage to one carry-on, and *if absolutely necessary* one moderately sized checked bag. If you have a flight on RyanAir, Easyjet, or Vueling, we were able to add one checked bag for each person because most their carry-on size is smaller than in North America

Clothing: It may be very warm during the day. Christian guidelines of modesty still apply.

Suggestion #1: Consider light weight clothing that dries quickly. This will make it easier to hand wash and dry the few things you do bring. Hand wash 1 or 2 things each day, and you will not run out of clean clothes.

Suggestion #2: Place the things you think you *absolutely* need on your bed, then pack *half* of what you see.

JMJ staff members generally travel with one carry-on backpack that weighs no more than 20 pounds. (Yes, that includes absolutely everything that we are not wearing, even a laptop and the backpack itself.) We are quite certain you can get by with even less!

We have had pilgrims bring everything they needed in a book bag, while others bring huge suitcases weighing 75 pounds. (Chaperones can be worse!) Those who packed lighter were happier pilgrims. *Those who bring heavy packs become a penance for the entire group.*

Suggestion #3: Pack a medium-sized backpack or a suitcase with everything you think you need. Get on public transportation in your city, go to the mall, and walk around with it for five hours. Walk up and down every stairway you happen to see. This is a *hint* of what it is like to move around at WYD, and we are confident that you will be inspired to pack more lightly with a smaller backpack.

Suggestion #4: It will help each pilgrim to pack lighter if one or two people bring items to be used by the entire group, like a first aid kit with generic medications, bug spray, and sunscreen. Keep in mind that if you do not have something you need, you can buy it in Lisbon.

Money Matters:

The Euro is used in Portugal. Purchasing Euros in advance of your pilgrimage is the best way to change money. Most money changers have gone out of business because of cell phone payments, debit cards, and covid. *Debit cards* are the easiest and cheapest way to get cash once there. Check the fees your bank will charge you. Make sure your debit card has a four-digit pin.

Credit cards are another good way to buy almost anything in Portugal. Visa and Mastercard are accepted almost everywhere, American Express in very few places. Ask your bank in advance about transaction fees.

Travelers' checks are the obsolete.

Money Belt: You will absolutely need a money belt. In it you will keep your passport, money, emergency numbers, credit card, and any other important papers. You can get these at any luggage store or online. *Never, ever, ever* use a purse or wallet. You will attract all kinds of thieves. Fanny packs are another favorite of petty criminals.

Luggage: If you have a checked bag on a flight with a connection, make sure all of your important items are in your carry-on (medication, camera, and one change of clothing) because you may never see your bag again. Do not lock your checked bag, because TSA might clip the lock to check the contents.

Medications: If you will be bringing a prescription medication, get an extra prescription from the doctor in case the medicine gets lost. Make sure you bring medication in its original bottle (if possible).

Communication: The cheapest way to call home is on Skype/FaceTime/WhatsApp using wifi. If not, you'll end up paying per minute and that can add up!

Cell phones: Most cellphones will work in Portugal (check with your carrier about international plans, or if you use T-Mobile, they include free international data to most countries). We understand that cell phones have become universal tools and can function in many ways; camera, video, alarm clock, texting, GPS, oh yeah, and phone calls. If you happen to bring one, please only use it for necessities, and don't cry if you lose it.

Electrical outlets: In Portugal the standard voltage is 220 V and the frequency is 50 Hz. They use European two-pronged, round-plug outlets.

Hiking: Keep in mind that you will be outdoors a majority of the time. You will walk, and walk, and walk, and walk - long and far. Tips for backpacking hikers are largely applicable here: Your shoes should be well broken-in; your backpack should be comfortable to carry; your clothes should be comfortable and preferably sweat wicking/quick drying. A camelback or similar hydration bladder is a lightweight compact means of staying hydrated. You should also be prepared for a lack of bathrooms.

Check out our Frequently Asked Questions for more information that is helpful when making your packing decisions:

<http://www.jmjyouth.com/wydfags.html>