

**JMJ Youth, Inc's Suggested  
World Youth Day 2015 Packing List**  
Average July Weather in Krakow = 60-85°F  
with a good chance of rain

Video packing list:

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

**Highly Recommended**

1. Backpack or suitcase (preferably carry-on size)  
Hiking style backpack maybe helpful for the vigil
2. Passport (also scan & email yourself a copy)
3. A joyful spirit (critical for the group)
4. Money Belt worn under clothing
5. Warm, compact, micro-fiber sleeping bag
6. Emergency Blanket (foil)
7. Rosary and Scapular
8. Spending Money (reals and dollars)
9. Necessary Medication
10. Wristwatch with an alarm
11. Group Flag for WYD (one per group)

**Bathroom Items**

12. Small Towel (for simple & budget lodging)
13. Soap (small travel size)
14. Shampoo/Conditioner (travel size)
15. Deodorant (travel size)
16. Toothbrush/Toothpaste (travel size)
17. Sunscreen (small)
18. Brush (small)
19. Glasses, Contacts, Solution

**Clothing**

20. 4-5 shirts (wear one on plane) including short and 1 long sleeves for layering
21. 2 pairs of your choice: pants, capris, or skirt
22. 1 pair of shorts (not allowed in some Churches)
23. Comfortable walking shoes
24. Flip flops for showers (Simple & Budget)
25. Swimsuit (Simple lodging for showers)
26. Sweatshirt (thin hoody is best)
27. Underclothing and Socks

**Optional**

1. Small umbrella (for sun and rain)
2. Basic over-the-counter medicines
3. Small nylon bag (for dirty clothes)
4. Inexpensive Camera
5. Journal and pen
6. Protein bars (emergency food)
7. Shaving razors
8. Ziploc bags (for stuff)
9. Sunglasses
10. P.J's
11. A good book to read
12. Earplugs (for airplane & snoring roommates!)
13. Deck of cards/Frisbee
14. Hat (to block the sun)
28. Inflatable raft for one night on the ground (all pilgrims) or Camping Mat (simple lodging groups)
15. Tarp or sheet for shade/ground cover at vigil (1 per 6-8 pilgrims)
16. Items to trade at WYD
17. Laundry Soap (hand washing) shampoo works
18. Small rope for clothesline, tying things to your backpack, or other creative uses

19. Safety Pins
20. Band-aids or blister care kit
21. Bug Spray (3 oz or less)
22. Washcloth (Simple and Budget)
23. Tiny AM/FM radio for English translations of WYD speeches
24. Water bladder for easy refill

Packlightpacklightpacklightsubliminalmessagepacklightpacklight

**Please Do Not Bring**

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

**Baggage Limits:** Luggage restrictions vary from airline to airline. Refer directly to your airline for specifics. MJM Youth strongly recommends limiting your luggage to one moderately sized checked bag and one small carry on, or better yet, bring only a carry on.

**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... it's easier to dry things that way and not run out of clothes.

**Suggestion #2:** Place only 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 the laptop and backpack). We are quite certain you could get by with less.

We have had students bring everything they needed in a book bag, while others bring huge suitcases weighing 75 pounds (chaperons can be worse). The ones who packed lighter were happier campers. 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 the public transportation in your city, go to the mall and walk around with it for five hours, then walk up and down every stairway you happen to see on your way home...then repack with a smaller backpack.

**Suggestion #4:** It may be helpful to the group in packing light if one or two people bring a few things that may be useful to all such as: first aid kit with generic medications, finger nail clippers. Keep in mind that if you do not have something you need, you can buy it in Brazil.

**Dispensations:** Priests and religious may need to bring additional items, but if you are lay, forget it.

Packlightpacklightpacklightsubliminalmessagepacklightpacklight

**Exchange Money Now:** It would be very helpful to exchange money at your local bank before you begin your pilgrimage. You will be better prepared and save time once you arrive.

**Cash** is the easiest way to exchange money in Krakow. **Debit cards** work well for getting money in the local currency, but check the fees your bank will charge you. It is best to use the ATM for larger withdrawals to make it more worth the ATM fee. Make sure your debit card has a four digit pin.

**Credit cards** are another good way to buy almost anything in Krakow. Visa and Mastercard are accepted almost everywhere. Again ask your bank what the foreign exchange fee is. The absolute worst way to bring money is by **travelers check** because you will be charged fees on top of fees to cash it.

**Luggage:** If you have a check-on bag, make sure all important items are in your carry-on (medication, camera, one change of clothing incase your bag ends up in Africa). Do not lock your check-on bag because the TSA might clip the lock to check the contents.

**Money Belt:** You will absolutely need a money belt. In it you will keep your passport, money, emergency numbers, credit card and any other very 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.

**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 the meds in the original bottle as well (if at all possible).

**Communication:** The cheapest way to call home is on Skype at an internet café. Collect calls and calls by credit card can be outrageously expensive!!

**Cell phones:** We do not recommend that pilgrims bring their cell phones, except for leaders. Some cellphones will work in Poland (with high roaming and data charges). We understand that cell phones have become universal tools and can function in many ways; camera, video, alarm clock, IM, texting, GPS, oh yea, and phone calls. If you happen to bring one, please only use it for things necessary, and don't cry if you lose it.

**Electrical outlets:** Poland runs on 220V. Like the rest of Europe, their plugs are two round prongs.

If you have a cell phone, you will need to bring an adaptor for the plugs. Most electronics can operate anywhere from 100-240v. The US has an 110v system. Hair dryers are almost guaranteed to blow up if you plug them into a 220V outlet, so don't bring them.

**Hiking:** In your packing keep in mind that you will be out of doors a majority of the time. You will walk and walk and walk and walk, long and far. The tips of 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 light weight compact means to keep yourself hydrated. Also be prepared for a lack of bathrooms. It is not a bad idea to add to this list a port-a-john, travel toilet, or camping wag bag in case of emergency.

Check out the Frequently Asked Questions for more information: <http://www.jmjyouth.com/wydfaq.html>