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Packing list for the Pilgrimage

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Hi everyone,

I wanted to get this list to you early in case you need to go out and buy some things. I will give you all a disposable cameras when we get to San Francisco, or you can bring a camera, just not your phones.

Here are some things that will be important:

- Everyone needs to bring a towel.
- Everyone needs to bring a refillable water container (like a nalgene bottle.) One of our greatest challenges is keeping kids hydrated, and if everyone always has a water bottle this makes it easier.
- Close-toed shoes are an absolute must. We will be walking a lot. Flip flops are NOT acceptable footwear for anyplace other than when we are at our home base or during free exploration time.
- Since we will be working with various projects, everyone needs to have some clothes that they can work in and not worry about getting dirty. Everyone should bring work gloves. Many people find caps or bandanas useful for keeping the sun off their face and keeping stuff out of their hair
- Sunscreen
- Bug repellent
- Team should bring a first aid kit.
- A rain jacket is a must. We don't stop just because it's raining.
- Please monitor the weather for two weeks prior to the trip just so you can be aware of we might expect weather wise. www.weather.com is a great resource.
- Students should pack smart and light. Only one CARRY ON suitcase per person and one checked bag. Participants need to be able to **carry their own bags**.
- We will probably not have any opportunity to do laundry.
- Since we will be encountering all types of people, please remind the students, especially the girls, that modesty is important.
- No electronics (ipods, cell phones, gaming devices, etc) except for your phone on the plane. THE BEST RULE OF THUMB IS: WHEN IN DOUBT, DON'T BRING IT.
- Please make sure to carry a notarized "Parental Consent to Travel" form for every person under 18. You may not ever be asked for it, but better to have it and not be asked, than vice versa. Your leaders will have one for you if you have not got one already.
- The weather is usually not as hot and humid as it is here, the beaches are much cooler too! I would suggest a light sweatshirt or windbreaker for cool nights.
- water shoes for the beach
- good walking shoes for the city

I am looking forward to the journey. If you have any other questions feel free to give me a call or email me.