

# WYD GUIDEBOOK

Pilgrimage - Prayer - Packing



**Updated: 7/17/23**

# World Youth Day 2023 Prayer

Our Lady of the Visitation,  
you who left in haste towards the mountain to meet Elizabeth,  
lead us also to meet all those who await us  
to deliver them the living Gospel:  
Jesus Christ, your Son and our Lord!

We will go in a hurry, with no distraction or delay,  
but with readiness and joy.  
We will go peacefully, because those who take Christ take peace,  
and well-being is the best well-being.

Our Lady of the Visitation,  
with your inspiration, this World Youth Day  
will be the mutual celebration of the Christ we take, as You once did.

Make it a time of testimony and sharing,  
fraternization, and giving thanks,  
each of us looking for the others who always wait.  
With you, we will continue on this path of gathering,  
so that our world will gather as well,  
in fraternity, justice and peace.

Help us, Our Lady of the Visitation,  
to bring Christ to everyone, obeying the Father, in the love of the Spirit!

Amen!

**In those days Mary arose and went with  
haste into the hill country. (Luke 1: 39)**



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# Daily Life of a Pilgrim

So... what do we actually do at WYD? A lot! The next few pages will walk through what to expect throughout our week at WYD. Please know, that things might change and that as of this point (7/11/23) since fine details haven't been announced yet by organizers.

# SCHEDULE

**Friday, July 28**

**Activity:**

**TRAVEL DAY**

**Flight Information:**

**Airport: Chicago O'Hare, Chicago, IL**

**Flight Number TP0242**

**Terminal 5 International**

**Flight Departure: 10:05 PM**

**Flight Length: about 8 hours**

We will gather at the Ministry Center around 5:00 and will drive to the airport together via an airport shuttle service. To be safe, I'd rather arrive at the airport early than late. Pilgrims can grab dinner while at the airport.

## **Tips for Flying Overseas**

Everyone approaches travel differently. If you've never flown overseas before here are some tips to help you beat jetlag.

- Leave home well rested: Manage your stress as much as possible before arriving at the airport. Pack a few days early so you get all of your stress out of the way prior to your trip.
- Use the flight to rest and reset: The good thing about leaving at night is that your body is already ready to sleep. As soon as you get on the plane, set your watch to Lisbon time so you can start to mentally prepare to arrive in another country. Lisbon is 6 hours ahead of Chicago. So when we leave at 10:00 PM, it will already be 4 AM in Lisbon.
- After we land, don't fall asleep until your local bedtime. We will be on the move right when we land, so don't fall asleep until the end of the day.
- Get your entertainment ready. Before you get on your flight, download any tv shows, podcasts, music, games that you might want to play on your phone. Have your charging cord in your personal item along with your external battery. Have your book/kindle close by, too.
- Wear comfy clothes in layers. Wear clothes that you can sleep in while on the flight. Some people find flights to be really cold, so layers help. Also, a sweatshirt or scarf can also be used as blanket or pillow.
- Bring what you need to sleep: Earplugs, eye masks, neck pillows, sleep aids all can help reduce distractions while you are trying to get some sleep.
- Drink water! I always bring an empty water bottle through security so when I'm on the other side, I can fill it up at a water fountain.
- Stretch, move your legs, get up out of your seat every few hours. Sitting down for 8 hours straight is not fun. When you can, stand up and stretch your legs.
- On international flights, they usually serve dinner, a few drinks, and breakfast. If you feel like you need to bring snacks with you. Some international flights will also pass out pillows and small blankets to help you sleep. Most airlines will also pass out headphones to connect to the inflight entertainment. If you want to use your Bluetooth headphones to watch the inflight entertainment, you will need to bring with you a Bluetooth headphone adapter.

### Saturday, July 29

#### Activity: Arrive in Portugal, visit Santarem, and make our way to Fatima

We will arrive in Lisbon around noon local time. We will travel by bus to Santarem and spend some time there. Then we will make our way to Fatima.

#### Hotel information while in Fatima: Hotel Estrela

- Great location! Right across the street from the Sanctuary of Our Lady of Fatima in Fatima.
- [www.hotelestreladefatima.com/en](http://www.hotelestreladefatima.com/en)

### Sunday, July 30

#### Activity: Explore Fatima

We will have an early breakfast at the hotel. Then we will spend the day in the Fatima area. We will walk the stations of the cross to Aljustrel, the village of the 3 children, and visit the Chapel of the Apparitions. We will attend Mass at the Sanctuary. Later we will participate in the candlelight procession. While Fatima is not an official part of WYD, they are expecting a very significant crowd during WYD. They will be special programming at Fatima that coincides with WYD.

#### Overnight in Fatima: Hotel Estrela

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### Monday, July 31

#### World Youth Day Theme: READY

#### Activity: Arrive in Lisbon

After breakfast, we will head to Lisbon where we will have a brief tour of the city. We will check into our hotel. This evening, we have free time to explore, get the lay of the land and grab dinner.

#### Hotel Information while in Lisbon: Hotel Florida

- Our location is simply wonderful.
- 5 minute walk to King Eduardo VII Park--Location of the Opening Mass and other Papal events on Thursday and Friday
- 30+ minute public transportation to City of Joy area/Belem area, very close to a transportation hub
- 2.5-3 hour walk to the Saturday evening vigil site/Parque Tejo area, about 10.5 km/6.5 miles.
- [www.hotel-florida.pt/EN/home.html](http://www.hotel-florida.pt/EN/home.html)

# SCHEDULE

## Tuesday, August 1

**World Youth Day Theme: SET**

**Main Activity and Location:**

- **Opening Mass, 5:00 PM *King Edward VII Park***

After breakfast at the hotel, take some time to familiarize yourself with the city and public transportation. Find local activity sites and try a new restaurant. In the afternoon, we will participate in the Opening Mass at King Edward VII Park.

**Overnight in Lisbon: Hotel Florida**

## Wednesday, August 2

**World Youth Day Theme: GO**

**Main Activities and Locations:**

- **"Rise Up" Catechesis session, 9:00 AM-12:30 PM**
- **Journeying Together Presentation, 2:00 PM, *Museu da Carris\****
- ***Youth Festival events, TBD***
- **US Pilgrims Gathering, 7-9:00 PM, *Parque da Quintas das Conchas***

After breakfast at the hotel, we are going to head to our catechesis session where we will help with activities. Matt Kresich, a Diocese of Gary pilgrim, will be presenting at the Youth Festival about a USCCB initiative called Journeying Together. We would like to support him in his presentation which starts at 2:00 at the Museu da Carris.

At 7:00 PM, there will be a gathering of US Pilgrims at the Parque da Quintas das Conchas. More information coming soon!

**Overnight in Lisbon: Hotel Florida**

## Thursday, August 3

**World Youth Day Theme: REJOICE**

**Main Activities and Locations:**

- **"Rise Up" Catechesis session, 9:00 AM-12:30 PM**
- ***Youth Festival events, TBD***
- **Welcome Ceremony with Pope Francis, 5:45 PM *King Edward VII Park***

After breakfast at the hotel, we are going to head to our catechesis session where we will help with activities. The afternoon is free to explore the Youth Festival activities. In the evening, we will attend the Welcome Ceremony in King Edward VII Park and greet the Holy Father!

**Overnight in Lisbon: Hotel Florida**



### Friday, August 4

**World Youth Day Theme: BELIEVE**

**Main Activity and Location:**

- "Rise Up" Catechesis session, 9:00 AM-12:30 PM
- Diocesan Mass, 1:00 PM, São José dos Carpinteiros in Lisbon\*
- Youth Festival events, TBD
- Way of the Cross with Pope Francis, 6:00 PM King Edward VII Park

After breakfast at the hotel, we are going to head to our catechesis session where we will help with activities.

We have a Diocesan Mass with Bishop McClory scheduled for 1:00 at São José dos Carpinteiros. We will leave our catechesis session early to get to the church in time. **PLEASE DO NOT BE LATE.**

The afternoon is free to explore the Youth Festival activities. In the evening, we will pray the Way of the Cross with Pope Francis and other WYD pilgrims in King Edward VII Park.

**Overnight in Lisbon: Hotel Florida**

*Note: Make sure you pack everything you will need for the overnight vigil tomorrow!*

### Saturday, August 5

**World Youth Day Theme: GIVE THANKS**

**Main Activities and Locations:**

- Pilgrim Walk to *Parque Tejo*
- Vigil Prayer Service with Pope Francis, 8:45 PM

After breakfast at the hotel, we will embark on our pilgrimage walk to Parque Tejo, the site of the overnight vigil. Make sure you pack everything you will need! Along the way, we will pick up our food for the vigil site. Once we get there, we will pick out camping spot and set up our area. Then relax until the evening events start! Pope Francis will join pilgrims and lead a prayer service. Usually the prayer service will include Adoration. After the prayer vigil, try go get some sleep to prepare for the next day! Pack some earplugs and an eye mask!

**Overnight in Lisbon: Parque Tejo**

*Note: We will not check out of our hotel. Take only what you will need for the pilgrimage walk and vigil and leave everything else secured in your hotel room.*

# SCHEDULE

## Sunday, August 6

**World Youth Day Theme: RISE UP**

**Main Activities and Locations:**

- **Missioning Mass, 9:00 AM *Parque Tejo***
- **Group dinner, *TBD***

On the last official day of WYD, we close with the Missioning Mass with Pope Francis. After cleaning up our camping space, we will head back to the hotel. The afternoon is yours to relax. We will gather as a group for our last dinner in Portugal.

**Overnight in Lisbon: Hotel Florida**

*Note: Pack tonight!*

## Monday, August 7

**Activity:**

**TRAVEL DAY**

**Flight Information:**

**Airport: Lisbon, Portugal**

**Flight Number: TP0243**

**Terminal 1**

**Flight Departure: 5:00 PM local time**

**Flight Length: about 9 hours 20 minutes**

**Will arrive in Chicago around 8:00 PM local time**

When we arrive in Chicago, we will be picked up by our airport shuttle and taken back to Merrillville. Pilgrims can then be picked up at the Pastoral Center.

# RISE UP SESSIONS

## Role During WYD

- The **"Rise Up"** catechetical sessions at WYD 2023 will focus on youth and young adults as "protagonists" in the Church and the primary leaders of each session's animation team. WYDUSA sought out volunteers to serve as a WYDUSA **"Rise Up" Animation Team** and the **Diocese of Gary said yes!**
- This involves a commitment of three days (Wednesday, Aug 2, Thursday, August 3, and Friday, August 4) from approx. 8AM to 1PM.
- The hope of WYD Lisbon organizing team is to have young adults be the protagonists of the animation experiences with authentic intergenerational and intercultural collaboration. We are talking about the type team work that would make Pope Francis proud!
- From the USCCB: Each **animation team** will manage the organization of the three *Rise Up* meetings at its assigned venue. They will take care of (1) the initial prayer (songs, music, readings), (2) the time for listening to the young people and their testimonies, (3) the time dedicated to the bishop's synthesis, and (4) the organization of the daily Mass.

The Team will set up the animation according to their own charism and cultural style, while also encouraging contributions from groups of different backgrounds present at the venue.

- Other things we know so far:
  - We will be assigned an English speaking session. We hope it will be somewhat close to our hotel.
  - Since we don't have a musician in our group, we will be paired with one there.
- The session will have pilgrims who should be able to speak English. They could be from anywhere in the world! There will be one lead bishop each day. Other bishops might also participate.
- WYDUSA will host a meeting in July to talk about the experience we want to create and any updates from Lisbon WYD. We will learn more about this after June 15.
- We do know that there are some themes that will be talked about during these sessions:
  - Integral Ecology
  - Social Friendship
  - Great message of God's love.

There are preparatory documents and videos online. Please take some time to read over them. [www.lisboa2023.org/en/rise-up](http://www.lisboa2023.org/en/rise-up)

- Session Outline:
  - NOTE FROM USCCB: These sessions follow the Emmaus-inspired framework of (1) **listen** (In listening and exchange), (2) **teach** (in synthesis and dialogue), and (3) **send** (in the Holy Mass).

# RISE UP SESSIONS

## Rise Up Meetings on August 2 and 3, 2023

### 9:30 a.m.: Introduction (by animation team) - 20 minutes

- *The young people are welcomed*
- *Presentation of the groups and the bishop(s) present*
- *Songs and Prayers*

### 9:50 a.m.: Listening and Exchange Session - 50 minutes

- *Presentation of the theme of the day and proclamation of the Gospel (15 minutes)*
- *Short time of silence to meditate on the Word of God (2 minutes)*
- *Exchange about the Gospel reading, in small groups or in assembly.*
- *Sharing in assembly (15 minutes)*

### 10:40 a.m.: Words from the Bishop and Dialogue with Young People - 35 minutes

- *Synthesis by the bishop on the theme of the day (approx. 10-15 minutes)*
- *Dialogue between bishop and young people in the assembly (15 minutes)*
- *Build-A-House dynamics (5 minutes, see IV.2 below)*
- *Final Song (5 minutes)*

### 11:15 a.m.: Break - 15 minutes

### 11:30 a.m.: Holy Mass (presided over by the bishop with a short homily) - 60 minutes

### 12:30 p.m.: Conclusion

*We will have more information about our role as animators after a yet to be scheduled meeting for animator teams.*

## Rise Up Meeting on August 4, 2023

### 9:30 a.m. - 11:30 a.m.: penitential animation by the animation team in charge

The animation team must take care of the following (in collaboration with the bishop):

- *Welcoming the young people*
- *Announcement of the day's topic*
- *Brief introduction to the topic*
- *Engagement with the lead contact bishop - NOTE: this can be worked out between the animation team and the lead contact bishop in advance*
- *Alternating cyclical moments of songs, biblical readings, silence and recollection, with Eucharistic adoration*
- *The Sacrament of Reconciliation (priests and bishops present will be invited to make themselves available for confessions)*

### 11:30 a.m.: Holy Mass (presided over by the bishop with a short homily) - 60 minutes

### 12:30 p.m.: Conclusion

# RISE UP SESSIONS

## Themes and Pastoral Content of the Rise Up Meetings

Together with Pope Francis' 2019 apostolic exhortation, *Christus Vivit*, an important reference text for the *Rise Up* meetings is the Holy Father's message for World Youth Day (2022 and) 2023. It will also be helpful to take up the messages of WYD 2020 and 2021 as they are part of the two previous stages of preparation for WYD in Lisbon. Bearing in mind that "all Christian formation consists of entering more deeply into the kerygma and incarnating it ever more fully in our lives" (CV 214), with the *Rise Up* meetings, "we also have to give greater thought to ways of incarnating the kerygma in the language of today's youth (and young adults)" (CV 211).

In his 2021 message to young people, Pope Francis encouraged them: "In Jesus' name, I ask you:

- Arise! *Testify that you too were blind and encountered the light.* You too have seen God's goodness and beauty in yourself, in others and in the communion of the Church, where all loneliness is overcome.
- Arise! *Testify to the love and respect it is possible to instil* in human relationships, in the lives of our families, in the dialogue between parents and children, between the young and elderly.
- Arise! *Uphold social justice, truth and integrity, human rights.* Protect the persecuted, the poor and the vulnerable, those who have no voice in society, immigrants.
- Arise! *Testify to the new way of looking at things* that enables you to view creation with eyes brimming with wonder, that helps you see the Earth as our common home and gives you the courage to promote integral ecology.
- Arise! *Testify that lives of failure can be rebuilt*, that persons spiritually dead can rise anew, that those in bondage can once more be free, that hearts overwhelmed by sorrow can rediscover hope
- Arise! *Testify joyfully that Christ is alive!* Spread his message of love and salvation among your contemporaries, at school and university, at work, in the digital world, everywhere."

As an outcome of the young people's experience of Christ and the Church at WYD, they will be asked, during the three days of Rise Up meetings, to reflect on:

1. How to engage in the field of integral ecology;
2. How to engage in the field of social friendship;
3. God's mercy, and how to experience it in practice.

The animation teams and the bishops will have the task of introducing young people to these themes by using a methodology of listening and dialogue, in a spirit of missionary synodality.

# RISE UP SESSIONS

## The 'Build-A-House' Dynamics

In all the *Rise Up* meeting venues, the WYD LOC will ask the host parish to provide material for the construction of a 'house' which the young people will build together over the course of the three mornings. Each morning, at the indicated time, the animation team will invite the young people to write on colored cards their 'dreams' relating to the theme of the day, and then attach them to the house. The color of the cards will be linked to the theme of the day.

1. The color **green** represents integral ecology and symbolizes the world around us. These will be placed on the walls of the house.
2. The color **yellow** represents social friendship and symbolizes the joy of meeting and fellowship. These will be attached to the door and windows, places of relationships.
3. The color **red** represents mercy, and it testifies to the love of Jesus who died for us and forgave our sins; these will be attached to the roof, the culmination of the construction.

Over the course of the three mornings, these dynamics will show the young people how they can all **build a common home with their dreams**. The construction of the house will depend on the materials that the parish decides to use (drawing on scenic paper, cardboard, recycled materials, three-dimensional, etc., provided by the hosting parish community).

## Rise Up Meeting Topics

### Wednesday, August 2, 2023 - First Meeting

**Biblical Theme: *Mary arose and went with haste into the hill country* (Luke 1:39)**

**Gospel: Luke 1:39-45**

**Topic for Reflection: *Integral Ecology***

*The main objective of this meeting is to explore the general theme of WYD and to introduce young people to the experience of being loved and called by the Lord, like Mary. This experience propels us to go higher and to go out towards others, and to be reconciled with God, with our brothers and sisters and with creation.*

Some food for thought can be found in Christ's Vivit 111-113 (the great proclamation for all young people and from the message for WYD 2022-2023, in connection with the theme of caring for the common home (cf. *Laudato Si'* 1, 65, 66, 71, 80, 96, 97, 98, 100, 241).

# RISE UP SESSIONS

## Rise Up Meeting Topics, cont.

### Thursday, August 3, 2023 - Second Meeting

**Biblical Theme: *Do whatever he tells you* (John 2:5)**

**Gospel: John 2:1-5**

**Topic for Reflection: *Social Friendship***

*The meeting should aim to show young people specific ways to follow Jesus and imitate Mary and so give substance to their "yes" (cf. WYD 2021 Message). Young people should feel invited to participate in God's dream for humanity and to actively contribute to transforming reality. The young people and the bishop should give testimonies of concrete actions already implemented, to show other young people that practical commitment is indeed possible and feasible. It should be explained to young people that praying is also a way of taking action, and they should be reminded of the power of prayer to God: through prayer, they are called to intercede for our wounded humanity, as Mary did at Cana.*

Some food for thought can be found in Christus Vivit 111-113 (the great proclamation for all young people) and from the message for WYD 2022-2023 in connection with the theme of social friendship and universal fellowship, as presented in Fratelli Tutti (1, 2, 276, 278).

### Friday, August 4, 2023 - Third Meeting

**Biblical Theme: *His mercy is from age to age* (cf. Luke 1:50)**

**Gospel: Luke 2:15-20**

**Topic for Reflection: *Mercy***

*During the third morning, young people will be introduced to the importance of silence and contemplation. They will be encouraged to come closer and become friends of Jesus, "the man of the third day", the one who was crucified and rose again. In this encounter with the Father of mercies, young people will be invited to re-examine the journey of their lives while they spend time in adoration, personal dialogue, and reconciliation with God.*

Some food for thought can be taken from Christus Vivit 111-113 (the great proclamation for all young people) and from the message for WYD 2022-2023, in connection with the theme of mercy, which can be found for example in Evangelii Gaudium 3 and 144.



## SPECIAL NOTE

Because of our Diocesan Mass on Friday, we will need to leave our Rise Up site early. To have a smooth transition, we will be mentoring a group that is at our session to help them "rise up" and lead the Friday session, with us assisting. Here's the plan:

- On Wednesday, August 2, our team would be the primary animators, but, during the day's session, look to identify young adults and ministry leaders (who are present at that catechetical site) who also possess leadership and pastoral skills.
- On Thursday, August 3, our team would work hand-in-hand with the previously-identified young adults and ministry leaders, and ask them to lead alongside you at this day's session.
- On Friday, August 4, the identified young adults and ministry leaders would take the lead role for the session, with our team serving in a supporting role. We would then be able to leave early and depart the session around 11:30 a.m., so that the previously-identified crew would completely take over the liturgical leadership of the Friday session.



# YOUTH FESTIVAL & CITY OF JOY

## Youth Festival

- What is the Youth Festival?
  - It is a set of cultural, religious, and sporting events, carried out by WYD pilgrims, in a sharing of the Christian experience made by young people from all over the world, the result of their creativity and generosity!
  - The Youth Festival wants to provide WYD pilgrims and the city of Lisbon with an experience of joy, youth, universality, and faith, showing that the Catholic Church is a lively and young church, capable of using today's languages and art forms without compromising the message that they want to transmit.
  - At the Youth Festival you can find events in the areas of Music, Cinema, Exhibitions, Theatre, Dance, Conferences and Religious Events (prayers, testimonies, adoration, meetings conducted by Movements, Associations and Congregations).
- When is it?
  - From the 1st to the 6th of August, throughout the day, excluding the times dedicated to Rise Up and Central Events.
- Where?
  - Throughout the city of Lisbon, on stages and outdoor spaces, but also in indoor spaces (auditoriums, cinemas, theatres, museums, exhibitions spaces, churches), provided by public and private entities that generously want to associate themselves with WYD.
- Who?
  - Young people from all over the world present their projects and, if selected, will be part of the official program of the Youth Festival.
- One of our own pilgrims, Matt Kresich, will be presenting on an intercultural event called Journeying Together during the youth festival!

## City of Joy--Cidade da Alegria

- The City of Joy is the name of the space that will host a vocational fair and where the sacrament of reconciliation will be given.
- Vocational Fair – space where young pilgrims can encounter **over 150** movements, associations, communities, religious orders and projects of social nature
- Reconciliation Park – a space where pilgrims can make an encounter with the Merciful Christ through the Sacrament of Reconciliation. **Over 150 confessionals will be available!**
- The City of Joy is a place of discovery of Christ among us. Crossing the city, pilgrims will eventually run into various experiences of true Christian joy under which young people will be provoked to face their own life and their way as a response to a God who calls each one by name. To pass through the City of Joy means to find a living God who invites us to experience his forgiveness and mercy and to give his life generously in response to his designs of love.
- The young people are thus invited to make a journey from Forgiveness to Vocation and from Vocation to Forgiveness.



# WEEKDAY EVENING EVENTS

## What to expect during the Opening Mass, Welcoming Ceremony, and Way of the Cross.

On Tuesday, Thursday, and Friday of WYD there are large events that all pilgrims are invited to attend in King Edward VII Park. Here's what you can expect from those events! All of these are based off of past WYD experiences and may vary during WYD Lisbon.

- King Edward Park will be divided into sections. We will be assigned one section.
- These evening sessions have a outdoor music festival feel, where we will sit on the ground, there's music and dancing, and meeting new people.
- Bring a hand held FM/AM radio with earphones that fit. There will probably be a translation of the events available via radio.
- There will also be large screens so you can see what's going on on the main stage.
- These events will probably start around 4, 5, or 6:00 PM



Bring a radio and headphones to hear a translation of what is going on.

### Opening Mass

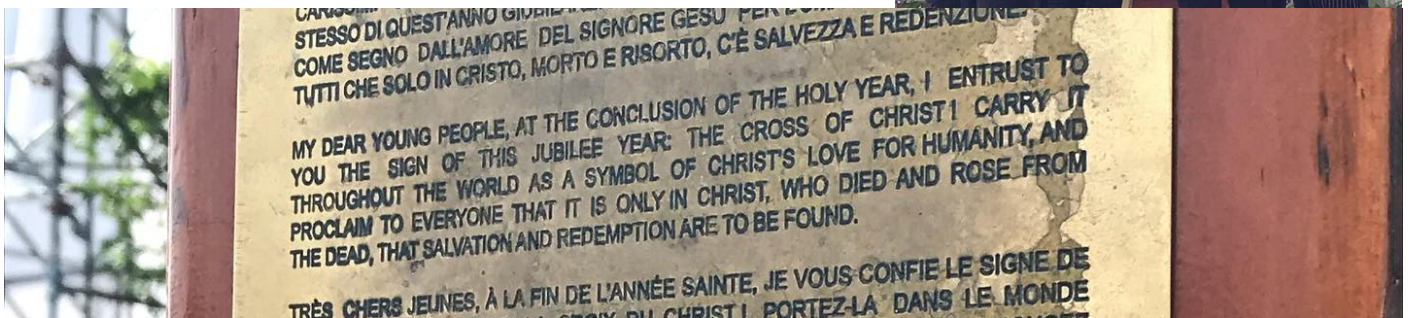
- The Opening Mass is the city of Lisbon welcoming pilgrims to their home.
- Presider is Cardinal Prelate of Lisbon, Manuel José Macário do Nascimento Clemente
- It's a Mass! Look for special umbrellas during Communion. They mark where the Eucharist is.

### Welcoming Ceremony

- This is when the pilgrims and Lisbon welcome Pope Francis to WYD
- There is usually a parade of flags for each country that is represented.
- Think of it like the opening ceremony of the Olympics

### Way of the Cross-Via Crucis

- A staple of WYD since St. John Paul II instituted it, pilgrims will join with Pope Francis in praying the Stations of the Cross
- Each presentation is a little different, some are more artistic than others. but one thing that is constant is the presence of the WYD Cross. The WYD Cross was given to the pilgrims by St. John Paul II and has traveled all over the world.



# PILGRIM WALK AND VIGIL

## Some tips to help you along the pilgrim walk and the overnight vigil.

On Saturday, every pilgrim will make their way to the Parque Tejo for an outdoor vigil and overnight.

### Tips for the pilgrim walk:

- Pack the night before. You will be carrying anything you plan to bring, so bring only what is necessary.
- Load up on water before you leave. There will probably be areas to stop and get water along the way, but they might be crowded.
- WEAR SUNSCREEN
- Stay with your buddy and/or small group. We will start off on the trail together, but as with the nature of long walks, some people might walk faster than others or the group might get split up because of the number of people. **Our group will all be assigned to the same section once we get to the park.** If we get split up, we will meet in our assigned section.
- During past WYD's, there is a point along the way when you can pick up a food pack for the overnight. The pack should have enough food for snacks, dinner and breakfast. If you would like to bring other food, you can do that.

### Tips for the Vigil site:

- When we get to our assigned areas, we will look for a good space to set up our camp.
  - The ideal spot? Look for a place where we can clearly see a screen and that's close to fencing that is along a road. There is a good chance Pope Francis will use that road to drive in the Pope-mobile.
- There will be a lot of people. Start off claiming a space big enough for all of your stuff plus about a foot of extra space. Don't be a space hog. You want to be a good neighbor to your fellow pilgrims. There will be room for everyone.
- After we claim our space, feel free to take a nap, read a book, walk around with your buddy to find port-o-potties or water, play card games, talk to your neighbors. We will have some time before the prayer vigil.
- After the vigil with the Pope, there might be some other prayer events, praise and worship, or other festive activities.
- You can go to sleep whenever you feel like it. Bring earplugs and an eye mask because it will be noisy and there will be lights on.
  - Tips on brushing your teeth: There aren't going to be brick and motor bathrooms during the vigil. There are usually portable sinks next to portable toilets. Feel free to use these to brush your teeth. Bring your own toothbrush or, if you get a toothbrush while on the plane, keep it so you can throw it away after you brush your teeth at the vigil. You can also use water from a water bottle and brush your teeth over a garbage can. There are also disposable toothbrushes (see Colgate Wisps) that you can bring with you.
- There typically aren't any issues with security while at the vigil site. Still wear your money belt and don't leave your items unattended. Use your pack as a pillow to help keep it close by.

## Where are we going to eat?

### NEW TO 2023 WYD: 100% Digital Meal Tickets

- Your pilgrim registration also comes with a meal plan.
- Organizers are developing a WYD app that will have QR codes to be scanned for your meal tickets. **Each person will also receive a physical credential with a QR code you can use.** (They are also looking at having physical meal tickets for people who don't have access to technology, but we haven't heard from them yet about it.)

## Where can I get food?

- While we are in Fatima, we will have boxed lunches for our lunch and dinner. Our travel agent did this because they were concerned with the large number of pilgrims visiting the Fatima area and the fear of not finding a place for meals.
- In the morning, there will be breakfast in our hotels. Most hotels in Europe have similar foods, including some familiar foods like eggs, sausage, fruit, toast, bread, and pastries. There might be some local ham and cheeses present. There might also be cereal.
- During WYD in Lisbon, there are going to be many places that will accept your meal plan.
  - Canteens-I believe these are areas that WYD Lisbon will set up where you can go, get your food, and eat.
  - Partner Restaurants: Some restaurants might have pilgrim meals that will take your meal plan. They might be a sandwich and a side, or another dish. **These might be sit down restaurants or places where you can grab a meal to go.**
  - Grab & Go: These might be areas that will have boxed meals that you can get with your meal plan. **Participating super markets will also have take away meals. There will also be random spots throughout the city where you can pick up a meal.**
  - **During the Saturday Pilgrim Walk, there will be spots along the way to pick up a food pack that will include your meals for Saturday and Sunday.**
  - **If you are able to update the app, you will find a list of food locations throughout the city.**
  - **There will be places throughout the city to refill your reusable water bottle.**
- **The WYD app will have the most up to date information about where you can find food while in Lisbon.**
- Purchase your own food: You are free to use your own money to buy your own meal or try local foods. I hear the cafes and seafood are very good in Lisbon. Enjoy trying local meals!
- Sunday night dinner: We will have one group dinner in a restaurant as our last dinner in Lisbon. We will have more details on this later.

# TRANSPORTATION

## How are we going to get around?

Each pilgrim will receive a transportation card that will be used to access public transportation. This will be different than your WYD credentials or QR code.

### Walking

- While in Lisbon, walking is going to be your number one way of transportation.
- This is especially true for the Saturday pilgrimage walk.
- In looking up how to pronounce some Portuguese words on TikTok, I started seeing a lot of videos of people joking (but not really joking) about how a 5 minute walk on Google maps can turn into a 10-15 minute walk because of the hills. Try to find some hills to climb in preparation!
- This is why having a good pair of walking shoes are important!

### Public Transportation

- Included with your registration is free access to public transportation in Lisbon **from July 31-August 7.** This includes the metro, busses, **and trollies.**
- These will be very packed! Be prepared for crowds.



### Travel Agency Buses

- When we travel from the airport to Fatima, then to Lisbon, and then back to the airport, we will be riding in coach buses supplied by the travel agency.
- **Please bring a few Euros to tip the drivers.**

### Other modes of transportation

- There might be some days when you just need a ride. Taxies and Ubers are available in Lisbon. Taxies usually take cash.
- Use of taxies or Ubers are not included in your pilgrimage packet, and so you would need to pay for those rides yourself.



### Travel Tip from Vicky:

*Keep a business card of the hotel you are staying in. If you need to take a taxi or ask for directions, you can show it to the taxi driver. Google maps are your friend! Make sure you bring an external battery pack and cord with you to keep you powered throughout the day.*

# MEETING OTHER PILGRIMS

## Ready to meet other people?

One of the best things about WYD is meeting people from all over the world!

Some tips for meeting new people at WYD:

- Go with an open mindset!
- You can meet other pilgrims while waiting for events to happen, at local restaurants, or while on public transportation. But the number one spot you will probably meet other pilgrims? Waiting in line.
- Be prepared to explain where you live. While most other pilgrims know where the USA is, they might not be as familiar with Indiana. Most people will understand or at least have heard of Chicago, so you can use that as a landmark. Or find other creative ways to explain Indiana!
- Trade Items
  - It's a tradition at WYD to exchange trade items with pilgrims that you meet.
  - These items can be small trinkets like bracelets, hats, pins, stickers, flags, necklaces, or keychains that have something to do with where you are from.
  - Sometimes, people also exchange social media info on their trade items.
  - One tip: Right after Independence Day, look for deals on USA swag that you could use as a trade item.
- Be kind and open to wonder! We are going to meet people from all over the world and from so many different cultures. Some people have cultural behaviors that we are not accustomed to. Instead of being judgmental, be open and take a minute to learn about the other person.
- If you meet someone who speaks a different language than you, translator apps can be your friend!





## Packing for WYD

One of the first questions pilgrims often ask when getting ready for WYD is: **"What should I pack?"** It's a good question. Packing for a pilgrimage is a little bit different than packing for a normal vacation. You should think about what you will need each day of the pilgrimage, what kind of weather you might encounter, how you want to carry

your belongings day to day, and items to prepare for certain events. You will also want to think about what you will need spiritually. After all, a pilgrimage is a way of praying with your feet. While you are looking after your physical needs on the pilgrimage, you will also want to prepare spiritually. This guide will give you some suggestions.

# ***World Youth Day Packing 101***

## **The Pilgrim Mindset**

Put yourself in the mindset of a pilgrim. The pilgrim journey is one where the goal isn't to reach an ending point, have the most Instagramable pictures, or have the best picture of the Pope. The purpose of a pilgrimage is to allow yourself to encounter and experience God along the pilgrim road. It's about the moments where you open yourself to God's voice. It's about spending time in prayer and community. It's about putting yourself in a place where God can walk with you. It's about allowing yourself to be open to taking the road God is calling you to go down. It's praying with feet.

One way of getting into this mindset is to embrace the simple lifestyle of a pilgrim. To do that, take a look at all the things you use throughout the day. Your coffee mug, your cozy pillow, your skincare routine, your silverware, your car, your hoodie, your phone, and so much more. Now think about what you might pack for a week-long trip. Maybe a hair dryer, clothes, a big bag of toiletries, a couple of shoes, a few sweatshirts, a few books. Once again, take a look at those items and see what you would *really need*. Would you really need to take two books with you? Do you need a big bottle of shampoo? Do you need three hoodies? Would you really need your laptop? (Vicky's note: These are all examples from my own life. No judgement here).

Seeing your trip preparation through the eyes of being a pilgrim (because you are a pilgrim) will help you embrace the idea of packing light and carrying only what you really need and what you will realistically use.

Packing light is also practical. During our pilgrim travels, we will be carrying our bags quite a bit. Through airports, into hotels, up stairs, up and down streets to our buses. You should be able to easily carry your belongings throughout your pilgrimage.

In this guide, we will give you some tips about packing light. Of course you are welcome to pack anyway you would like. These are just some tips that we've found to be helpful in the past.

# LUGGAGE

Diocese of Gary's pilgrims are allowed **one checked bag** for the plane, **one carry-on**, and **one personal item**. If you bring luggage, we suggest one with wheels. For your carry-on, consider using a backpack or something with a strap to make carrying easier. Checked luggage can be up to 50 lbs. **Please do not go over weight**. You will be responsible for any additional bag charges which might be a lot! Use a handheld travel scale to make sure you stay under weight.

## **Baggage Information for Air Portugal.**

*You can find more info at [www.flytap.com/en-us/baggage](http://www.flytap.com/en-us/baggage). We will be flying economy.*

**Checked Luggage:** This is luggage that you will hand over to the airline attendants. You will not have access to this during the flight.

- Maximum size: Height+length+width= cannot exceed 62 inches
- Maximum weight: 50 lbs

**Carry-on Luggage:** This is luggage you will take with you onto the airplane. You will take it through security and you will store it in overhead storage on the plane. You will be able to access it during your flight. This could be your backpack.

- Maximum size: 22x16x8 in
- Maximum weight: 22 lbs

**Personal Item:** This is an item you can take with you to your seat and store it under the seat in front of you.

- Maximum weight: 4.4 lbs
- Items might include:
  - Bags: Handbag, computer case or shoulder bag measuring no more than: 16x12x5in.
  - Duty Free Shop Bag: (provided they do not exceed the maximum indicated weight).
  - Walking aids: Mobility equipment such as wheelchairs, walking sticks, etc.
  - Medical devices: upon prescription/prior approval.

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## **Backpack**

Unless you are close by, you probably will not be returning to the hotel multiple times throughout the day. You will want to bring along a backpack that can hold all of your stuff during the day and one that can carry your overnight gear for the Saturday pilgrim walk and overnight vigil.

### **Backpack Tips:**

- Find a pack that has a hip belt and a sternum strap. A hip belt helps take pressure off of your shoulders and distributes it to your hips. A sternum strap (goes across your chest) helps stabilize the pack and helps distribute weight. It will make carrying a pack daily more comfortable.
- Make sure you have a bag that has easy access to a water bottle!
- Prior to the pilgrimage, pack your backpack and go on a walk. What does it feel like? Practice walking with your pack! We have more tips on backpacks later.



# TIPS FOR PACKING LIGHT

- Pack two weeks before the pilgrimage. This way, you will be sure what fits in your suitcase and what doesn't. Take it from me. You do not want to be up at 3 AM the night before you leave for a trip trying to figure out what to pack only to find you have gone over the weight limit.
- Practice packing before you leave with everything you think you want to bring. Weigh your luggage. If it is over 50 lbs, see what you can pair down. Take your luggage on a walk. How does it feel to walk around with it?
- Discerning between two items? A kitchen scale can be your friend. Weigh the items and pick the lighter of the two. It might seem silly, but it can really help. Remember, the name of the game is to pack the lightest you can!
- Afraid that you are going to go over weight? Pick a smaller suitcase. Instead of traveling with a huge suitcase, use a carry-on size suitcase as your checked bag. The size constraints will force you to pack light. If you know you will buy a lot of souvenirs and want to leave room, pack first in a smaller suitcase, and then transfer your items into a larger one.
- Make sure you leave room for souvenirs or other items you will pick up on your way. You will also receive a pilgrim's pack from the organizers that you might want to bring home. When you are packing, pack a shoebox or other shape that you take out of your bag before you leave. That way, you know you will have some space in your bag to carry home items.
- Decant your soaps, lotions and toothpaste or use travel size toiletries. You do not need a full size bottle of body wash. Pick up travel bottles. You can find online reusable toothpaste tubes that you can fill with your favorite toothpaste. Contact lens cases also work wonders for face wash and lotion containers.

## Luggage Tags

One very important thing you don't want to forget is putting a luggage tag on your suitcase. I like to use a luggage tag with both my home address and the address of the hotel I will be going to after I land. I also add a ribbon or stickers to make my bag stand out in luggage claim.

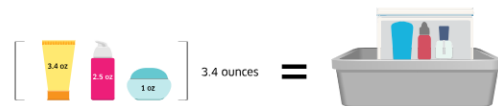


## 3-1-1 Liquids Rule

Each passenger may carry liquids, gels and aerosols in travel-size containers that are 3.4 ounces or 100 milliliters. Each passenger is limited to one quart-size bag of liquids, gels and aerosols. Common travel items that must comply with the 3-1-1 liquids rule include toothpaste, shampoo, conditioner, mouthwash and lotion.

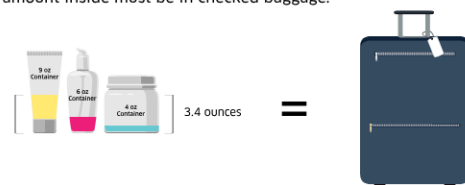
### Carry-On Bag

3.4 ounces (100 ml) or smaller sized containers that fit in 1 quart-sized, resealable bag may go in carry-on and through checkpoint security.



### Checked Bag

Containers that are larger than 3.4 ounces (100ml) regardless of amount inside must be in checked baggage.



# WHAT DO I WEAR?

This is always one of the first questions anyone asks when they start packing for a trip. So what's the dress code for WYD? I would sum it up as **casual outdoor walking wear**.

- **Shirts**

- T-shirts and tank-tops with thicker straps (no spaghetti straps) are fine
- Long sleeve shirt or jacket to wear in the evening

**Note from our travel agent: tank tops are discouraged. Shorts are ok, but not too short.**

- **Shorts/Pants**

- While you might have heard that shorts are a no go in Europe, it's ok to wear them at WYD. You are going to be with a million pilgrims who will also be wearing hiking/outdoor clothing.
- If you wear shorts, please make sure that they aren't too short and that you can comfortably walk around in them up and down hills.
- Capris and long pants are also worn at WYD.
- Think about the fabric of your pants. Jeans are often heavy and absorb heat. Nylon or polyester are typical fabrics that are recommended for hiking and are lighter.

- **Shoes and socks**

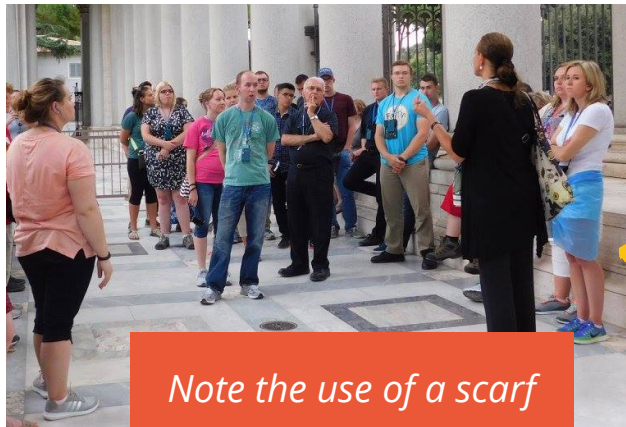
- A good, well worn in pair of walking shoes are your best friend while at WYD. You will be on your feet a lot during WYD.
- Your other BFF at WYD is a good pair of hiking socks. Thicker, wool socks cushion your feet and regulates temperature well to keep your feet from getting sweaty. Another plus is that wool is naturally antimicrobial so it tends to retain smells less than synthetic fabrics.

- **Hat/Sun gear**

- You will be outside a lot! Be prepared to protect yourself from the sun.

- **Visiting Religious Sites**

- The one exception to the hiking garbs is when we visit religious sites. The holy sites of Fatima are sacred spaces and should be respected.
- While you don't have to wear formal wear to visit these sites, the general rule is that your shoulders and knees should be covered.
- If you are wearing a tank top that day, consider bringing a jacket or scarf to cover your shoulders.
- Consider wearing capris, longer pants, or a skirt that covers your knees.



*Note the use of a scarf to cover her knees!*

# WHAT DO I WEAR? CONT.

- **Dress for the heat and for walking.**

- Light colors that reflect the sun's rays.
- Lightweight, loose-fitting clothing that breathes
- Think about the material and design. Cotton can absorb moisture and sweat and dries slowly, but that extra moisture can feel good against your skin, and as it evaporates, it will leave you feeling cool. Some clothing designed for hiking incorporate vents into the garment. This can help keep you cool
- While it may seem counter intuitive, extra coverage, like light pants, can provide protection from UV rays.
- Cover your head and cool your neck. Protect yourself from UV rays and with a hat. Dunking a bandana, towel, or gaiter in water can help keep you cool as you are walking.
- Make sure your backpack can hold all of your daily gear and water!

- **Express your culture!**

- WYD is a celebration of Catholic young people! That means celebrating who you are and that includes your culture.
- You are welcome to wear culturally significant clothing.

**You know your body and how you wear clothes the best! When you are considering what to wear, ask yourself:**

- Can I wear this all day?
- Can I wear this in the heat?
- Could I spend a full day walking in Chicago while wearing this?



# MORE INSIGHTS ABOUT CLOTHING & SHOES

Portugal's average temperature in July/August is between 75 and 85 degrees Fahrenheit during the day, and in the high 60's at night. Humidity should be comfortable and while rain is unlikely, it could happen.

While the dress code for WYD is casual/outdoor apparel, you do need to keep in mind the locations we will be visiting. We will be visiting many churches and religious locations. Shoulders, midribs, and knees need to be covered when visiting religious sites. Please do not wear clothing with inappropriate advertising or writing.

## Clothing

- Short-sleeve and long-sleeve shirts. Moisture-wicking is generally the best kind to keep you comfortable all day.
- Durable pants and comfortable shorts. Pick clothing that works for you when walking all day.
- Pajamas. Light pj's are the best for the hotel.
- Sweat-absorbing socks. Socks are your first line of defense against getting blisters. Good hiking socks are made out of wool. While they might seem pricy, you can get by with only 2-3 pairs, airing them out each night. Wool socks are odor resistant, so you can wear them the following day or after a day of airing out. You want to make sure your socks are high enough that they prevent your shoes from rubbing against your skin.
- Undergarments.
- Lightweight, weatherproof jacket with a hood or a poncho in case of rain.
- Hat, sunglasses, sunscreen, and umbrella. All ways to help keep you protected from the sun.
- Optional: One outfit that is a little dressier is recommended for Sunday night dinner.
- Think about clothes you can wear a few times through the week. Feel free to bring soap and wash items in the sink. Ah...the life of a pilgrim.

## Shoes

- 1 pair walking shoes/hiking shoes or boots. This would be your daily shoes to walk around Portugal. These should be broken in before you leave for Portugal so you don't get blisters during the pilgrimage. Closed toe shoes are also helpful to protect your toes while walking in a crowd. If you are not sure what kind of shoes would work for you, you can go to an outdoor activity store like REI to ask their expert staff. You can tell them what kind of activity you will be doing and they can recommend the appropriate shoes.
- 1 pair sandals: Sandals could be worn in the evening or around the hotel. You can also bring sandals with you on Saturday's pilgrimage walk to wear when we are at our spot for the vigil. If you plan on wearing sandals while walking all day, hiking sandals with padding around the straps can reduce blisters. Just like your walking/hiking shoes, hiking sandals should also be broken in.
- Travel Tip: wear your heavy shoes on the plane. It will free up space and weight in your luggage.

# CELL PHONES AND ELECTRONICS

## Cell Phones

Cell phones are a wonderful tool to help you with your pilgrimage journey. You can use it as a map, a journal, a prayer book, a camera, a translator, and even a phone. Before leaving for the pilgrimage, check in with your cell phone company to see if you can use your phone while traveling in Europe. Most phone carriers offer international service plans. Some already have it included in your regular plan, while some can be added for an additional cost. Some international plans have additional fees, such as calls or texts costing extra.

Most hotels offer free wi-fi and your carrier's international plan should also include data (though it could be limited or reduced than what you are getting when you are home).

One way of getting around fees, especially when it comes to calling back to the US, is using other messaging apps that run on data, rather than cellular service. Apps like WhatsApp or Facebook messenger can allow you to call home or other pilgrims without fear of those long-distance phone calls by connecting to the internet.

Some pilgrims choose not to use their cell phones while at WYD, or they download what they need and then use their phones on airplane mode until they get back to the hotel and can connect to the internet. **It appears that organizers are expecting to utilize cell phones for meals and other WYD features.**

## Electronics

Prior to the pilgrimage, take inventory of what electronics you will need for your pilgrimage.

- Cell phone
- Ear buds/Head phones
- Smart watches
- Handheld pocket FM/AM radio and headphones
- Electronic readers/Tablets
- Chargers and batteries
- Any medical devices
- Portable chargers and cords



*Look for an adaptor that looks like this with the two rounded prongs.*

***If you do not need it, don't bring it.***

You will need a **travel adapter**. European outlets are different than American ones and have different voltage. Look for adaptors that work for Europe. Bring a couple so you can charge multiple items.

For most of your items, you will only need an adaptor. Do your research to see if you will need a converter for your electronics. It is recommended that you leave hairdryers and straighteners at home. It'll save space in your luggage and you won't have the fear of overpowering your outlet.

# THE LITTLE THINGS

**While we always advise packing light, there are some things that past pilgrims have found helpful when traveling specifically to WYD:**

- Small binoculars
- Flashlight: We recommend bringing a small flashlight for the vigil so you can see where you are going at night. This can also save your phone batteries.
- Camera
- Extra batteries/cellphone portable power banks and charging cords
- Travel alarm clock: Back up for wake-up call
- Ziplock bags: To put cellphones, etc. in if it rains, to carry extra toilet paper in, to carry your toiletries in. You never know when you might need a ziplock bag.
- Plastic grocery bags: you can put your laundry in it, can be used as a trash bag during the vigil, wrap your dirty sandals in when you are packing to go home
- **Bug repellent- we will be staying close to a large body of water. There might be mosquitos.**
- Sunglasses
- Small umbrella (for rain & shade)/Hat with brim
- Karabiner Clip (i.e. useful for attaching water bottle to bag when walking)
- Travel pillow-one you can use on the plane and during the outdoor vigil
- Religious items to be blessed at Papal audience and Papal Mass
- Rosary & small Bible: Note: Your phone can also be used as a Bible
- Gum
- Journal
- Books, puzzles, cards—for down time and before the vigil/during travel
- Small gifts to share with pilgrims from other countries
- Handheld FM/AM portable radio and earphones that work with the radio--events will be translated over the radio
- Toiletries: soap, toothbrush, toothpaste, deodorant, feminine products, handiwipes or hand sanitizer. Buy disposables and small travel sizes. Talk with other pilgrims... any supplies that you can share?
- Personal Water Bottle(s)
- Personal first aid kit: Think about what you might need--blister care, Band-Aids, pain medication, antibiotic ointment.
- Portable Luggage Scale: If you are worried you might ever go over the 50 lbs luggage limit, you might want to look into purchasing a portable luggage scale. This can also be shared between pilgrims.

## **Travel Tip from Vicky:**

*Don't know what you are allowed to pack in your checked luggage and what you can bring in your carry on? Download the "My TSA" app for your phone. At the bottom of the app, there is a icon for "Can I Bring," a helpful tool that will let you know that you can bring your bicycle pump with you in your carry on but you will have to pack your kayak paddle in your checked bag.*

# SATURDAY PILGRIMAGE WALK & VIGIL

Saturday of World Youth Day always holds a physical journey. Pilgrims walk to a large vigil site, where they will sleep under the stars, surrounded by other pilgrims. That night, pilgrims will join in a vigil prayer service, usually with Adoration, lead by the Holy Father. There might be a concert or praise and worship afterwards. Sunday morning, we celebrate the closing Mass and then head back to our hotel.

For the pilgrimage walk, each pilgrim will carry with them items they might need for the overnight portion. You won't have to bring your large suitcase with you, instead using your trusty backpack. That can be left at the hotel. Only bring what you will need. Some suggested items for the vigil include:

- **Your backpack!** This will carry all of your items. It can also double as a pillow.
- **Clothes.** There aren't going to be places where you can comfortably change (there will be portable toilets). Wear pants/shorts and a shirt that you would feel comfortable sleeping in. Bring a long sleeve shirt or jacket in case it gets chilly at night. Some people bring an extra shirt to change into on Sunday morning. Others just wear the shirt they wore on Saturday. No one will judge you for your clothing choices.
- **Shoes and Socks.** This is where having good walking/hiking shoes really matters. Right now, we don't know how long the walk will be, so wearing shoes that you can walk in for long periods of time is important. Same for a good pair of hiking socks. When we get to our vigil location, feel free to change into sandals to air out your feet.
- **Toiletries:** deodorant, toothbrush, toothpaste, contact solution, baby wipes, hand sanitizer and anything else you absolutely need. If you don't need it, like shampoo or body wash, leave it at the hotel.
- For the vigil Saturday night, we will be sleeping out under the stars. **You can decide how you want to camp out.**
  - ~~Some people bring lightweight single person tents.~~  
**TENTS ARE NOT ALLOWED AT WYD 2023**
  - Some bring tarps, blankets, mats, garbage bags, or shower curtains to claim their space.
  - Some use DollarTree inflatable pool rafts as makeshift mattresses.
  - Beach towels double as mat or pillow, whichever is needed more
  - Fresh t-shirt doubles as clean shirt if needed, and softens backpack to use as a pillow
  - Bringing an umbrella. Not for rain, but for sun coverage. You can use this as a makeshift shade.
  - Bungee cords/duct tape/nylon cord/rope to attach items/sleeping bag to backpack for walk. A handful of zip ties could be useful, too.
  - Remember, anything you bring, you have to carry.
- **Food and water:** Load up on water before you leave. There should be places **to fill up your water bottle along the way and** passing out water bottles at the vigil site. In addition to whatever you might need for the night, along the way, you will also receive a bag full of food for your meals for the vigil and Sunday morning. If you want to, you can bring other snacks. .
- **Bring portable phone chargers and charging cords!**

# HOW TO PACK YOUR PACK

After you have all of your items ready to go, you now need to learn how to pack your pack. Packing efficiently will help you maximize your pack's capacity as well as save your back from pain.

When you pack, it's best to think of your bag as having zones:

- **Light weight/bulky gear should go on the bottom.**
  - coats, sleeping bags, pillow, less frequently accessed supplies
- **Heavy gear should be packed in the middle of bag, closest to your back.**
  - bulky food items, extra water, shoes
- **Lighter gear should go in the middle of the bag, farthest from your back.**
  - light weight clothing
- **Medium gear, or things that you might use more frequently, should go on top so you have easy access to it**
  - snacks, first aid kit, rain gear
- **Water bottles, sunscreen, umbrellas, and any other items you might use more frequently can go in pockets.**
- Practice packing before you go, so you know how to set up your pack. Make sure you have equal weight distribution.

*Vicky's Note: When I went on a backpacking pilgrimage, my pack wasn't equally balanced. As I walked, I could feel how unbalanced my pack was. When I noticed the discomfort, I stopped and fixed the weight distribution. It made a big difference!*

## How to Pack a Backpack by Her Packing List



### Pack By Weight

#### **A. Medium Gear**

*Items also needed frequently.*

#### **B. Heaviest Gear**

*Tent, camping supplies, electronics.*

#### **C. Lighter Gear**

*Towels and lightweight clothing.*

#### **D. Light Gear**

*Sleeping bags, coats and less frequently accessed supplies.*

### Learn how to pack here:

"How to Pack a Backpack"  
by HerPackingList.com  
[https://herpackinglist.com/  
how-to-pack-a-backpack/](https://herpackinglist.com/how-to-pack-a-backpack/)

"How to Pack and Hoist a  
Backpack" by REI  
[https://www.rei.com/learn/  
expert-advice/loading-  
backpack.html](https://www.rei.com/learn/expert-advice/loading-backpack.html)

*Even if your backpack doesn't look like this hiking pack, you can still use these principals for a typical, everyday backpack.*

*Remember it's all about balance.*





## General Travel Tips

World Youth Day is an event unlike any other. We are literally taken out of our comfort zone and placed in a different country that has different customs, languages, cultures, and ways of life. We are also going to an international event that will draw over a million people from all over the world. It's a lot to take in!

The following are some general tips for navigating safely throughout WYD. These are some gentle reminders for how to be a helpful pilgrim and how to make the most out of your time at WYD.

# SECURITY

While crime in Lisbon is low, it is always a good idea to be cautious when traveling. Pickpockets and thieves will follow the crowd. Here are some tips for cautious travel.

- **Keep copies of your passport, medical cards, and insurance cards in your luggage you keep in your hotel room.** Also, take pictures of important documents and have them in a folder on your phone. Carry a copy of your passport instead of the real thing.
- **Protect Your Phone:** "It's smart to take extra precautions before your trip: Make sure you've got a "find my phone"-type app, back up your data, and enable password protection. While traveling, use the Wi-Fi at your hotel to back up your phone and its photos each night. If you don't know how to sync your stuff to the cloud, learn before your trip." Tip from Rick Steves, European travel expert.
- **"Leave Your Fancy Bling at Home."** Also from Rick Steves, thieves often look for the most impressive suitcase on the pile. If you don't absolutely need something, leave it at home.
- **Protecting Your Money:**
  - **Use a money belt.** Money belts look like thin fanny packs that are worn under your clothing. They usually have spaces for credit cards and are big enough to hold your passport.
    - We recommend using money belts worn around the hip over money pouches that are worn around the neck because the point of these items are to keep your items hidden on your body. We've seen pilgrims lose their passports because someone cut their money pouches right off their necks without knowing it. While it can feel bulky, it is the best way to keep your items safe and secure.
  - **Keep the majority of your cash or cards in your money belt and only keep a handful of bills in your wallet or bag.** This way, you are not pulling out a huge wad of cash whenever you want to buy a bottle of water, making you less of a target for thieves.
  - **RFID blocking money belts or credit card sleeves.** These tools prevent thieves from using hand held scanners to steal your credit card information.
- **Protecting Your Bags:**
  - If you are very concerned, check out **"anti-theft" bags** for your belongings. These typically feature slash-proof material and special locking features that make it harder for someone to pickpocket you or steal your bag.
  - **You can still keep your bag safe** even if it is not "anti-theft."
    - When possible, keep your bag in front of you or touching you at all times.
    - Use a paperclip or key-ring to create a makeshift lock for your zippers. The goal is to make it tricky to get into your bag.
    - When you are sitting down to eat or rest, loop your daypack strap around your arm or leg, or a chair leg. Use a carabiner clip to clip your bag on public transportation.
  - **Never leave bags unattended.** Work with your fellow pilgrims to watch your items if you need to, such as going into a bathroom.

# SECURITY, CONT.

- **Protecting Your Valuables:**

- Never leave important items like your wallet, phone, camera, or tickets on a restaurant table or public transportation seat where they could be easily swiped. Keep items tucked away.
- Be aware of your surroundings. Some thieves are bold enough to take an item right out of your hand. Wrist straps for phones, camera straps on your neck, or lanyards can help deter this.
- Be discrete about your hiding places. Don't engage in behaviors that make you look like an easy mark for a thief.

***Lisbon Emergency Number:***  
**1-1-2**

## Learn More

Rick Steves' Europe has a lot of other trip tips for how to avoid theft and scams while traveling in Europe. [www.ricksteves.com/travel-tips/theft-scams](http://www.ricksteves.com/travel-tips/theft-scams)



This is a money belt.  
Wear it UNDER your clothes.



This is a sleeve that blocks RFID theft scans

## Travel Tip from Vicky:

*Planning how I'm going to keep my items safe ahead of time really does help me feel secure when I leave my hotel room. I keep most of my money and my cards in my money belt, about 40-50 euros in my small wallet tucked away and clipped to the inside of my bag. I also secure my phone with a wrist strap. When I'm out and about, I'm aware of my surroundings, hold my bag in front of me on public transportation, and I only trust my bags to my fellow pilgrims. All of this helps me become a confident traveler! (I've used the same tips when traveling with a day backpack and with a purse.)*

# SECURITY, CONT.

- Register with **STEP, Smart Traveler Enrollment Program** through the US State Department. STEP is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate. Why?
  - Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
  - Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
  - Help family and friends get in touch with you in an emergency.
  - <https://step.state.gov>

## **Additional Concerns** - Be mindful of the following issues:

- Event entrances and backpacks: backpacks might be searched prior to entering large events at WYD.
- Security personnel and military: You might see an increased number of police or military personnel. They are there for your safety. Follow instructions they might give.
- Heat and weather preparedness: Carry water with you, umbrella for shade, and seek help if you need it.
- Emergency responsiveness: Stay calm in case of emergency. Follow instructions given by organizers or security personnel. Know what to do in case you get separated from your group.
- Traffic and transportation safety: Just like in America, be careful when crossing the street. Jaywalking is illegal in Portugal. Be vigilant while taking public transportation.

## **Utilize the Buddy System and Meeting Points!**

- Please do not go anywhere without a buddy. It's just another level of security.
- If you are traveling with a small group, still have buddies in your small. This is important if you are trying to take a bus or metro and it's packed. If you cannot get on, you and your buddy stay together and then attempt to get the next mode of transportation.
- Meeting points are helpful in case you get lost in a crowd. Set a meeting point ("Meet by the big statue with the guy on the horse next to the fountain") to regroup in case you get separated.

## **Do NOT Make Human Chains!**

- Human chains are when a group of people hold hands and walk through a big crowd.
- This can be dangerous in crowded places and can cause crowd backups and frustrations. Meeting points and the buddy system can help you remove this need.



# WHAT IF SOMETHING BIG HAPPENS?

WYD is a global event, drawing people from every country. Some people might be concerned that it would be the target of a terrorist attack. Should we be worried?

- The USCCB WYD staff are in frequent communication with the US Department of State's Diplomatic Security Services. At this point, there are no threats detected.
- WYD leaders were briefed on typical travel safety and security concerns by the US Embassy in Lisbon, US Department of State's Diplomatic Security Service, WYD Lisbon organizers, and USCCB staff. Even though Portugal is one of the safest cities in Europe, it is always good for WYD pilgrims to be aware of their surroundings.

- **US Embassy**

- The US Embassy in Lisbon can help you in many ways, whether you have lost your passport, need to evacuate the country, or someone back in the US needs to get in touch with you, the US Embassy is the point of contact for assistance in many different situations, such as:
  - Lost or stolen passport
  - Helping locate medical services for US citizens
  - Helping facilitate the transfer of money
  - Limited assistance navigating legal systems
  - Assisting victims of crime and connecting with the local police
- US Embassy in Portugal website at <https://pt.usembassy.gov>
- Additional Notes on Passports
  - Lost or stolen passports - Fill out the lost/stolen passport form and new passport application. Be sure to bring extra passport size photos. Have access to extra money to pay the fees. Bring U.S. citizenship evidence (esp. a photo/photocopy of the passport).
  - Report lost/stolen passport to the local police.
  - Work with the U.S. Embassy/Consulate through this process.



# MONEY

Portugal uses Euros for currency. You cannot use USD in Portugal. Right now, the exchange rate is 1 Euro is about \$1.08 USD (as of 6/13/23). It is recommended that you order currency before going on your trip from a secure source. Banks usually are able to order currency for you for a fee. There are ATM's in Lisbon and credit and debit cards are accepted in most places, but not all. There may be fees for withdrawing from an ATM. Contact your card providers to let them know of your travel plans and to ask any specific questions. It's recommended that you ask for smaller bills, like 5, 10, 20, 50 Euros instead of larger bills. If you use an ATM, use ones that are connected to a bank. They are often more secure and offer you a better exchange rate.



Based on my research, it is very easy to use credit and debit cards while in Lisbon, though not every place takes credit cards. Contact your bank and credit card holders to let them know you are traveling internationally.

It is difficult to always accurately guess how much money you will need when traveling. Before ordering currency, think about who you are, your money usage, and your budget for WYD. Most meals will be covered but you might want a nicer lunch or dinner every once in a while. Public transportation during WYD is also covered. You might use money for:

- bottled water and snacks
- a nicer dinner. Meals can average between 12-25 Euros depending on the restaurant.
- souvenirs, postcards, stamps
- Uber (digital) or taxi (cash) rides-If you need it. Most of the time you won't, but just in case.
- Tips for bus drivers/guides (you typically do not have to tip in restaurants)
- Bathrooms. In some places in Europe you will be charged 1 euro (usually in coin form) to use the bathroom or to pay a bathroom attendant.
- Pharmacy needs. It happens. You might get blisters and need to pick up Band-Aids or you might have forgotten your deodorant at home. There are pharmacies and convenient stores where you can find the items you are looking for.

Depending on how much you want to spend, a typical pilgrim might bring or budget anywhere between 300-500 Euros to spend at WYD.

*A note about souvenirs: If you have had anyone donate to your pilgrimage, it is always nice to pick up something small for them as a thank you. It doesn't have to be something large, just a nice token of "I prayed for you while on pilgrimage." Postcards are also fun, inexpensive ways to share your memories. At the different locations, find a few postcards and write a note about what you did that day. If you can find a post office, mail it to the person back home. If not, hold on to the postcards and give them as a gift when you are back Stateside. If you mail it, you might be home before the postcard arrives, but it's still a fun thing to do!*

# LANGUAGE

One of the best things to do when you are a visitor to another country is learn a little bit about the location and culture you are traveling to. Portugal is a very bright, vibrant country with friendly and hospitable people. While you should be able to get by only speaking English, you should know a few Portuguese phrases to help you interact with those around you. It's an act of kindness that's really easy to do!

**Disclaimer!** The pronunciations are my rough estimate after listening to the words in Portuguese online. Please look up online or via Google Translate to hear the correct pronunciation.

Olá	oh-LA	Hello
Bom Dia	bom dee-ah	Good Morning
Boa Tarde	boa tar-jee	Good Afternoon
Boa Noite	boa no-i-chee	Good Night
Adeus	ah-deus	Goodbye
Por favor	pour fah-vor	Please
Obrigado/a	oh-bre-ga-do/duh	Thank you
De nada	jee na-dah	You're welcome
Saúde!	Sah-oo-jee!	Cheers!
Com licença	com lee-cen-cah	Excuse me
Sim/não	sEEem/n-oh	Yes/no

## Travel Tip from Vicky:

*Google translator is a great tool to help you navigate while in Europe. You can even use the camera feature to auto translate signs or posters. If you use the app, I recommend that before you leave the States, open the app and download the Portuguese language so you don't have to worry about data issues during WYD.*

# LANGUAGE, CONT.

Onde fica a casa de banho?	Own-jee fi-kah a kah-zeh jeh buhn-bo?	Where is the bathroom?
Que horas são?	key ore-rah sa-own	What time is it?
Como chego ao (à)...	Co-mo shah-go ow (ah)	How do I get to...?
Para onde vai esse trem/ônibus?	Pa-ra oun-jee vl-ah say trem/on-ee-bous	Where does this train/bus go?
Restaurante	hay-stow-ren-cheh	Restaurant
Quanto custa?	quantro coo-staow	How much does this cost?
Estação de trem/metrô	ee-stah-so ngeh trem/ee-stah- so ngeh metro	Train/metro station
Você fala inglês?	voh-say fah-la in-glase?	Do you speak English?
Eu não entendo	Eh-oh n-oh en-ten-jee	I do not understand
Não falo português	n-oh fah-loh porto-gess	I don't speak Portuguese
Não sei	n-oh say	I don't know



# WORD ABOUT EUROPEAN HOTELS

Because of European culture, hotels might be different than what you are used to. To help manage some expectations, here are some insights into European hotels.

- **Which floor are we on?**
  - In Europe, the bottom floor of a building is often known as the Ground Floor or Floor 0. What we would call the second floor, Europeans call it Floor 1.
- **Room Size:**
  - European hotel rooms might be smaller than you are used to, especially since the building the hotel is in might be over 100 years old or built in a packed city.
- **Bed**
  - Don't be surprised if the beds in your room are twin beds side by side of each other.
  - Beds might be a little firmer than you are used to.
- **Air Conditioners**
  - Both of our hotels are air conditioned. Be aware that the air conditioners might not be as strong as ones in the States.
- **Windows**
  - Most windows open in hotels and often do not have screens.
- **Appliances and outlets**
  - Rooms rarely have clothes irons. Most have decent hair dryers. They may not have alarm clocks.
  - Because of the age of the buildings, there may be only one or two electrical outlets open for use. Talk with your roommate about the possibility of bringing a USB charger with more than one port so more than one device can charge at the same time.
- **Bathrooms:** European bathrooms might have a few different additions that we don't have in the United States.
  - **Bidets:** Next to the toilet, you might see something that is a mix between a toilet and a sink. This is a Bidet. Its use? To clean your nether regions and save on toilet paper.
    - If you want to use it: After using the toilet, turn on the water of the bidet to a comfortable temperature. Then transfer yourself to the bidet and sit as if you were sitting on a toilet. Use the water to clean your backside. If you need to, turn around and clean your frontside. There may or may not be soap. When you are done, you can either air dry yourself, or dry yourself with a small towel. But make sure you tell your roommate which one you are using! There might also be two towels: one for your hands and one for your nether region.
  - **Toilets:** To help conserve on water, toilets might have two buttons on the top of the tank to press when you are ready to flush. If there is only a small amount of waste, use the smaller of the two buttons. Less water will be used to flush the waste. If there is a large amount of waste, use the larger of the two buttons. More water will be used to flush the waste.

# WORD ABOUT EUROPEAN HOTELS, CONT.

- **Bathrooms cont.**

- **Heated Towel Rail/Radiator:** In some hotels, there is a contraption on the bathroom wall that looks like a mini ladder. This is a towel rail and will warm your towels and help dry some of your clothing if you washed it in the sink. Sometimes, they are automatically on, so be careful when touching them. Other times, they may only be on if the hotel's heating system is on. For most heated towel rails, there is a knob close to the bottom of the rail that you turn counter-clockwise to increase the heat and clockwise to decrease the heat.
  - *Vicky's note: I would be cautious of putting anything on heating rail if you think it might melt.*
- **Toiletries:** Most European hotels will have a little bar of soap to wash your hands, and a few other amenities like lotion and show caps. But just like American hotels, they might not be what you are used to. So feel free to bring your own soap in your toiletry kit.
- **Showers** might be shorter than you are used to!
- **Towels:** Towels might also be smaller than you are used to and it is rare that you will find a small hand towel. If you want a larger towel or a hand towel, bring one from home. Just like in American hotels, your towels might not be changed every day by hotel staff unless you request it or place the towels on the floor.
  - *Travel Tip from Vicky: You do you when you travel. I usually bring a light weight travel towel along with a cheap washcloth/small loofa that I'm ok throwing away before heading home.*



*Preview of our hotel in Lisbon!*



## Appendix

**Packing list shared by our travel agency and updated information.**

**To get access to links, open guidebook online at**

**[www.garyoyya.org/wyd](http://www.garyoyya.org/wyd)**

# BASIC PACKING LIST

## Most Important Items

- Passport & Medical Forms
- Passport photocopy (bring extra copies)
- ID Card (i.e. license - if you have one)
- Medical insurance card
- Money belt (Be very cautious about securing valuables - don't put any valuables in backpack.)
- Money for souvenirs & meals  
NOTE: You will be responsible for meals in transit, and some meals.
- A second passport picture, in case your passport is lost.
- FM portable radio & earphones--events will be translated through the radio
- Sun Screen!
- Toiletries: soap, toothbrush, toothpaste, deodorant, feminine products, handi-wipes or hand sanitizer, etc... No aerosol cans i.e.: hairspray Buy disposables and small travel sizes. Talk with other pilgrims...any supplies that you can share?
- Personal Water Bottle(s)

## 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.

## Luggage

- Maximum - 1 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)
- Luggage tags
- Thin sleeping cover, inflatable cushion or mat (for the outdoor overnight vigil). Please note if carried separately, will count as a carry on item.
- Ground cover (plastic poncho is good or trash bags or plastic painting tarp), will help you establish "territory" for papal visit locations.

# BASIC PACKING LIST CONT.

## Clothing

- Casual clothes are the rule for our attire for most of the time.
- One outfit that is a little dressier is recommended (Sunday night dinner)
- Clothing must fit appropriately: midriffs and undergarments are to be covered at all times. No tank tops or halter tops, or t-shirts with inappropriate advertising or writing. We will be going into churches.
- Good walking shoes (2 pairs are recommended) - No flip-flops; closed toe shoes are most appropriate and will protect your feet in the crowds, rubber soles are highly recommended.
- Good socks (consider wearing 2 pair for days with long walks)
- Undergarments

## Things to Consider Saturday Vigil/Sunday Mass Site Survival & Other Items

- Small binoculars Items
- Flashlight
- Camera
- Extra batteries/cellphone portable power banks
- travel alarm clock (back up for wake-up call)
- Ziplock bags (to put cellphones, etc. in if it rains)
- Plastic bags (i.e. grocery sack - for laundry)
- Bug repellent
- Sunglasses
- Small umbrella (for rain & shade)/Hat with brim
- Karabiner Clip (i.e. useful for attaching water bottle to bag when walking)
- Travel pillow
- Religious items to be blessed at Papal audience and Papal Mass
- Rosary & small bible
- Money for headphones on the plane, or your own headphones
- Gum
- Journal
- Books, puzzles, cards—for down time and before the vigil/during travel
- International phone card
- Small gifts to share with pilgrims from other countries

**TENTS ARE NOT  
ALLOWED AT  
WYD 2023**



# BASIC PACKING LIST CONT.

## Tips from Previous WYDs

- If you forget an item, don't panic. There are local convenience stores and pharmacies that you can shop from. You can also ask your fellow pilgrims if they are able to share.
  
- It might sound weird, but bring **extra toilet paper** or bring a ziplock baggie that you can put toilet paper in. You've been warned! Portable toilets are common at WYD, and there are many, many people using them. Also, extra hand sanitizers.
  
- You will need a **travel adaptor or converter**. Just to be safe, leave bigger items like hairdryers or curling irons at home unless you do your research well!
  
- Check in with your **cell phone** provider to see about international travel. You may need an international sim card. Some providers do not require a sim card change.
  
- For the **vigil Saturday night**, we will be sleeping out under the stars. You can decide how you want to camp out.
  - Some bring tarps, blankets, mats, garbage bags, or shower curtains claim your space.
  - Some use DollarTree inflatable pool rafts as makeshift mattresses.
  - Beach towels double as mat or pillow, whichever is needed more
  - Fresh t-shirt doubles as clean shirt if needed, and softens backpack to use as a pillow
  - It's up to you how you want to camp out. Check the weather before we leave. I recommend an umbrella. Not for rain, but for sun coverage.
  - Bungee cords/duct tape/nylon cord/rope to attach items/sleeping bag to backpack for walk. A handful of zip ties could be useful, too.
  - Remember, anything you bring, you have to carry. In addition to whatever you might need for the night, along the way, you will also probably receive a bag full of food for your meals for the vigil.
  - Bring portable phone chargers and charging cords!
  
- Remember you are on pilgrimage! Travel light & pack only what you will need.

# MOBILE APP

To make WYD more sustainable and ecologically friendly, the organizers have developed an app that will take the place of most paper booklets and tickets from the past. Once we get more information about the app, we will share it with you. Here is what we know so far.

- If you are able to utilize data or wifi throughout the day, the app will be able to provide up to date, live information about scheduling, announcements, and other information.
- Users are able to download maps, schedules, and other bits of information while connected to the wifi.
  - This is helpful if you wanted to download what you need using hotel wifi and then put your phone on airplane for the rest of the day.
- There will be an option to download a pdf of information from the website. We do not know when that will be available.
- Each pilgrim will receive a QR code that is unique to them.
- You will receive a physical copy of it when you get your nametag and credentials.
  - When scanned, you will be able to see your group leader's information and contact information through the app. You will also see your recommended Rise Up Session.
  - You can attach it to the app or take a picture of it.
  - The QR code will serve as your digital credential, allowing you to pick up your meals and, I believe, get into our assigned sections for the evening events and the Saturday vigil site.
- **What else is the app good for?**
  - Schedule of events, especially for the Youth Festival since there will be so many events happening at one time. You will be able to see the date, time, and location of where things are happening.
  - Finding food:
    - you will be able to locate where food is being served
    - Food suggestions. For example, if you are gluten free, it will recommend restaurants that can meet your needs.
    - Food Pick-Up locations along the way during the Saturday pilgrim walk
  - In the past, pilgrims received paper copies of the daily readings, Mass parts, songs, and information for catechesis. This might now be moved to the app.

# MOBILE APP CONT.

## Notes about the app:

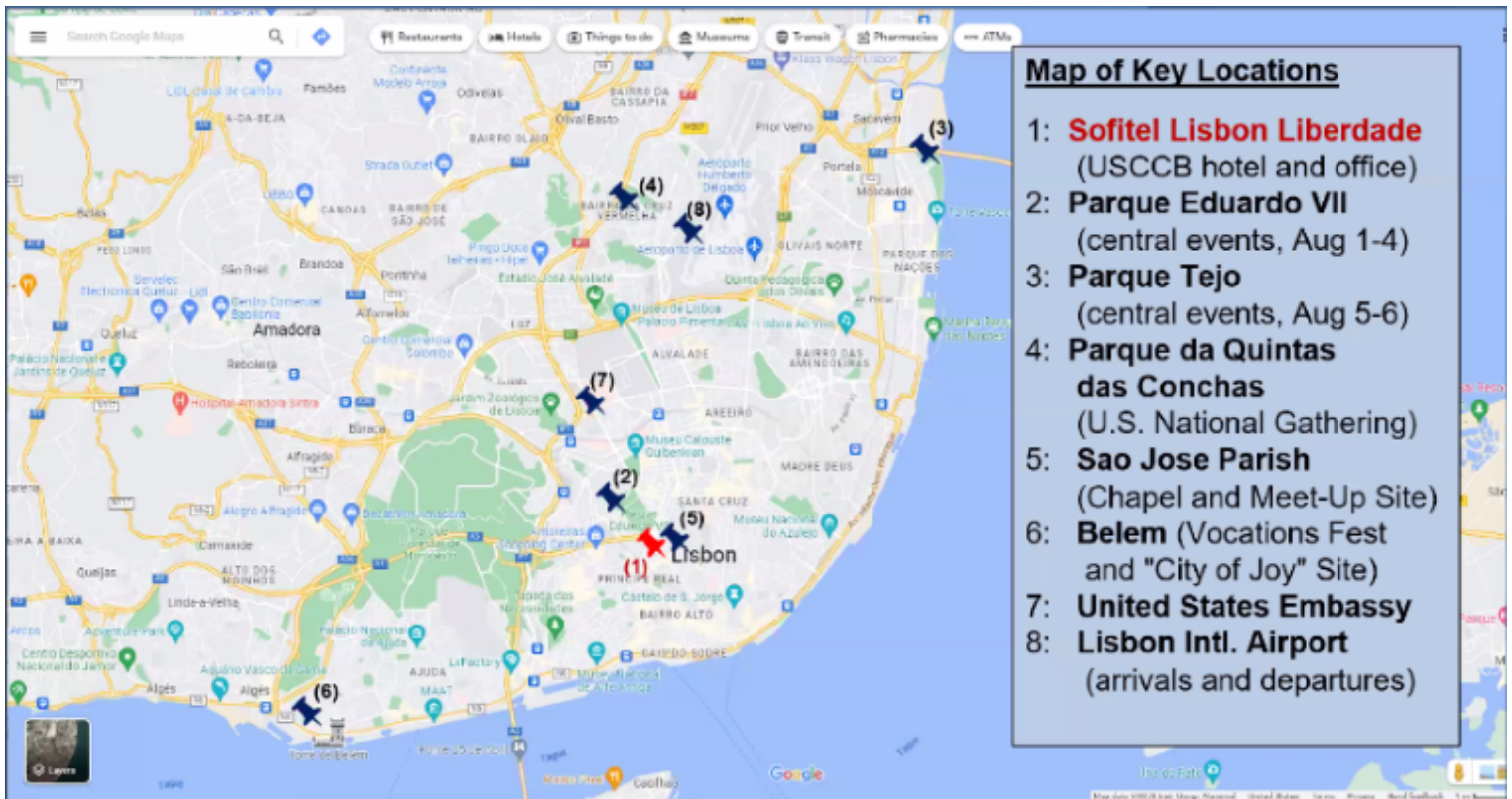
- One only pilgrim can connect their QR code to one app downloaded. For example, each member of a family would have to download the WYD app on their own individual digital device. Pilgrims cannot share apps.
- The mobile app will not allow you to access public transportation. Each pilgrim will receive a separate, physical card that they can use to access public transportation.
- The app should be available sometime between July 15-23.

## Note about technology:

- Because of the reliance of phones, please make sure you bring extra battery packs to charge throughout the day.
- Organizers are working on trying to set up mobile hot spots throughout the city where people can check into wifi and charge their phone.
  - Because of the large amount of people, do not solely rely on that being available.
- Most restaurants have wifi that you can use.



# MAP



Our hotel is close to point number 2

# OTHER INFORMATION

## Pilgrim Kit

- Each pilgrim will receive a pilgrim kit at WYD. It will include:
  - A backpack
    - The backpack can be transformed into a small handbag so you can store and carry it more easily
    - We suggest you bring your own, sturdy backpack for your travels. Also, it will be more identifiable if you lose it than if you use the same backpack everyone else is using.
  - T-shirt
    - We cannot control sizing
  - Lanyard for your nametag/credentials
    - To have access to WYD events, you must wear your nametag. It will act as your credentials.
    - Do not lose it. If you do, please let us know right away.
  - Reusable, sturdy water bottle
  - Bucket hat
  - Rosary that you can carry on your wrist
- More information can be found here:  
<https://www.lisboa2023.org/en/article/get-to-know-the-wyd-lisbon-2023-pilgrim-s-kit>



## Bathrooms

- Organizers are bringing in port-o-potties so that there will be enough bathrooms available.
- According to organizers, if you lined up all of the port-o-potties that will be at WYD, it would reach from Portugal to South Korea!
- Pack extra toilet paper in your day pack!

# OTHER INFORMATION

## United States National Pilgrim Gathering at WYD 2023

- featuring Bishop Robert E. Barron, Chairman USCCB Committee on Laity, Marriage, Family Life and Youth
- **Wednesday, August 2, 2023**
  - Doors Open 6:30 p.m. local time
  - National Event, 7:00 to 9:00 p.m. local time
- [Parque da Quinta das Conchas, Lisbon](#)
- Come together with WYD pilgrims from across the USA for a special national gathering featuring the bishops of the United States who will be in Lisbon with you. The program will feature prayer, music, testimony, networking, and a Holy Hour with the Lord, led by Bishop Robert Barron of Winona-Rochester. Food service for dinner that day will also be available at Parque da Quinta das Conchas, available to those with the meal plan as part of their WYD registration. More details will be coming soon. For now, save the date and time - and see you there!



## Special USA Chapel and Drop-In Site

- [Igreja de São José dos Carpinteiros](#) - Lisbon, Parish Church of St. Joseph of the Carpenters
- Located adjacent to the Avenida Liberdade and the WYD Central Events
- **Open to USA Pilgrims: Sunday, July 30, through Friday, August 5, 2023**
  - 8:00 a.m. to 10:00 p.m., local time, each day, subject to change.
  - Special Prayer Service each night (except 8/2) at 9:00 p.m. All are welcome.
- This parish church is available to all U.S. pilgrims to stop by, rest, and pray. Take a moment to refresh yourself amidst the busy WYD week. Join the U.S. bishops each evening at 9:00 p.m. for a special prayer service to close the night. Space is limited. Please note that, at some occasions, some U.S. groups will have special liturgies or gatherings in the church; please be respectful if one is happening upon your arrival and speak to a volunteer or staff for details on the next availability.

# OTHER INFORMATION

## John Paul II Project

- Vocations and Prayer Vigil
  - Tuesday, August 1 to Friday August, 4, 2023
  - 1:00 p.m. to 4:00 p.m. & 8:00 p.m. to 10:00 p.m.
- Keynote Event with Jason Evert and Chris Stefanik
  - “John Paul II, Fatima, and the Future of the Church”
  - Tuesday, August 1, 2023
  - 8:30 p.m. to 10:00 p.m.
  - Church of Our Lady of the Rosary of Fatima

Throughout the week they will be offering their space, Our Lady of the Rosary of Fatima for times of prayer, repose, and reflection for pilgrim groups with the opportunity to venerate a blood relic of Pope St. John Paul II - the founder and patron of World Youth Days - and a second class relic of Bl. Pier Giorgio Frassati - the patron of young people. It will be open from Tuesday - Friday from 7:00 AM to midnight, with the exception of the times for major events.

Please feel free to contact Emilija Lapas (Director of Religious Education at St. James, Highland) [elialapas@gmail.com](mailto:elialapas@gmail.com) / 219.370.0607, if you have any questions.



## **Journeying Together at World Youth Day**

A Special Intercultural Event during the WYD Youth Festival

- **Wednesday, August 2, 2023, 2:00 to 3:30 p.m. local time**
- Museu Nacional dos Coches, Lisbon (National Coach Museum)
  - Bishops, young adults, and ministry leaders from the United States will lead a special intercultural and interactive dialogue event, inspired by the USCCB Journeying Together process, during the WYD Youth Festival on Wednesday, August 2, 2023, at 2:00 p.m. All U.S. pilgrims are welcome to engage in this synodal experience, subject to space availability. The program will feature ways to engage in dialogue with other young people, reflecting the great diversity of cultures from and within countries around the world – and learn how to take this process home with you, too.
- Contact Matt Kresich (Diocese of Gary Pilgrim), [matt@holynamecl.org](mailto:matt@holynamecl.org), for more information

# OTHER INFORMATION

[The Catholic Apostolate Center](#) partnered with the WYDUSA office to create many free resources including podcasts and videos to prepare and enhance the WYD pilgrimage experience (whether traveling to Lisbon or attending a stateside celebration) for U.S. group leaders and pilgrims. The preparatory video series is available now featuring various WYD alums:

- [Vicky Hathaway](#), of the Diocese of Gary
- [Lisa Gomes](#), of the Diocese of Honolulu
- [Craig Gould](#), Associate Director; Notre Dame Vision
- [Dr. Young Hoang](#), President of the Vietnamese Eucharistic Youth Movement in the United States

[Watch now on Catholic Apostolate Center's YouTube channel.](#)

<https://www.youtube.com/@CatholicApostleCtr/videos>



## [World Youth Day Laudato Si Eco-Challenge](#)

Integral ecology has been a pillar of Pope Francis' pontificate and this WYD let's continue to answer the sacred call to care for God's creation and our Common Home. Bring the spirit of Laudato Si to WYD and participate in the [WYD Eco-Challenge!](#)

<https://drive.google.com/file/d/1ILIT7R2heeff8xsAEvGqJoBVI9tTOViR/view>

# LUGGAGE AND LAUNDRY

(From our meeting on July 11)

I wanted to follow up regarding some questions from the meeting. Please note: any links I provide to products are not sponsored. I have either used the products in the past or did a quick google search.

- **Travel Adaptor:** This the the adaptor I showed at the meeting.
- **Cords for electronics:** I was just reminded that sometimes there are only one or two outlets in hotel rooms, or they are in awkward places. It might be helpful to bring a really long cord for charging your phone at night.
- **Luggage Scale and Luggage Weight:** This is the luggage scale I showed at the meeting. I bought mine from Target, but you can find others online for cheaper. I'll have mine out at the Ministry Center on the 28th, so if anyone wanted to weight their bag before we leave, you can do that.
- **Make sure when you are packing, you leave space for any souvenirs you might bring home!** While a checked bag can be up to 50 lbs, I recommend shooting for half that. That will leave you plenty of room for bringing back any souvenirs.

## Luggage Tags

- At the meeting, we passed out luggage tags provided to us by our travel agency. Our travel agency is asking that you put this on your checked luggage. This will help their staff know which bags belong to our group. **Fill out the information on the tag.** A luggage tag does no good if it is left empty.
- I know it sounds overkill, but I use multiple luggage tags.
  - One luggage tag has my home contact information
  - One luggage tag has the location of where I will be staying while traveling
  - I also have one on the inside of my bag just incase the other two accidently gets ripped off while going up and down conveyer belts. I also put them on separate handles, again, just incase one snags, there is a second one left. This has never happened to me, but it can't help to be over prepared.
- Some people might use products like "Apple Air Tags." These are small, tracking devices that you can put in your bag so if it gets lost or stolen, you have a better chance of recovering it. That is fine and up to you if you use it. **Also use a luggage tag.** That way, if an airport attendant finds it, they can get your bag to you quicker.

# LUGGAGE AND LAUNDRY

Laundry and keeping clothes fresh travel tips (this is just what I've used from experience):

- **Pack dryer sheets.** Dryer sheets are light weight and smell nice. I pack a couple in between my clothes when I'm packing and stuff a few extra in a bag.
- **Utilize closets or drawers.** Keeping clothes packed away in your suitcase won't let your clothes breath, which keeps odor trapped. Especially if you want to re-wear clothes, it's a good idea to give them time to breath. (you can also put a dryer sheet on or in your clothes to freshen it up).
- **Hand washing:** There might be times when you just need to wash your clothes.
  - **Soap:** Whenever I've done laundry in a hotel sink I used [Dr. Bronner's Pure Castile Soap](#). It's one of those all in one soaps, and one of it's original uses is laundry. You can also use it as body wash. There are other products that are just used for laundry. [Tide has a "Liquid Travel Sink Packet"](#) set that you can use (I showed that at the meeting). [Travelon makes Laundry Soap Sheets](#) which are little sheets of laundry soap. [Earth Breeze](#) also makes eco-friendly laundry detergent sheets that you can cut or tear to your preferred size. I found some of these just by doing a quick search on Amazon.
  - **How to wash clothes in a sink** ([some of these tips I found from this video](#)):
    - fill up the sink with luke-warm water (read your clothing's tag to see what temperature would work best).
    - Put your soap in your sink. If you use Dr. Bronner's, it's about half a tablespoon. If you use other kinds, read the instructions on how much you would need.
    - The hand-washing part: Put your clothes in the sink and give it a swish. Gently agitate your clothes, scrub stains or areas of concern if needed.
    - Let clothes sit in the water for about 10 minutes.
    - Swish again.
    - Empty sink. Do not wring out clothing (twisting it really hard). This could damage your clothes. Instead, gently squeeze to get some of that water out of your clothes.
    - Fill up sink and rinse your clothes. You know you are done when you can't see soap bubbles running out of your clothes.
    - Empty sink. Once again, gently squeeze clothes in the sink (do not wring out).

# LUGGAGE AND LAUNDRY

- Place clothes in a dry towel and squeeze out any excess water.
- Hang clothes to dry in the bathroom. If clothes are quick drying, they could be dry in a few hours. Heavier clothing, like cotton shirts might take a full 24 hours to dry.
- How many clothes? I would say one sink can accommodate 2-maybe 3 shirts or a week's worth of underwear at a time. Hand washing in the sink is not meant to wash all of your laundry in your suitcase. It's meant for quick washes of a few items.
- The hotel does offer laundry services where they will wash your clothes for an additional fee, which could be expensive. There are lavandarias (aka laundromats) around the city where you can do a full load of laundry. [See more information about that here.](#) **Most people will not do laundry like this while on pilgrimage, but if you feel like you need to, there are options.**
- **Hiking Socks**
  - As stated in the guide book, I am a big fan of merino wool socks during long pilgrimages like this. They are antimicrobial which means they don't hold on to odors and usually after one day of airing them out, you can wear them again without washing them. Which is nice because that means you don't have to worry about doing laundry. They are a little pricy (one pair can cost around \$20-25), they last a really long time and you only need a couple pairs (one to wear and one to air out). My favorite pairs are still going strong since 2017.



# PACKING FINAL THOUGHTS

## How many of each clothing to bring

- **I cannot really answer that for you, since everyone travels a little bit differently.** I'm going to shoot for probably 7 shirts, 3-4 pants, maybe one pair of shorts, maybe one casual dress for our last night in Lisbon, underwear for the week, p-j's, a lightweight jacket, a long-sleeved shirt, 2-3 pairs of socks, my hiking shoes, my hiking sandals, and a pair of flip-flops. But you might have different needs and styles of packing.
- **I can recommend packing items that would work with each other so you can make multiple outfits out of a few items.** Neutral colors work well together or items that are all within the same color scheme. Last time I traveled for a week, I packed clothes that were black, green, or tan because I know I like those colors and they all worked well together. I also brought layers. I had loose, baggy pants that kept me cool while also being ok for visiting churches, I had plain, short sleeve shirts that worked well with every pair of pants I brought, and a cardigan to wear when it got chilly at night.
- **I know it's silly, but if you are making the choice between two items, I would weight them** and pick the lightest one. When in doubt, go for the less heavy items. (I learned [this](#) from [Sarah Murdoch](#), who used to be a tour guide for [Rick Steves](#), an European travel expert, and has made a name for herself giving advice about packing and packing light. She has blogs and videos to assist with the biggest packing questions. Both of these examples are people who travel with only a carry-on. I have taken a lot of their principles and use them in my every day life. Am I planning on only taking a carry-on for this pilgrimage? No. Because of the items I'll need for the overnight, I know I will have to check a bag. But the principles that they teach will help me stay in my goal weight for packing and I won't be charged \$200 for having a bag that goes over the weight limit. I have done WYD/European travel with just a carry-on suitcase, my backpack, and my personal item of a purse.)
- **There are suggestions on what items to pack in the guidebook.**
- If you need help, feel free to let me know! I'm happy to help you as you discern which items you would like to bring or not.

# DIOCESE OF GARY WYD PILGRIMS

Bishop Robert McClory

Vicky Hathaway

Emily Sutton

Carissa Corpuz

Julia Wiszowaty

Deacon Barry Cummins

Tony Cummins

Drew Cummins

Matt Kresich

Shane Stanek

Gabe Stanek

Jackie Garcia

Marlene Garcia

Nancy Lundquist

Aubrey Lundquist

Greg Warrell

