



Packing List and Explanations, for:
 Pilgrimage to the Shrines of Ss. Isaac Jogues, Rene Goupil, and Jean de Lalande
 New York, 2021

General tips

1. Bring the minimum you can spare.
2. Remember that, besides the hot summer days, it will get cold in the evening, so a jacket or hoodie would be wise. Be sure to stay warm when you sleep at night with a good sleeping bag.
 - NOTE: Trailblazers will supply three t-shirts and one hoodie for all pilgrims, which will be given to you on the mandatory retreat place and time still TBD.

For your convenience, the following list has been compiled. **Use it as a guide, nothing more.** Looking at this list will remind you of all that you need to bring, and help you leave aside unnecessary things.

Necessary things

- Some piece of identification
- Medicines, especially if you have a specific condition or are on any prescriptions
- Large Hiking Backpack which you can carry, and which can be stowed on the rental truck
- Small backpack for hiking/canoeing
 - See Day Pack Packing List on page 4.
- The clothes you are wearing, plus 10 more days' worth of clothing. Some notes:
 - Check the Trailblazers dress code first being attentive to modesty
 - In the mountains (the Adirondacks), weather can change quickly and dramatically
 - In the mountains, *it can get **cold** during the day*, even though it's summer
 - If you're not experienced in camping, remember that at night, outdoors, temperatures drop a lot, and it gets cold, even on hot summer days; and dew settles on everything left outside your tent, saturating it
 - It might rain, when you least expect it
 - We'll be in canoes. It is usually not safe to wear pants unless they are specialized sports pants; shorts are recommended. Not short-shorts or other immodest attire. Pants that unzip near the knee would be an excellent choice
 - Some items of clothing you can wear more than one day that wash easily in a sink and dry quickly (save on space)
 - Extra socks may help prevent blisters and other foot ailments
- Tent, sleeping bag, mat/pad for under your sleeping bag and a camping pillow

- It is Trailblazers policy that there be no mixed sexes in the same tent, even if they are family. No exceptions. No limit to how many may share a big tent: up to you.
- If you're not an experienced camper, during the summer try camping out even in your own back yard. That way, you can test the comfort level of your sleeping plans, and adjust it before you hit the trails.
- Items of toiletry for personal hygiene, cleanliness and appearance
 - In case, on the trail, one needs to relieve himself, a simple trowel is helpful (e.g., [see here](#))
 - It is wise to seal plastic bottles of liquids in plastic bags lest they leak in transport
 - Trailblazers STRONGLY suggests that each pilgrim keep a stow of toilet paper, should any unforeseeable circumstance arise. And keep it in a ziplock bag, or other waterproof storage.
- Swim suit
 - There won't be swimming on this pilgrimage
 - A swim suit may help to preserve modesty if ever a situation of public showers arises; rest assured that boys and girls will never shower together
- Plastic bags for dirty/wet laundry
- Towel
- Money:
 - Cash and credit card.
 - For occasional museums and stores that might pop up in the Adirondacks.
 - Our last full day in N.Y. will be in Albany, a recreational day; money for meals will be provided to each pilgrim by Trailblazers, but some cash for your own recreational purposes might be worth considering
 - You will need to provide a meal for yourself at lunch time on the way to New York, and on the way back.
- Pajamas or modest wear for sleeping time while we camp
- Refillable water bottle, just in case. Trailblazers will give you bottled water every day.
- Durable walking shoes that have been broken in prior to beginning of pilgrimage
 - 2 pair would be an extra bonus, if you have space to carry it
 - Regular running shoes are a good option
- Sun screen, bug spray and sunglasses
- Aloe Vera for sunburns, creams or medicines in case you are allergic to poison ivy, poison oak, bee stings, or other things found in the wild
- Hat to protect from sun (lots of time outside, guys!)
- Small bible for your own prayer
- Rosary
- Name-tags for backpack, and keep one on person with emergency information on it
- *PRIESTS*: Breviary, alb, stole, cincture, oils just in case, any rites books you may need

Trailblazers will give you

- “Pathfinder” Prayer Book
- “Christian Prayer” Liturgy of the Hours book
- Three Trailblazers t-shirts and one Trailblazers hoodie
- “Lifeline” one-page emergency guide, with phone numbers or other instructions

- There will be walkie-talkies and batteries provided for the group to use; feel free to bring your own if you have a good one
- A general, store-bought first aid kit will be provided, one in circulation per (approximately) six pilgrims. This is a “just-in-case” backup, and you should not count on it substituting your own medical, physical or nutritional needs or customs

Recommended items

Foam or cushion for inside tent under your sleeping bag, for sleeping better

Two ponchos in case of rain

Photographic camera, with water-proof stowage

Batteries for any gatgets, gismos, thingamajigs or cacky-bachies you may have

Tough nylon String – endless possibilities of good uses while camping!

Flashlight

Sugar-free gum, and/or breath fresheners

Travel or security belt to carry valuables safely

Little locks for your backpack

Food: trail snacks, candies that can endure heat and moisture, jerky meats, etc.

Any vitamins or nutritional supplements you are accustomed to taking

Chap stick

Hand wipes (such as Lysol’s or Purell’s) for hygiene’s sake.

Binoculars, if portable better

Flip-flops are good for the use of showers, for foot hygiene

If you have electrical apparati, chargers and preferably a power strip to charge your devices.

Most of the campsites we are staying at do not have electricity. To make use of the places we will be at that WILL have electricity, a power strip will allow more people to use the outlets.

A solar charger is also a good option if there are full sunny days.

Other possible items

Cell phone (You can check your carriers coverage map of the area we will be in, but usually coverage is pretty spotty.)

Portable radio, compass, pocket knife, waterproof matches

Lanterns, electrical/battery are more safer than gas/fire, for when dark falls around camp

Very portable folding chair: We’ll need to sit, and we’ll be in the wild quite a bit

Hammock- If the trees allow, you are permitted to set up a hammock if the campsite allows.

Sport item to bring

Soccerball, Volleyball, Frizbee, Boomerang, Cricket set, Cricket bat, Hurling ball, Juggling Pins, Bowling ball, Surf board, Jousting Lance, Caber log (kilt required), etc.



Day Pack Packing List and Explanations, for:
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General Packing Tips

1. To help prevent carrying too much weight, get together all the things you will put into your backpack first, then find the smallest backpack that will comfortably fit them all.
2. Any backpack that has comfortable straps is fine.
3. NO DRAW STRING BACKPACKS.

Necessary things

- 6 bottles of water (or about 100 oz. Minimum)
- Compass
- Flashlight
- Shorter Christian in a waterproof zip-lock bag
- Personal medicines if necessary
- Backup clothing (rain gear, optional: change of socks)
- Trowel (1 per 3 pilgrims)
- Private stash of toilet paper in zip-lock bag
- Sun-screen, bug spray
- Items related to team office (e.g., first aid kit, walkie-talkie, maps, ect.)
- Hand sanitizer/wipes
- Rosary (in one's packet, easily accessible)