



Mercedes College

Camino de Merced

Path of Mercy

2015

A Mercedes College adaptation of the

Camino Salvado®



"Crossing Paths"

Thursday 4th of June to Wednesday 10th June 2015

Pilgrim's Handbook

Rationale

A priority for Catholic Schools is to help awaken a sense of the sacred in their students (Bishop's Mandate Letter 2009-2015). The concept of pilgrimage has long been a significant practice of Christians seeking to deepen their faith and sense of the sacred. The physical and spiritual journey embarked upon is transformational in its nature.

The *Camino de Merced* or "*Path of Mercy*" is an adaptation of the Camino Salvado® pilgrimage to New Norcia which originated from St. Joseph's Parish in Subiaco tracing the path of Dom Rosendo Salvado from Subiaco to New Norcia.

For Ursula Frayne and the Sisters of Mercy, there is a significant link to the story of Salvado and New Norcia. Both Salvado and Frayne made the voyage to Perth in 1846 on the *Elizabeth*, together with Bishop John Brady, first Bishop of Perth and other religious. Both shared the challenging experience of founding a religious mission in one of the most remote colonies in the world. The pilgrimage offered by the *Camino de Merced* will draw on the experiences of both these religious pioneers, as participants contemplate a path of faith, hope and mercy.

The *Camino de Merced* is a six-day walking pilgrimage covering 146kms. Departing **Thursday 4th June** from Mercedes College, arriving at New Norcia on Wednesday 10th June, followed by the Year 12 Retreat and returning with the Year 12 Cohort, by coach on Friday 12th June. Student Participants will be expected to contribute to and facilitate sessions on the Year 12 Retreat, where they will be able to share their pilgrimage experience with their peers.

Important Information for Pilgrims

To ensure that you make the most of your Camino de Merced (Salvado) experience, there is some very important information which you need to be aware of before embarking.

- Students on this Pilgrimage are required to follow instructions from Staff and adult supervisors and to obey the rules highlighted here, which are critical for safety and efficient organization of the Pilgrimage.
- **Normal College regulations** for excursions will apply. Offences such as consumption, or possession of alcohol, illicit drugs or cigarettes are serious offences that could result in immediate exclusion from the Pilgrimage and jeopardize enrolment as a student of Mercedes College. Penalties for poor behavior may also inhibit a student from further participation in the Pilgrimage.
- Students are expected to attend and participate in all activities throughout the Pilgrimage experience. This includes all Masses, Prayer and reflection sessions and other Camino related activities that have been organised.
- **Students are responsible for their own belongings.** Staff of Mercedes College take no responsibility for personal belonging of students on this Pilgrimage. This includes phones, cameras, items of clothing or jewelry. Students are responsible for packing their own bags each night and for ensuring that they have the necessities for each day of the walk, including water, hat etc.
- Students are to stay with the group at **ALL TIMES**. A Staff member will remain at the front and at the back of the group for each segment of the walk. Students should not stray from the path of the leader without seeking permission from a staff member.
- Students may keep their mobile phones with them the day while on this Pilgrimage. However, there is often limited or no reception.
- Students must stay within the confines of the Accommodation each night.
- Student should try to ensure that they get a good night's sleep each night on the Pilgrimage. **Lights Out** will occur at a time nominated by staff. After lights out, students should not be talking. This is to ensure fair opportunity for all to get a good night's sleep.

- Students will be asked to wear their **High Visibility Vest** at certain times during the Pilgrimage. This is a safety requirement by Main Roads for groups walking along roadways.
- Students must remember at all times, that they are **representing Mercedes College** on this Pilgrimage and that the highest standards of manners and courtesy are required, as in line with the College values.
- Students should familiarise themselves with the information contained in this handbook. Please ask the Pilgrimage Staff if you have any questions or need clarification.

Pilgrims



Ciara
Harrison



Rebecca
Moore



Isobelle
Joyce



Amy
Calegari



Caylee
Wallis



Rachael
Geracitano



Rosie
Pratarelli



Alanah
Ipsaro-Passione



Bella
Ipsaro-Passione



Aimee
Carberry



Lily
Murphy-Hughes



Madeleine
Murphy



Isabella
Norrish



Maddison
Jones



Natasha
Bengura

Staffing & Support

Pilgrimage Staffing	
Pilgrimage Leader	Ben Bull
Pilgrimage Leader	Melissa Trolio
First Aid	Gael McClean
First Aid Support	Sue Miles
Pilgrimage Chaplain	Rev. Michael Rowe
Pilgrimage Support Staff	
Executive Support	Rosa Speranza
Operational Support	Vedette Lendich
Transport & Trail Support	Jackie Stacey
Catering & Trail Support	Louise Comiskey
Trail Support	Dads of Mercedes
Additional Support Staff (Part-Time)	
	Joanne Lauriston
	Joanna Kagi
	Peter Hughes

Accommodation

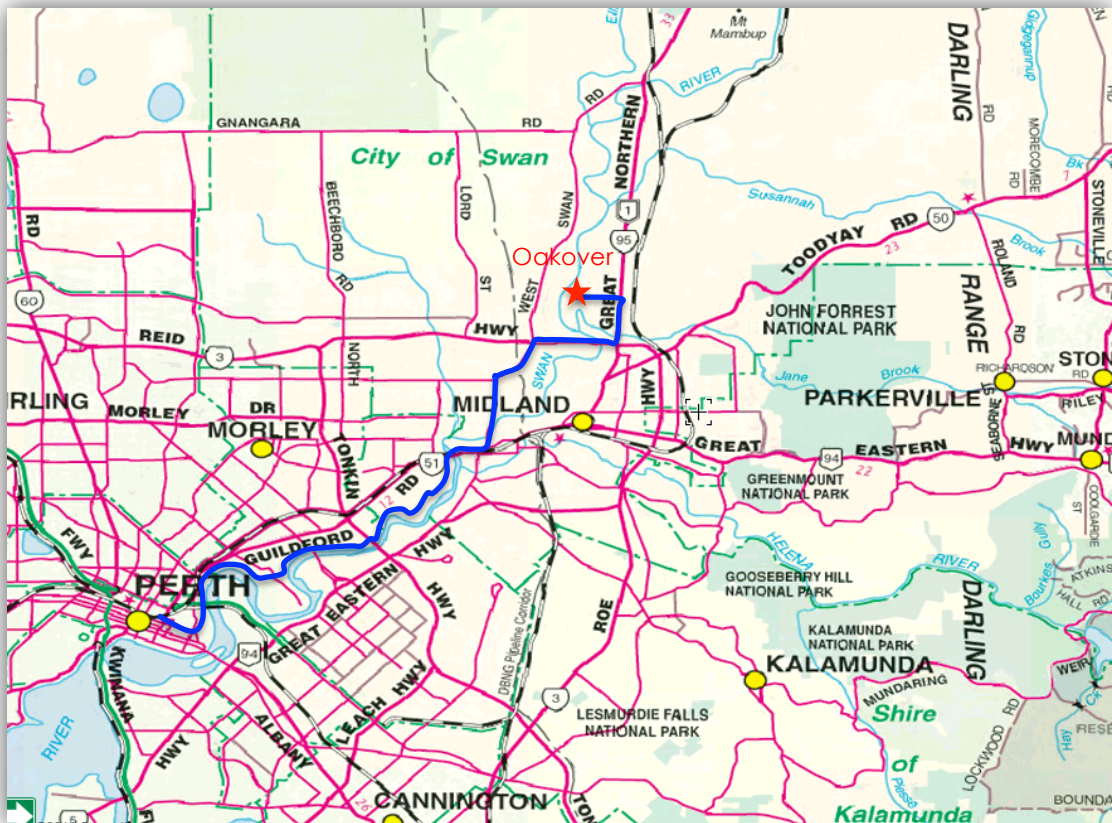
- Night 1: St. Helena's of the Holy Cross Catholic Church, Ellenbrook.
- Night 2: Moondyne Convention Centre, Lower Chittering
- Night 3: Moondyne Convention Center, Lower Chittering
- Night 4: Catholic Agricultural College, Bindoon
- Night 5: Ipsaro-Passione Farming Homestead, Mooliabenee
- Night 6: Ipsaro-Passione Farming Homestead, Moolianeenee

The Pilgrim Trail

*Timings indicated are an approximation only. Subject to change.

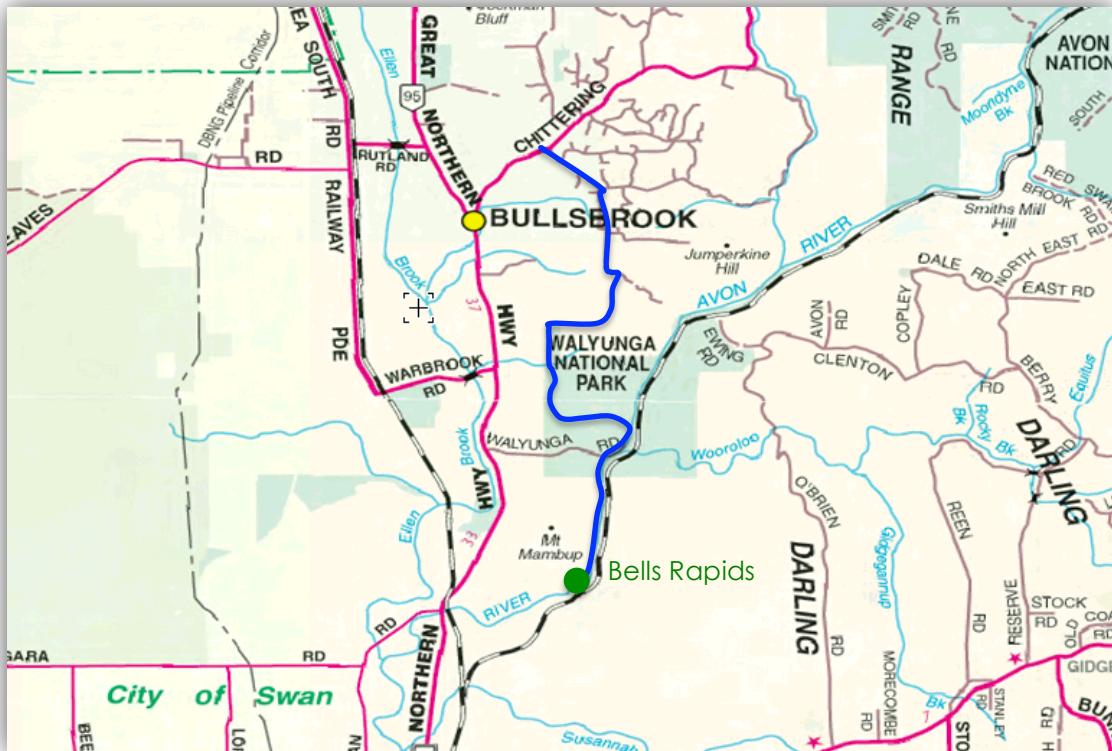
The Pilgrim Trail is subject to change or detour without notice, on the advice of government authorities or emergency services.

DAY 1 – THURSDAY 4th JUNE: Perth Metropolitan & Swan Valley (22 Kms)



- 7:00am **Mass** at the Chapel of the Immaculate Conception, Mercedes College.
- 8:00am Farewell and Departure Pilgrims head East and follow the Swan River trail until reaching Guildford. Pilgrims reach the grounds of St. Charles Seminary for a lunch stop. After lunch the trail heads down West Swan Road, Reid Hwy then Great Northern, before finishing at Oakover.
- 4:00pm Bus to St. Helena's of the Holy Cross Catholic Church
- 6:00pm Dinner
- 7:00pm Divine Office

DAY 2 - FRIDAY 5th JUNE: Walyunga National Park (20 Kms)



- 6:45am: Breakfast
- 8:30am: **Mass** at St. Helena's of the Holy Cross
- 9:30am: Depart St. Helena's of the Holy Cross by bus to Bells Rapids
- 10:00am: Arrive at Bells Rapids and begin walking trail north along Avon River. Early Lunch at the upper Walyunga carpark. Trail continues through Walyunga National Park (along the Echidna trail) to the Northern boundary. Following the fence line to Shady Hills Road. Pilgrim shells will show the way!
- 4:00pm: Arrive at Chittering Road, depart by Bus to Moondyne Convention Centre for the night.
- 6:00pm: Dinner
- 7:00pm: Divine Office

DAY 3 – SATURDAY 6th JUNE: Chittering Road (21 kms)



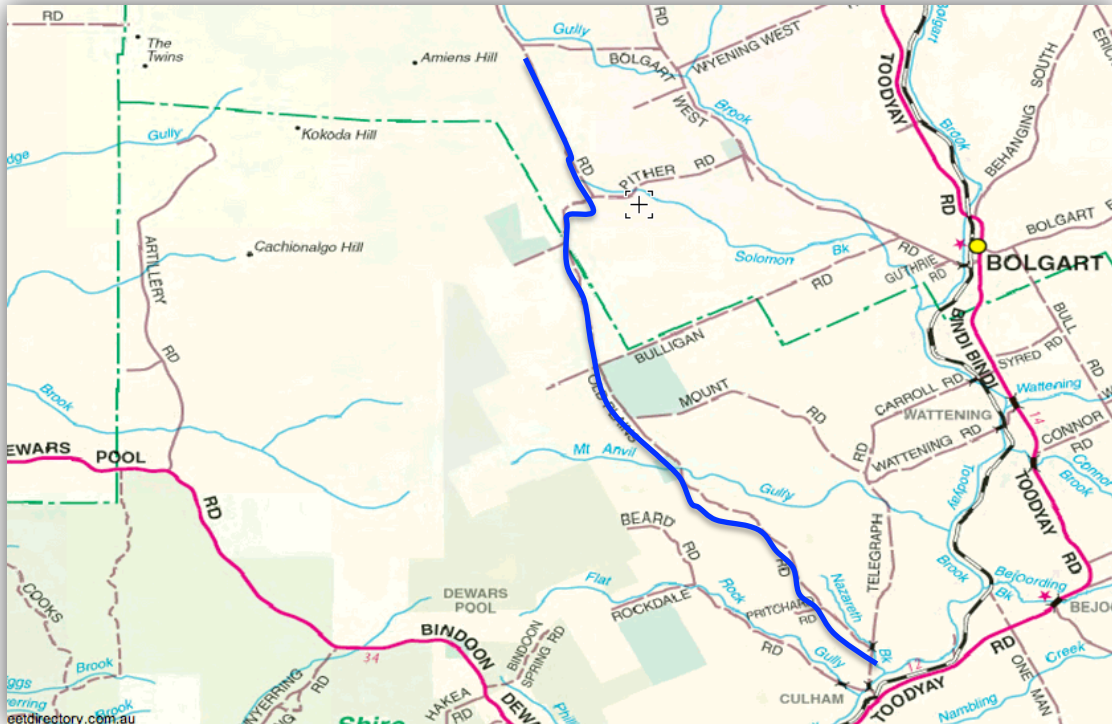
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| 7:00am | Breakfast at Moondyne Convention Centre |
| 8:30am | Depart Moondyne Convention Centre by bus, alight at corner of Chittering Road and Wilson Road. |
| 8:45am | Begin walking north along Chittering Road. Note: No footpath along Chittering Road – All walkers must wear High Visability Vests (Main Roads Requirement). Walking against oncoming traffic. |
| 12:00pm | Lunch Stop (to be determined) |
| 3:00pm | Arrive at "Traveling Monks" Sculpture, corner of Chittering and Julimar Roads. Prayer/Reflection |
| 4:00pm | Bus back to Moondyne Convention Centre |
| 6:00pm | Dinner |
| 7:00pm | Divine Office |

DAY 4 – SUNDAY 7th JUNE: Julimar State Forest (20 Kms)



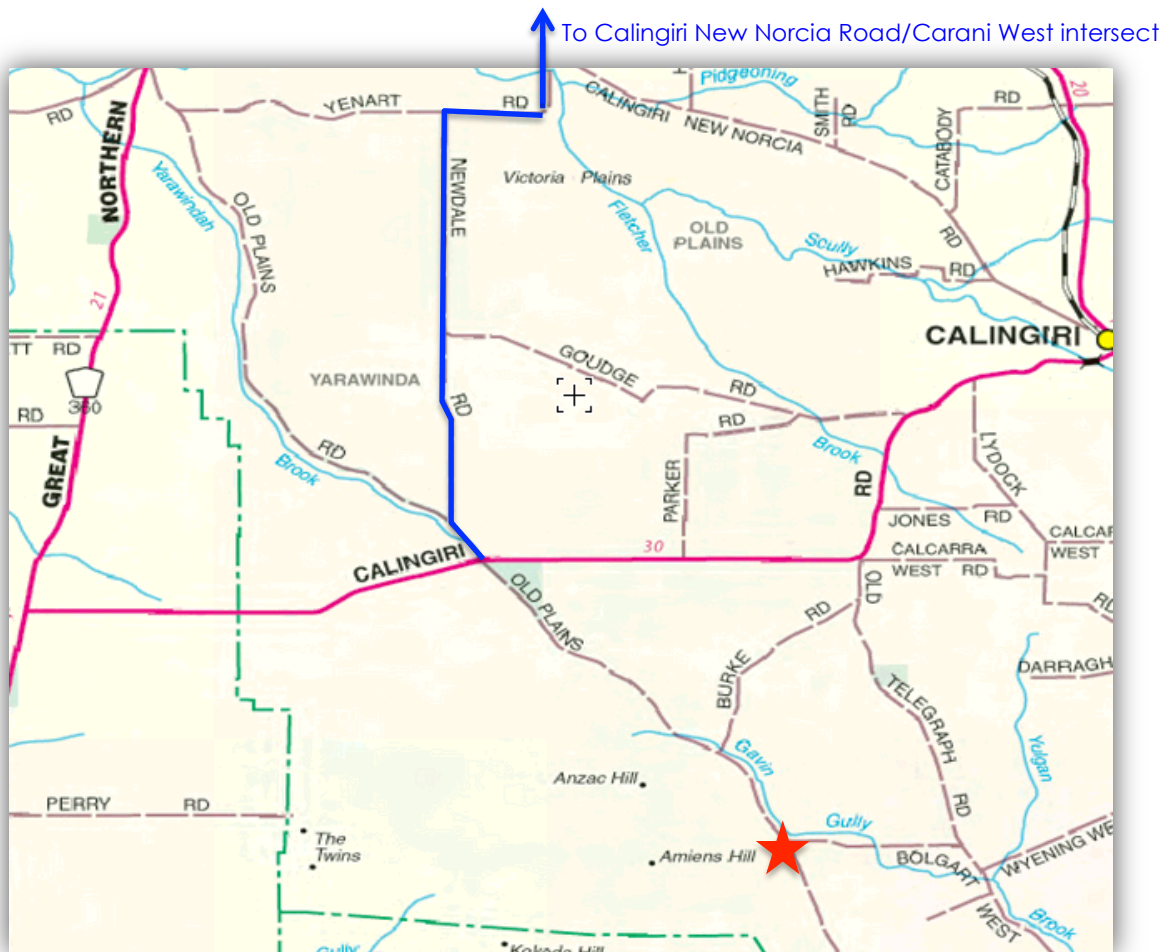
- 7:00 am **Mass** at Moondyne Convention Centre
- 8:00 am Breakfast at Moondyne Convention Centre
- 9:00 am Depart Moondyne Convention Centre by bus to Julimar Road, Mortimer Road entrance to Julimar State Forrest.
- 9:30 am Begin Walking Trail along Mortimer Road.
- 12:00pm Lunch Stop (Mortimer & Heine Road intersection). Trail continues along Crooks Road, the north following the Julimar Brook, then North East along Munyerring Spring Road to Bindoon Dewars Pool Road.
- 3:00pm Bus from Munyerring Spring/Bindoon Dewars Pool Road to Bindoon Catholic Agricultural College.
- 6:00pm Dinner
- 7:00pm Divine Office

DAY 5 - MONDAY 8th JUNE: Old Plains Road (1) (25 Kms)



- | | |
|---------|---|
| 7:00am | Mass at Bindoon Catholic Agricultural College Chapel |
| 8:00am | Breakfast |
| 9:00am | Depart Bindoon Catholic Agricultural College |
| 9:30am | Arrive at Old Plains Road/Telegraph Road intersection and begin trail North West along Old Plains Road. |
| 12:30pm | Lunch Stop (Bulligan Road intersection) |
| 4:00pm | Bus from Bolgart West Road intersection with Old Plains Road to Ipsaro-Passione Farm |
| 6:00pm | Dinner |
| 7:00pm | <i>Divine Office</i> |

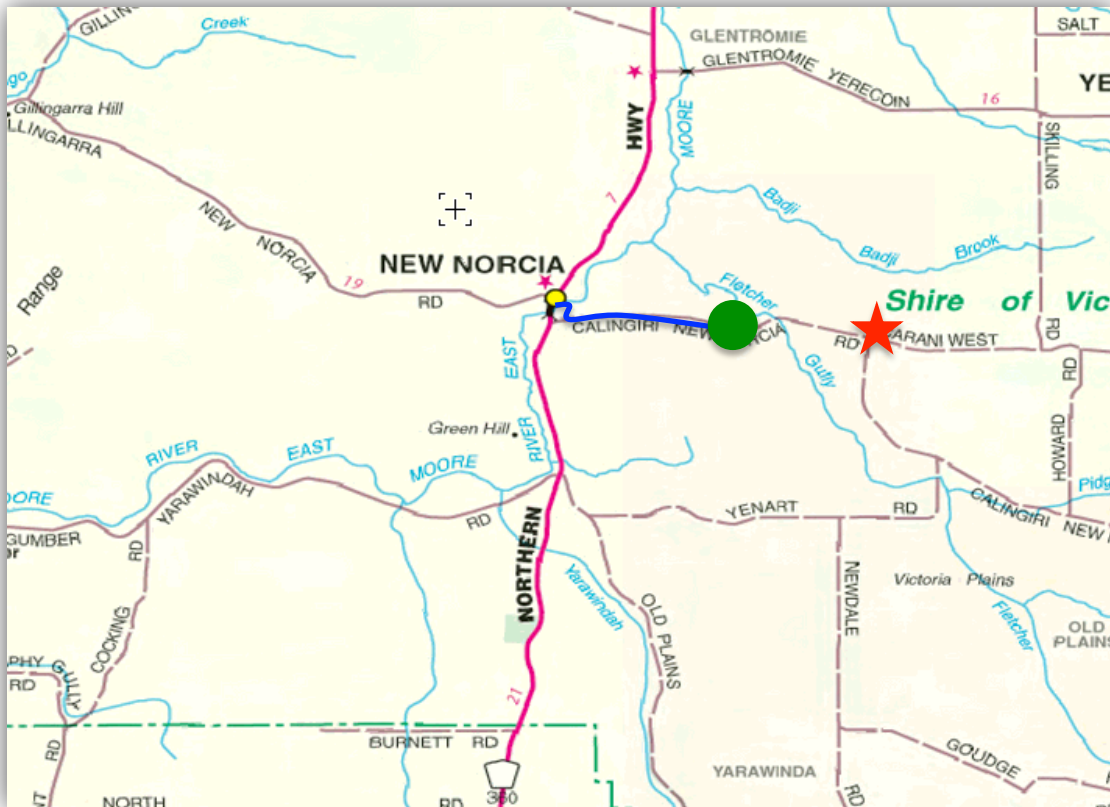
DAY 6 – TUESDAY 9th JUNE: Newdale & Yenart Roads (22 kms)



End of Trail, Previous Day

- | | |
|--------|--|
| 7:00am | Mass at Ipsaro – Passione Farm |
| 8:00am | Breakfast at Ipsaro-Passione Farm |
| 9:00am | Depart Ipsaro-Passione Farm by Bus |
| 9:30am | Begin walking trail from Calingiri intersection of Old Plains Road. Follow Old Plains Road to Newdale. Turn Right on to Newdale heading North. Right turn onto Yenart after a lunch stop, then Left turn onto Calingiri New Norcia Road. |
| 4:00pm | Bus from Calingini New Norcia Road intersction with Carani West Road back to Ipsaro –Passione Farm |
| 6:00pm | Dinner |
| 7:00pm | Divine Office |

DAY 7 – WEDNESDAY 10th JUNE: New Norcia Arrival (6 Kms)



End of Trail, Previous Day



Begin Trail Day 7 (approx. 5 km East of New Norcia)

7:30am	Breakfast at Ipsaro-Passione Farm
8:30am	Depart Ipsaro-Passione Farm by Bus
9:00am	Alight bus along Calingiri New New Norcia Road (Approximately 5k m East of New Norcia. Follow trail along Calingiri New Norcia Road, before turning right along a track leading to the eastern paddocks of New Norcia. Follow the track into the New Norcia Township.
11:00am	Greeting ceremony and Mass at New Norcia Abbey Church.

“On the Path”

Foot Care

Ensuring your feet are well cared for on this Pilgrimage is essential. While the walking itself is not overly strenuous, your feet will certainly be under significant strain. Here are a few important tips to take note of about foot care on this pilgrimage:

- Ensure your footwear is suitable! While hiking shoes are preferable, other kinds of cross-trainers are also suitable. You must ensure that the shoes you wear:
 - Are **comfortable!**
 - Are **well-worn** (not new shoes!) – You should have experience being in the shoes for at least a few days before you attempt a distance walk in them.
 - Are reasonably **waterproof** – many cross trainers have a considerable amount of ‘mesh’ to help your foot breathe. Unless this mesh is waterproof, walking through wet grasses, puddles and bush land will result in your feet getting wet.
- Invest in some hiking grade socks! Good socks will allow your feet to breathe while stopping movement of your foot inside your shoe – which can lead to blisters. Socks which are made from natural fibers are also less prone to smell (and can in fact be re-worn for a second or even third day).
- Have at least another pair of socks with you in your backpack as you walk. It can be a good idea to change your socks at lunchtime if you feel that your socks have become damp from sweat. Wet socks will cause your feet to start slipping inside your shoes and will result in blisters.

Blisters treatment

Source: <http://www.elastoplast.com.au/instant-help/beauty-and-care/Bye-bye-Blisters!>

Continuous pressure or rubbing will eventually lead to the separation of the epidermis (the outer skin layer) from its lower skin layers, and a blister containing tissue fluid will form. This liquid is supposed to cushion the wound and protect it from further pressure. So actually, the blister is a clever self-protective measure of your body.

The blister's outer membrane is what successfully protects the wound - from further pressure, or from dirt or bacteria entering. Unfortunately, a blister is painful and can burst if exposed to more pressure and friction, leaving an open wound that is extremely painful and can easily become infected.

The best way to deal with a blister...

... is to leave it intact. Applying a blister plaster will help to treat a blister without puncturing it. The plaster will do three things:

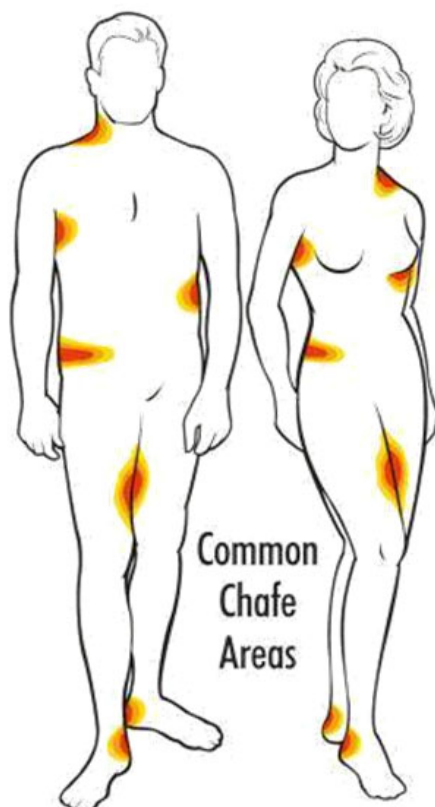
- help avoid additional pressure from shoes on to the blister,
- protect the delicate protective layer of skin on top of the blister (the „blister roof“) until the blister is ready to drain by itself and
- protect an open blister from infection and external influences such as water, dirt (and bacteria)

Hydration

It is absolutely essential that you remain well hydrated each day of the pilgrimage. You should carry with you at the beginning of each day

At least 2 liters of water.

It is important that you maintain a steady intake of water during the walk each day. If you are thirsty, it is an indication that you have already started to become dehydrated. Dehydration can quickly lead to headaches, nausea and lethargy, which will make the walk difficult and generally unpleasant.



Chafing

Chafing is caused by repetitive friction on the skin, either through skin to skin contact or contact with clothing. It is particularly common on the inner thighs when walking for long distances. There are a few steps that can be taken to reduce the chance of chafing occurring:

- Petroleum Jelly or Vaseline can be used as a lubricant on areas that are prone to chafing to reduce the friction.
- Avoid cotton clothes or any clothing with large seams.
- Wear sports focused underwear and clothing made from polyester, nylon or spandex (eg. bike pants).

What to wear?

When packing for the Camino, you need to account for a variety of weather conditions.

The table below provides the Weather data recorded in Perth from the 4th to the 10th June last year (2014). This data can provide some indication as to what to expect for the Pilgrimage.

Date	Min Temp °C	Max Temp °C	Rainfall mm	Max Wind Gust km/hr
4th June	8.9	22.4	0.0	E 19
5th June	8.8	24.6	0.0	NE 28
6th June	6.2	23.7	0.0	NE 28
7th June	13.3	20.6	0.0	ENE 37
8th June	12.2	20.4	0.0	NNE 22
9th June	14.2	23.8	0.8	NNW 24
10th June	15.1	16.8	8.8	S 43

We can likely expect cold mornings, then generally warming up during the day. Even though maximum temperatures are only moderate (in the low 20's), as you walk you may find that you may become quite hot, particularly when walking in full sun. You will probably find you will start each day with a jumper, but by mid-morning will need to take it off. Ensure that it is not too heavy or bulky as you will need to carry it with you for the rest of the day.

Remember: dark colours absorb heat, so to ensure that you remain cool, plan to wear light colours (white).

What to bring?

You will need either a suitcase or a large duffle bag to pack enough clothes for the six day pilgrimage as well as the two night retreat at New Norcia. You will also need a **sleeping bag** that will ensure that you stay warm at night.

Your suitcases/duffle bags and sleeping bags will be transported to the next accommodation venue while you walk during the day.

You may not have the opportunity to wash clothes during the six days of pilgrimage so you need to factor this into your packing. Try to wear some items of clothing more than once if possible.

You will need to carry with you each day of the pilgrimage a **small backpack**, which is comfortable to wear and not heavy.

The backpack would be used to carry the following:

- Water Bottle/s (at least 2 liters for the day)
- High Visibility vest (To be Provided)
- Energy snacks (self provided)
- Spare pair of hiking socks
- Raincoat (as required)
- Light Jumper (possibly used in the mornings)
- Plastic bags for wet socks or rubbish
- Small Hand Sanitizer
- Camera/Phone

You should also have:

- A hat
- Sunglasses
- Sunscreen (you can still get burnt in Winter!)
- Areoguard insect repellent (Bushman strength) or similar

Meals

While on Pilgrimage, all of your meals will be provided for. Breakfast and dinner will be catered for each morning and evening at each accommodation venue. Lunch will be delivered by a support vehicle to our location at a stipulated time so there will be no need for it to be carried in your backpack. Snacks and morning tea may also be provided, and will be given to you to put in your backpack prior to embarking on the trail each day. You are also welcome to bring your own supply of snacks for

the duration of the Pilgrimage. There will be no access to any shops at any point during the Pilgrimage.

Wet Weather

Given that we embark on the Pilgrimage at the beginning of winter, rain is a possibility. Generally, we will endeavor to walk through light rain should we encounter it, therefore, you must be prepared with a rain jacket. In the event of extreme weather or lightning, we will either remain or return to our last or next point of accommodation where we will run other activities related to the Camino.

Bush Safety

Day 2 and Day 4 of the Pilgrim Trail take us through Walyunga National Park and Julimar State Forest respectively. While we will be following well-worn tracks through bush land we will still need to be aware of risks posed by the native flora and fauna.

Flora & Fauna: Protection and conservation

First and foremost, it is important to keep to the marked tracks. Wondering through the bush, apart from being dangerous for you, also can endanger native wildlife. You may unintentionally spread plant diseases such as *dieback*, which can be spread from dirt traces on your shoes.

It is against the law to pick the native vegetation or wildflowers in National Parks such as Walynga.

Grass trees grow very slowly, so take care not to break the fronds.

On the few occasions where we do need to leave the track, take care to avoid trampling the native vegetation.

Do not approach any native wildlife – including the Kangaroos. While they may seem docile or even quite domesticated, they can become agitated and aggressive if threatened.

Do not attempt to feed the wildlife.

Be careful not to introduce or spread non-native species (for example pips or seeds from fruit should be taken with you and not thrown into the bush).

Ticks:

While we significantly reduce the risk of coming into contact with ticks by staying on the cleared tracks, it is still a possibility to be bitten by simply brushing past a tree or bush. It is important to check carefully for tick bites every so often along the trails through the bush. If bitten by a tick, do not try to remove it yourself. See the First Aid officer immediately.

Bathroom Facilities

Each of our accommodation venues have toilet and shower facilities. We would suggest using the toilet before leaving each day. On the Pilgrim Trail there are very few public toilets available. A portaloos will be toed by a support vehicle at will be made available at particular times during the day. For the days where vehicle access is not possible (Walyunga National Park and Julimar State Forest), it may be necessary for walkers to find an appropriate place in the bush, off the main path and screened by vegetation. It is important to check your surroundings for ants, ticks, other insects or prickled vegetation first before proceeding. A staff member or supervisor must be notified when a student needs to go to the toilet in the bush and a buddy (another student or staff member) must remain on the path at the point where the student left.

Misadventure

In the event that you feel unwell or become injured and believe that you are unable to continue with the group, you must let a Staff Member know immediately. We will arrange for you, accompanied by a staff member to be transported back to the accommodation as soon as possible. Should you recover, you are able to continue with the pilgrimage the following day, or as soon as convenient. In the event that you are unable to continue with the Pilgrimage, a parent or guardian will be contacted to collect you from an accommodation venue.

In the event of an emergency, including serious injury or illness, an ambulance will be called and parents will be notified immediately.

Communication

Communication with mobile phones is not assured throughout the Pilgrimage. Particularly in Walyunga National Part and Julimar State Forest, there is no or little mobile service available.

We request that where service is available, students keep the use of their phone to a minimum (except to take photos) and limit phone calls or text

messages to later in the evening. Remember that part of the purpose of the pilgrimage is to achieve retreat and tranquility, and an ideal opportunity to relieve yourself of the anxiety that is created from mobile devices.

Staff on the Pilgrimage will carry a Satellite Phone, which connects calls via satellite and does not require mobile service coverage. This phone will be reserved for emergencies and for situations concerning misadventure.

Staff will also be using a UHF Transceiver Radio (Two-Way/Walkie Talkie, which has a range of between 5 and 10 Kms (depending of geography) to stay in contact with support vehicles near-by.

Sleeping Arrangements

The following descriptions should give you an indication as to what to expect at each of the venues.

Night 1: St. Helena's of the Holy Cross Catholic Church, Ellenbrook.

The group (females) will be sleeping at the back area of this Local Church, on the carpeted floor in sleeping bags or on portable stretchers provided. The Church has aircon/heating. The back wall of the Church is essentially glass, meaning that it still may get very cold. Toilets are available from a connecting room. Showers can occur at Holy Cross College (a short walk – 100 meters from the Church)

Night 2 & 3: Moondyne Convention Centre, Lower Chittering

The group (females) will be sleeping in the Convention Room of Moondyne Convention Centre, either on the floor in sleeping bags or on portable stretchers. The room has a wood heater, which we may light if needed. Toilets and Showers are available on site.

Night 4: Catholic Agricultural College, Bindoon

Portable stretchers and sleeping bags spread over a couple of rooms. Toilets and Showers available on campus.

Night 5 & 6: Ipsaro Farming Homestead, Mooliabeenee

Rooms containing single and double beds. Twin Share. Toilets and Showers available on site.

Prayer, Reflection & Liturgy

Each day of the Pilgrimage, you will participate in one or more activities that should help you to connect with the spiritual journey being undertaken.

Mass is the highest form of worship for the Church. It is the most vivid connection for Christians to Christ's Last Supper and sacrifice on the cross. The Eucharist is the source and summit of the Christian life (Catechism of the Catholic Church).

During the Pilgrimage, you will experience both the Roman Rite (said in English) and the Latin Rite (said in Latin). Note that it is more than just the language being spoken that differs between the two Rites of the Catholic Mass. You will find that the Latin Rite mass has a slightly different structure and included different prayers. You will have a copy of the Latin Mass to follow (phonetically) in your Pilgrim Passport.

Each evening, we will say Compline (Night Prayer) from the Divine Office after dinner. The Divine Office (*officium divina*) often referred to as the Liturgy of the Hours. All clergy and religious have a canonical obligation to pray the Divine Office each day, and The Second Vatican Council encouraged the laity to also pray the Office when possible. We pray the Divine Office in the tradition of both the Sisters of Mercy and the Benedictines who would have prayed seven times a day. The Compline from the Divine office will also be provided in your Pilgrim Passport.

The Pilgrim Passport

Each Pilgrim will be provided a 'Pilgrim Passport' that provides a simple map of each day's trail, some space for private reflection and appendices for Mass, prayers and a basic history of the Camino Salvado. At the end of each day, your passport will be stamped, recognising your completion of a particular leg of the journey. On arrival at New Norcia, you will be presented with the New Norcia seal to add to the passport, signifying the completion of the Pilgrimage.

The Scallop Shell



As we journey on the Camino Salvado trail, you will sometimes come across scallop shells, or symbols representing them. These have been provided by pilgrims that have gone before us which help to mark the pilgrim trail. The scallop shell has a long and rich history as a symbol of pilgrimage, said to have its origins with Way of Saint James (Camino de Santiago) in Spain. The following article gives a good overview of this history:

The scallop shell, often found on the shores in Galicia, has long been the symbol of the Camino de Santiago. Over the centuries the scallop shell has taken on mythical, metaphorical and practical meanings, even if its relevance may actually derive from the desire of pilgrims to take home a souvenir.

Two versions of the most common myth about the origin of the symbol concern the death of Saint James, who was martyred by beheading in Jerusalem in 44 CE. According to Spanish legends, he had spent time preaching the gospel in Spain, but returned to Judaea upon seeing a vision of the Virgin Mary on the bank of the Ebro River.

Version 1: After James's death, his disciples shipped his body to the Iberian Peninsula to be buried in what is now Santiago. Off the coast of Spain, a heavy storm hit the ship, and the body was lost to the ocean. After some time, however, it washed ashore undamaged, covered in scallops.

Version 2: After James's death his body was transported by a ship piloted by an angel, back to the Iberian Peninsula to be buried in what is now Santiago. As the ship approached land, a wedding was taking place on shore. The young groom was on horseback, and on seeing the ship approaching, his horse got spooked, and horse and rider plunged into the sea. Through miraculous intervention, the horse and rider emerged from the water alive, covered in seashells.

The scallop shell also acts as a metaphor. The grooves in the shell, which meet at a single point, represent the various routes pilgrims traveled, eventually arriving at a single destination: the tomb of James in Santiago de Compostela. The shell is also a metaphor for the pilgrim: As the waves of the ocean wash scallop shells up onto the shores of Galicia, God's hand also guides the pilgrims to Santiago.

As the symbol of the Camino de Santiago, the shell is seen very frequently along the trails. The shell is seen on posts and signs along the Camino in order to guide pilgrims along the way. The shell is even more commonly seen on the pilgrims themselves. Wearing a shell denotes that one is a traveler on the Camino de Santiago. Most pilgrims receive a shell at the beginning of their journey and either attach it to them by sewing it onto their clothes or wearing it around their neck or by simply keeping it in their backpack.

The scallop shell also served practical purposes for pilgrims on the Camino de Santiago. The shell was the right size for gathering water to drink or for eating out of as a makeshift bowl.

Pilgrim Checklist ☒

(Guide Only)

- ☐ Suitcase or Duffle Bag
- ☐ Sleeping Bag & Pillow
- ☐ Towel
- ☐ Suitable clothes for 9 Days
- ☐ Hiking Grade Socks (3 Pair)
- ☐ Appropriate footwear
- ☐ Sports underwear for the duration of the Pilgrimage
- ☐ Toiletries & personal hygiene products (including Hand Sanitizer, Band-Aids, and Vaseline/Petroleum Jelly)
- ☐ Backpack
- ☐ Water Bottle/s
- ☐ Hat & Sunscreen
- ☐ Wet Weather Gear (thin Raincoat)
- ☐ Plastic Bags (for wet clothing or rubbish)
- ☐ Phone, Camera and Chargers
- ☐ Aeroguard/Insect Repellant (Bushman's strength)
- ☐ High Visibility vest (Will be provided prior to departure)
- ☐ Pen/Basic Stationary
- ☐ Pilgrim Passport (Will be provided on departure)

Other ☐

Other ☐

Other ☐