DIOCESE OF ARUNDEL & BRIGHTON ECUMENICAL WALKING PILGRIMAGE

RECOMMENDED EQUIPMENT LIST (and a few tips)

Given that there are 2 rest days during the course of the pilgrimage, which will provide the opportunity to visit a launderette, you only need to bring sufficient clothing to last for 4 or 5 days (but bear in mind that if there is a lot of rain, or it is very hot, you may wish to change into fresh clothing every day).

WALKING BOOTS & SOCKS "light-weight" boots made with Gore-tex or similar upper surfaces should suffice, but "full leather" boots offer better ankle support and perform better in very wet or muddy conditions. Take a spare pair of laces too. Occasionally, the conditions will allow trainers or trekking sandals to be worn. Whether you wear 2 pairs of "ordinary" socks, or walking socks (there is a huge range available these days) is a personal choice. Walking socks should be washed after every 3 to 4 full days of walking to retain their properties.

LIGHT SHOES OR PLIMSOLLS (& SOCKS) For evening wear (and occasionally on the walk if advised by the leader for the day that the conditions are suitable). White-soled shoes are good as we often stay in school gyms, but these would need to be used indoors ONLY.

TROUSERS / SHORTS Jeans are unsuitable in rain; skirts and shorts don't protect legs from brambles, nettles *etc*. There are plenty of walking trousers now available that dry very quickly when they get wet. Include a pair of trousers for evening wear.

SHIRTS / BLOUSES / T-SHIRTS / UNDERWEAR Sufficient to reach the next launderette!

SLEEPING BAG of the quilted type **plus an inflatable airbed or sleeping mat**. Please do not bring anything too bulky - airbeds should deflate completely and sleeping mats should roll up fully.

PYJAMAS OR NIGHTDRESS something suitable for community life!

WASHING GEAR & TOWEL shaving adapter (if you use an electric shaver).

EATING EQUIPMENT Two unbreakable plates including a deep one (or a plate and bowl), mug, knife, fork, spoon (and teaspoon), and tea towel ***plus an identifiable drawstring bag to keep it all in*** .

LABELLED KIT BAG Pack everything (other than what you want to have in your backpack) in ONE piece of luggage. Holdalls are preferable to suitcases and less easily damaged. Externally framed rucksacks are very difficult to pack. Your sleeping bag and mat can be additional to the one bag. These will be transported from hall to hall for you. ***Don't bring more than you can carry***; no bag may weigh more than 17 kg.

DAY BACKPACK Large enough for the essentials, but don't overburden yourself.

JUMPER or PULLOVER / KAGOULE / OVERTROUSERS These should be carried in your backpack in case of need. The Kagoule and overtrousers need to be both wind and water proof (have you re-proofed them, if you have had them for some time?), and should allow perspiration to "wick" away.

OTHER ITEMS FOR THE BACKPACK Sandwich box (or plastic bags), first aid kit (including a crepe bandage and safety pin in case of sprains, and a blister kit *), torch (and spare batteries), compass, sunglasses, sunhat, sunblock, gaiters (in case of very wet conditions), spare boot laces, mapcase, water bottle – **keep it full**!

MAPS A small-scale road map of the area is recommended (OS Travel Map - Tour Map Sheet 11 South and Mid Wales) in case you have to make your own way. The Ordnance Survey Landranger and Explorer maps cover the routes in more detail. Your route cards tell you the relevant sheets and refer to co-ordinates on these maps so that you can tell exactly which points the pilgrimage passes through on each day – unless we have to deviate through unanticipated circumstances. Carry the relevant map for the day in your backpack.

OTHER USEFUL ITEMS handkerchiefs, a pillow, a universal sink plug, swimming costume, spending money (for lunchtime and evening drinks, optional rest day activities, fares for buses and trains should you need to use public transport, and for your own needs), trekking pole(s), padlock for kit bag, carrier bags (to keep clean and dirty clothes separate or wear over muddy boots when temporarily indoors – two large rubber bands complete the trick). Personal medicine (remember to disclose this on your confidential health form).

MUSICAL INSTRUMENTS If you play a portable musical instrument and would like to bring it along to help with our liturgies and general jollification, you are welcome to bring this **at your own risk**.

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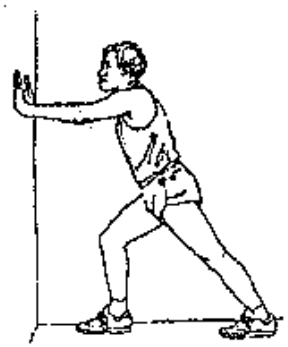
*You should be able to obtain a blister kit at a good chemist. Apart from "own brand" products, brands to look out for are Coughlan, Compeed, and Spenco. Avoidance is better than cure: toughen up your feet with some preliminary walks.

See **overleaf** for some sensible preparatory exercises.

STRETCHING EXERCISES

Perform these slowly, moving towards the end of the range of motion till mild tension is felt in the muscle. Stop at this point and hold for 10 – 15 secs.



CALF

ACHILLES (SOLEUS)

QUADRICEPS

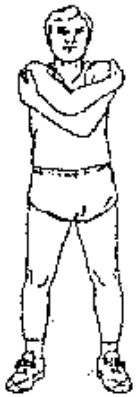
HAMSTRING

INNER THIGH (ADDUCTORS)

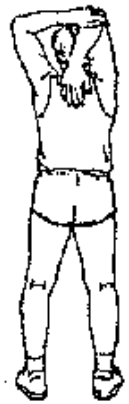
SEATED HAMSTRING

LATERAL

CHEST



UPPER BACK



TRICEPS

SHOULDER