

2020 Adult Hiking Pilgrimage

Turin & Oropa, Italy

TASK LIST: in advance of the retreat

- Registration, Health, & Liability forms filled out and returned to **Into the Deep** with down payment
- PLAN FLIGHTS: Jen will fly into Milan (MXP) the morning of **Aug. 25** and fly out the morning of **Sept. 2**; you may choose to fly in/out earlier or later. You could fly into either **Milan** or **Turin** but please coordinate with us before you purchase a ticket.
- Update your **passport** (*it should not be ready to expire in the 6 months after our travel dates*)
- Set up “out of office” replies for cell phone & email (*expectation to turn off electronics for duration of pilgrimage*)
- Research international data plan for your cell phone carrier if you feel it is necessary to know for emergency.
- Alert your credit card company of international travel & make sure your card can be used in Italy.
- Money for souvenirs, gifts, snacks, some meals, etc. (*some cash in Euros will be needed*)
- Please carry your medical insurance card and driver’s license as an ID.
- Medications** in original containers (*NOTE: we have a well-stocked group First Aid kit*)

PACK MINIMAL QUANTITIES:

- ✓ **Up to 9 people will be in a European-style van**
- ✓ **Please use backpacks as your carry-on as well as checked luggage for ease:**
 - Small backpack will serve as a daypack for hiking
 - Contents of small backpack should fit into larger backpack so all can be on your back at various times.
 - Into the Deep has several large backpacks to lend if needed
- ✓ **Plan on nights in hostels and days of walking trails or city streets.**
- ✓ **Temps will be between 60 and 80 degrees (warmer in the city & cooler in the mountains); bring items of clothing that can be LAYERED over each other with your raincoat on top.**

CHECKLIST: please do not ignore anything on this list unless it is marked as ‘optional’

- Small flashlight / headlamp + batteries
- Water bottles**, totaling approx. **2 liters / no less than 60 oz.**
- Good rain jacket (*test moisture repellency!*)...**no plastic ponchos!**
- Optional: rain pants (*zipper up sides are most convenient*)
- Sunglasses (*optional but helpful: high UV protection & polarized*)
- Optional: brimmed hat for sun, warm hat & gloves for the mountains (*especially wise if you tend to get cold*)
- Hiking boots or athletic shoes suitable for walking on uneven terrain
- Comfortable shoes/sandals for plane, driving, church, etc.
- 2 Church appropriate outfits (*no tank tops, short skirts, etc...try to mix and match with other clothes & comfortable shoes*)
- Shorts (*no short-shorts*)
- 1-2 pair long pants (*no leggings as pants*)
- Short sleeve t-shirts (*no tank tops*)
- 1-2 long sleeve t-shirts
- 1-2 warm layers (*wool sweater, fleece jacket, etc. that can fit over other layers but under your raincoat*)
- Wool socks (*1-2 pair for hiking*)
- Optional: shower shoes (*e.g. cheap flip-flops*)
- Towel & wash cloth (*compact / medium size; Into the Deep has “PackTowels” to lend & Norwex to purchase*)
- Personal Toiletries, with optional wet wipes, hand sanitizer, sunscreen & lip balm (*travel size, put in Ziploc*)
- Feminine hygiene products (*see special instruction sheet for days on the trail*)

OTHER OPTIONAL ITEMS:

- Bandana: can serve as a washcloth, to cover head/hair, to keep neck cool/warm, etc.
- Flannel sheet “sleep sack” for hostels if you don’t like using the provided linens
 > **Make your own:** use a thin/light double flat sheet folded in half and sewn across the bottom, plus 1/3 up the side.
- In a Ziploc: camera/batteries/memory card (*group camera is available*)
- Pocket knife (*put in checked luggage!*), whistle, compass
- Rosary, breviary, book, Bible, journal+pen, mini travel games, cards, etc.
- Outlet adapter (*Jen will be bringing one but assess if another is needed for something you are bringing*)
- Watch or travel alarm (*if you usually rely on your phone for these*)
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ORGANIZE YOUR PLANE BAG: have with you on the plane, separate from checked luggage

- Passport, driver’s license, medical card, money
- Water bottle (1 of the 2)
- Bag lunch and/or snacks
- Travel pillow
- Travel size toiletries & underwear (*safeguard for if your bag doesn’t make it at the same time as you*)
- In Ziploc: inhaler/medicine
- Rain jacket
- One warm layer
- Sunglasses &/or hat
- Camera
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