

Notre Dame Trail

Suggested Packing List

Tips

- Pack lightly
 - No jewelry or tight fitting accessories; hands/feet swell during long periods of activity
 - Trail staff can procure urgent items upon request
 - Medical personnel on-site for pre- and post-walk blister care, taping, wraps, etc.
 - Bring your own specialty snack items; favorite protein bars, energy supplements, etc.
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Apparel (non-cotton)

- Shoes: two pairs of broken-in walking shoes. Wear one pair on days 1 and 3 and the other on day 2 if blisters start to develop. Utilize shoes one half to one size larger than usual due to swelling.
- Flip-flops and comfortable change of shoes for evenings
- Socks: runners, non-cotton, moisture wicking
- Clothing: breathable, light-colored, high visibility, SPF, wicking material, non-cotton
 - T-shirts / tank tops
 - Running pants / capris / compression shorts
 - Light waterproof jacket or long sleeve apparel
 - Hats or visors
 - Summer casual attire for evening masses and dinners
- Sleepwear
- Underwear

Toiletries

- Sunscreen
 - Deodorant
 - Glasses / contact lenses and solution
 - Toothbrush and toothpaste
 - Shampoo and conditioner
 - Comb or brush
 - Body soap or gel
 - Body lotion
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- Cleansing face wipes
 - Razor / shaving cream or gel
 - Hair ties
 - Hand sanitizer
 - Body glide / anti-chafing stick
 - Foot glide
 - Feminine care products

First Aid

- Blister bandages
- Insect repellent
- Epsom salt
- Antacid
- Pain reliever (NSAIDs)
- Muscle/pain topical gels
- Prescription medications
- Lip balm with sunscreen

Miscellaneous Supplies

- Cell phone; optional battery-pack case with water protection
- Portable phone charger and cords
- Hydration system pack or hydration waist belts
- Electrolyte supplements
- Additional fanny pack, spibelt and/or phubby
- Rosary / pocket rosary
- Sweatbands
- Sunglasses
- ID, insurance card, and credit card (leave other valuables at home or at the hotel)
- Ear plugs
- Prayer card or other inspirational items

Provided Onsite

- Pilgrim Passport
- Journal
- Supplemental first-aid items (sunscreen, insect repellent, athletic tape, gels, anti-chafing sticks, pain relievers, blister bandages, gauze, topical treatments)
- Snacks (variety of fruit, protein and energy bars, nuts, chips, energy supplements, etc.)
- Water refills and hydrating electrolyte beverages
- Basic toiletries (wipes, feminine care, deodorant, mouthwash, washcloths, antibacterial soap)
- Ponchos
- Safety vests