



WHAT TO BRING TO SUMMER LOURDES – A FINAL CHECKLIST

PLEASE NOTE: Suitcases will be stored underneath the coaches, therefore you will not be able to access these until we arrive in Lourdes. Do ensure you have any food, drink, medical supplies, and cash, Passport and EHIC/GHIC in a separate bag to keep with you on the coach!

ON THE COACH

A small/medium size rucksack will be useful to take on the coach, as well as around Lourdes with you. For the journey please ensure you have the following;

- **Passport and EHIC/GHIC medical card** – if you do not yet have an EHIC/GHIC you **must** have one before travel – our insurance is invalid for medical treatment if you do not have this card! You can get one free online at www.ehic.org.uk or from the Post Office – they can take time to arrive so **please apply this week**. *Certain passport holders require a Visa to allow them to travel. This is up to individual passport holders to verify and apply for.*
- **Please provide us with the Number and Expiry Date as soon as you can**
The passport and EHIC/GHIC will be collected **as you get on the coach – please have them in your hand, not in your suitcase!**
- **Plenty to drink and some snacks (no nuts please)** – there will be a number of coach stops along the way including a breakfast stop and we advise that you bring 20 Euros for this meal.
- **Money** - as a guideline, £125 - £160 (dependent on the amount of gifts they are buying) should be sufficient. It is best to change this into euros before we travel). You can keep the majority of this in your suitcase, however **please ensure you have some cash with you on the coach, not in your suitcase, for any stops at service stations along the route.**
- **Pillow / Blanket / Socks / Jumper** (if you wish!) The coaches can be cold overnight and we want you to be as comfortable as you can for the journey, but please do consider the limited space available! You do not need to travel in your blue polo shirt or hoody.
- **Travel sickness pills** or any other medical supplies you may need. This should include Paracetamol and/or Ibuprofen, regular prescription medication and sanitary products where it applies.

IN YOUR SUITCASE

Please pack one small/medium size suitcase. (There is limited space under the coaches - most of the time you will be wearing one of your BCYS polo shirts.)

- **Suitable clothing** – there are areas in Lourdes (where we go every day!) where they request that people do not wear “short” shorts or have their shoulders exposed. So please make sure you have enough shorts or skirts of an appropriate length (knee length is a good guide). We will provide 2 Brentwood blue polo shirts for those on their first trip, and 1 for anyone who has been before. Please put your name in these as everyone has the same. It may be a good idea to have some travel wash as we do wear the polo shirts a lot. There will be some extra shirts available to purchase for the cost price of £14 each, or second hand shirts available, we just ask for a donation of £5 to the BCYS for these.
There will be social time in the evenings where it will not be necessary to wear your Brentwood Blue, so please do feel free to bring other outfits.
- **Sun cream (at least SPF 30), After Sun and a reusable named Water bottle** - Other drinks (particularly fizzy drinks) are not a suitable replacement for drinking plenty of water. You will be expected to have water on you at all times and there are many places around Lourdes to keep this topped up.
- **Hat/ baseball cap**

- **Waterproof.** The weather in Lourdes can be all seasons in a day! It is best to bring several layers of thin clothing rather than thick jumpers. Generally, it is likely to be very hot, and possibly wet.
- **Comfortable walking shoes (trainers)** – when we are pushing wheelchairs we ask that the young people do not wear flip flops or sandals as these offer little or no protection.
- **Musical Instrument** (if you play). Musical instrument must be in a hard case or insurance cover does not apply. Instruments are insured up to £200.
- **Alb** (For altar servers)
- **French/English plug** if you are bringing electrical items. There are hairdryers in all rooms.
- **Toiletries**
- **A Rosary (if you have one)**
- **Costume for the Final Night!** We will celebrate the end of our pilgrimage in Lourdes with a party, for which we invite groups to come in fancy dress. Your group may have decided on the theme at the pre-trip meeting, however if you were not able to attend then please email gabriellaskinner@brcdt.org for more information.
- *All hotels will provide towels, so you will not need to pack any!*

OTHER THINGS TO REMEMBER

- **The hotel work extremely hard to provide us with 3 good meals a day**, however it is a physically taxing week so you may work up more of an appetite than normal. There are a few small shops in Lourdes where you can buy food during the week but it may be an idea to bring things like cereal bars which will last the week and you can have as a backup, particularly if you know you have specific dietary requirements.
- **Personal Medical Kit** We do have a medical team in Lourdes, however we recommend each person has their own supply of some essentials as best practice. This should include plasters / blister plasters, Paracetamol and/or Ibuprofen. Please ensure that if you ever suffer from migraines, travel sickness, hayfever, take anything that is prescribed or you regularly buy over the counter, need creams for skin conditions such as eczema, or any remedy you take for conditions that occur or become worse when you are tired or stressed such as indigestion, cystitis, heat rash, sore throats, reaction to bites **that you bring these with you and carry them on you daily! If you use an inhaler or epipen, please bring 2 so that you always have a back up.** Please also ensure you bring sanitary products (Don't forget to put some in your coach hand luggage) and on the go squash if you don't like the taste of plain water.
- **A camera** if you are a keen photographer! There are some beautiful sites to be captured around Lourdes and, especially on our trip out to Gavarnie. Don't forget to please share these photos with us on Twitter, Facebook and Instagram (@brentwoodcys) and using the hashtag #BCYSLourdes.

Our insurance does not cover mobile phones, cameras or other small electrical items – please make sure that these are covered on your household insurance.

There will be several coach stops along the way, however at this time the food served on ferries may be limited. We will arrive in Lourdes on Sunday morning so our first meal at the hotel will be at lunchtime.

We advise that 15 Euros and £12 be put into an envelope at the bottom of your case, ready for the journey home (this is to avoid people spending the money during the week and finding they can't buy a drink or any food on the journey home).