**Chartres Kit List**

**1)** **Big rucksack for most of luggage** - transported in Tommy’s van during the day.

- sleeping bag - ground mat - blister patches/sterilised safety pins for popping blisters/plasters - socks (a thin pair (like thousand-mile socks) under a thick pair) - clothes: wear material that dries easily (sports t-shirts, jersey material etc.... – denim is not advised) -towel (if you have the energy to make it to the wash tents...where there are troughs with trickles of water) - flip flops (campsite) - plastic bags (for rubbish) - tissues/toiletries/gel handwash/rosary beads/mobile/wallet/passport/boarding passes/alarm clock/after sun cream/wipes - cup or bowl for your hot drinks/soup, plastic cutlery - a suspension lantern (tent) - well broken in walking shoes or runners (NOT a pair that you buy a month before).

*NB. You need to have walked at least 50 miles in a new pair of walking shoes (less if you wear trainers). Get plenty of walking done in the 2 months run up to the pilgrimage if you can(three or four 5 mile walks per week ) - the pilgrimage is very tough (110km/3 days) and can lead to chronic injuries if not adequately prepared for.*

**2) Small rucksack for during the day:**

- light rain coat and waterproof covering for rucksack or poncho - fleece/bandana - food for lunch and snacks - bottle of water (big bottles are given out during the day to top up) - sun hat (to be worn at all times even in cloud cover to prevent sun stroke) - sun cream – wipes

**3) Food:** baguettes and hot drinks are provided in the morning; baguettes at lunch; sugar lumps along the way; soup and baguettes in the evening. Tommy’s Kitchen will serve us a hot meal in the evening.

Some ideas for snacks and lunch:

- Snacks: chocolate, salted nuts (to replace the bodily salts you will be losing), raisins, sweets, fruit compotes.

- Lunch: tinned fish/German sausages/beans/fruit.

**4) Tents:** There are large communal tents but bringing your own is recommended.