

## Lourdes Weather: An Umbrella and Warm Coat or Short Sleeves and Sunscreen!



**SPRING** High 70s / Lo 30s  
Traditional spring rains can bring variable warm or cold mountain temperatures.



**SUMMER** High 90s/ Lo 40s  
Hot days and cooler nights with occasional warm rains to cool the summer heat.



**FALL** High 70s / Lo 30s  
Variable autumn climate with waning warm days, cooler nights and rain.

### What to Wear

*Modesty and Comfort Please!*

Europeans dress more formally: less jeans, tee-shirts, sneakers or flip-flops.

Appropriate and modest clothing to visit a holy place and attend Holy Mass in Church:

- NO shorts, short skirts, sleeveless or low-cut tops or open midriff.
- Volunteers are to wear:  
Hospitalité Dress Code *or*  
Pilgrimage Service Dress Code
- Comfortable shoes are a must!

### How to Pack

*Less is Really More!*

- Pack all you might need for 24-48 hours, including medications, in a carry-on bag not to be checked-in.
- Plan to dress in layers adjustable to changing weather with coordinated clothing or mix-and-match outfits.
- Roll clothing to avoid fold marks and prevent the need for ironing.
- Allow room in luggage for Lourdes water and souvenirs to bring home.
- Pack all toiletries in one bag to easily carry into a shared bathroom.

### What NOT to Bring

*Too Much Stuff!*

- highly expensive valuable cameras or costly electronic equipment
- heirlooms or personal valuables
- metal nail files
- pocket knives
- scissors or corkscrews
- lighters or matches
- anything that can be misconstrued as a weapon
- disorganized carry-on with excessive electronics and wires

## Packing an EMERGENCY TRAVEL KIT Inside Your Carry-On

Create a small separate emergency pack containing a passport copy, two passport photos, emergency contact information, Lourdes Volunteers phone numbers, prescription drug list, antibiotics, credit card and small amount of Euros and Dollars.

### PACKING LIST SUGGESTIONS

#### Daily Needs

- comfortable shoes or sneakers (second pair not worn on plane)
- wrist watch or pocket watch
- 3-5 complete changes of clothing
- underclothes and socks
- warm sweater, scarf and socks
- jacket (that fits over the sweater)
- rain coat and hat
- pajamas, robe and slippers
- 2 required uniforms (volunteers)
- personal needs items
- woolite/febreeze/wrinkle release
- travel alarm with spare battery
- travel umbrella
- gloves

#### Toiletries & More

- towel, washcloth and pillowcase
- electrical adapter / transformer
- shower shoes
- soap, shampoo and hair products
- blow dryer (dual voltage preferred)
- razors or shaver
- deodorant
- nail clippers or emery board file
- vitamins, aspirin, cough drops, etc.
- band-aids
- moist towelettes
- sunscreen and sunglasses
- moisturizer / lotion
- travel tissues

#### Possible Needs

- health insurance cards
- prescription medications
- medical equipment and supplies
- antibiotics (if usual/possibly needed)
- sugar substitute packets
- healthy snacks (for delays and waits)
- address book or prepared addressed labels to mail postcards home
- business cards or address labels to share with new pilgrimage friends
- plastic zip bags to contain liquids
- French-English dictionary
- camera and batteries
- prayer book or journal and pen
- chewing gum (for flights)