

29th Pentecost Pilgrimage: 11, 12 and 13 June 2011

The Gospel of Life

Pilgrims' Commitments and Instructions

The Pilgrim will:

A. *Before the Pilgrimage:*

1. **Register promptly** (contact the local organiser to be allocated to a chapter, arrange transport...). Late registrations are very onerous for the organisation of the pilgrimage (planning etc).
2. **Carefully prepare his kit:**
 - Bring a tent, sleeping bag, plate, bowl, cup, cutlery, 5 – 6 cold meals (except for the children's chapters), energy-rich snacks, change of clothes.
 - Bring a small rucksack for walking, containing a full water bottle, a midday meal, rain gear, hat or other headgear to protect from the sun, rosary.
 - Mark his bags and all belongings with both name and address, and attach the appropriate ribbons, according to Chapter or Category (Families, Pastoral or Children's categories). Pilgrims must supply their own ribbons: each region will have a specific colour (except the children's chapter).

B. *During the Pilgrimage:*

1. Live the spirituality of the pilgrimage in his chapter,
2. Welcome and support new and lone pilgrims
3. March to the end of each stage, unless unable to do so for serious reasons
4. **Adopt appropriate dress and behaviour**, in conformity with the pilgrim spirit: immodest clothing is prohibited, especially dresses which are too short, cropped tops, paramilitary paraphernalia. The use of drugs is strictly forbidden. Alcohol and tobacco use should be discrete and moderate. Young people will be particularly supervised in this regard.
5. Respect silence when it is requested. Mobile phones are not to be used while walking, except in an emergency. Keep loudhailers' volume to a minimum.
6. Avoid wasting any food or drink, and help to maintain cleanliness; it is a basic responsibility not to drop litter of any sort (empty bottles, papers etc)...
7. Help the logistics teams as asked, and respect their instructions (in particular, pitching tents in the appropriate marked spaces).

The organisers reserve the right to exclude from the pilgrimage any person who does not respect these instructions or who refuses to follow them.

C. Medical Advice

- It is recommended not to wear new boots

- Put elastoplast on places that rub and don't change it for the duration of the three days.
- To avoid all aches and cramps, drink plenty, before, during and after walking; eat dried fruit and sugary snacks. Take paracetamol or Arnica throughout the three days, morning and night;
- Continue with any current medication or treatment (asthma, hypertension, diabetes...) Remember your medicines as well as a list of them. Carry a paper listing any allergies (especially important for children unaccompanied by their parents).
- Give some thought to how you will treat diarrhoea or sunstroke: you are required to carry a minimum of personal kit to take care of various problems and blisters.
- The medical service should only be there for real medical problems (illnesses, angina, allergies, stomach upsets...)

Notre Dame de Chretiente:

- **Assures** the transport of rucksacks, tents and luggage in identified lorries (one colour dedicated to each region); loading and unloading of bags done by pilgrims on their arrival a Notre-Dame de Paris, at each camp site, and at the railway station.
- **Supplies** each pilgrim with a pilgrimage handbook (meditations, the prayers of the Masses, songs and hymns)
- **Provides**, for the duration of the pilgrimage: bread, water, sugar; in the evenings, warm soup; and in the mornings, a full breakfast.
- **Arranges at each campsite:** washing and toilet facilities, electric power, and collective tents for those seriously unable to bring their own (with priority given to the overseas, children's and families' Chapters).
- **Liaises with the Order of Malta** for the medical support of pilgrims during the march.
- **Looks after** exhausted pilgrims.
- **Refuses to be held responsible for minors** who do not respect instructions or do not follow them
- **Looks after any lost and found objects until July 2nd** at the latest. Call (+33) (0)139072700