

## **Yass-Murrumbateman Pilgrimage Walk August 29<sup>th</sup> 2026**

### **What to bring**

**Footwear** – well worn in walking boots or shoes, or well cushioned trail runners. Emphasis needs to be on comfortable fit and sole cushioning given the hard surfaces to be walked on. Ankle support and ruggedness not so important in this terrain.

**Blister protection** – you want to avoid blisters at all costs. Some suggestions are well worn in footwear, trimmed toenails, Vaseline on toes, 2 layers of socks (thin inner sock such as merino or anti-blister (ArmaSkin) with a thicker outer sock); you can also try Doctor Google for other ideas. If you are blister prone bring along some first aid such as blister tape and band-aids.

**Clothing** – Might be cold early but will warm up – last year on this date min -1deg and max 13. Dress in layers that can be removed as you warm up – it is very unlikely you will need heavy clothing if you are walking at 4km per hour.

**Rain protection** – minimum of a rain jacket, preferably made of breathable material such as Goretex. Some pilgrims prefer ponchos that also protect packs. A bit of rain shouldn't deter the pilgrim, so be prepared. However, if the weather is dangerous (eg severe thunderstorms) the event will be suspended or cancelled.

**Sun protection** – sunscreen, sunglasses and hat

**Water bottle** – at least 1 litre capacity – refills will be available along the way

**Food** - high energy snacks (eg muesli bars, nuts, dried fruit), lunch (for stages 1 or 2)

**Daypack** – to carry food, rain gear, cast off clothing layers

**Phone** – to be contacted and to contact organisers in case of emergency. GPS location and navigation apps can also be handy.

### **What we will provide**

- First aid kit
- Water
- Portaloos
- Fluoro vest
- Detailed route maps and way marking
- Pilgrim passport and stamps
- Pilgrim completion certificate
- Pop-up shrines and prayer cards