

## Pilgrimage 12<sup>th</sup> August – 27<sup>th</sup> August 2023

Bristol – Bath – Melksham - Devises – Pewsey – Ludgershall – Andover -  
Winchester – West Meon – Petersfield – Midhurst - Arundel

### PILGRIM CODE

Let's have a safe and enjoyable pilgrimage! Please read these notes carefully BEFORE YOU JOIN THE PILGRIMAGE; they will help you prepare.

**Safety is everyone's responsibility.** The organisers try to minimise risks to us all, for example, by finding safe crossing points on busy roads. Ultimately we must all look after ourselves, and be mindful of others.

**COVID-19 – To minimise the risk of contracting/spreading Covid throughout our group please bring your evidence of vaccinations, hand sanitiser and test kits. You are asked to test yourself before joining us and we ask that you do not join us if you test positive. If you test positive please inform the Coordinator/Safeguarding.** Please read the 'Safeguarding & Risk Assessments' file that will be available throughout the pilgrimage.

### PLEASE READ THE EQUIPMENT LIST THAT IS INCLUDED WITH THIS PACK.

**The Pilgrimage "family".** We are living as a nomadic community, and it is important that we share the workload. Please be ready to help move luggage, set up tables, pack the van, make filled rolls, tidy the hall and kitchens as necessary.

**Luggage:** as stated in the equipment list, you may bring 2 items of luggage in addition to your day pack.

- **If you bring a single kit bag (ideally a holdall but soft suitcases and internally-framed rucksacks are OK) it should weigh no more than 17kg (37lb).** You (and those loading / unloading) will have to carry it – possibly up and down stairs. If your bag is overweight, it will not be carried. If, for travel by train, you find it easier to put everything in one bag, then bring a lightweight bag to transfer some of your clothing. You don't need 2 weeks' worth of clothes as there are launderettes on both rest days; try to choose clothes that are light in weight, easy to wash, and comfortable.
- Your bedding, consisting of a sleeping bag, mat or airbed and small pillow, should be packed separately. These should be in a stuff sack and compressed as far as possible. Black bin liners are unsuitable as they do not compress and they rip too easily. If you must use them, bring replacement bags and ensure you have strapping around them.
- Bring a 'Shoe bag', or something similar, to keep your eating equipment in, which will be carried separately in the van in large crates for easy morning packing.
- Pack bags in a way that they'd survive airport baggage handling - NO dangly bits!
- Musicians may also bring a musical instrument (within reason) on condition that they play it.

**Safety in Halls:** we will often be a fairly large number in a relatively confined space, with equipment spread out over the floor. Please pay attention to any gangways identified by the organisers, which are intended to allow safe movement around the accommodation, even in darkness. Try to avoid letting luggage spill into these areas. Remember all halls are smoke-free zones; this is a legal requirement.

**Safety near Heat:** the risk from hot items in the kitchen is pretty self-evident, but be aware of the risk of scalding around the tea urn, when carrying hot drinks around the hall, and when meals are being served.

**Weather:** the wonderful British weather has so much to offer us: from sunburn and dehydration to a thorough soaking and wind-chill. Make sure you carry (and wear) appropriate clothing and apply (and re-apply) suitable sun protection. You should also carry, and drink, water: although a car meets us where possible, don't rely on drinks being available on every section of the day's walk.

**Keep your eyes open:** it's all too easy to get engrossed in conversation or thought and to trip over uneven terrain. It's painful and embarrassing. Also, watch out for the orange arrows that mark our way: in broad terms, you should always be able to see at least one ahead of you. If you don't see any arrows, don't carry on regardless, double check everything and, if needed, retrace steps to ensure you are on the right path.

**Keep your ears open too:** if you like to listen to music through headphones when walking, make sure you can still hear what's going on around you - traffic noise or other pilgrims trying to attract your attention.

**Stay in Touch:** make sure you have the route cards, and the key contact phone numbers, with you at all times. If you are helping with the front or back marking, make sure that at least one person in the group has a mobile phone (turned on) and that the number is known to the support team.

**To look after yourself & others,** please follow the route indicated by the arrows. Be aware that the pilgrim in front may have missed an arrow showing a change of direction. If so, please tell them - Loudly. **Always allow the front markers 10 to 15 minutes to get ahead and mark the route clearly.** If you get close, please wait and allow them to get ahead again. Remember to carry the alternative transport sheet and route cards. The drinks car will have a daily register. For your safety please tick against your name so the organisers know that you have stopped at the Drinks Car.

**Always inform the Drinks Car should you decide to take an alternative way.**

**ACCIDENTS/INCIDENTS** Should an accident happen: ask for help from the nearest Pilgrim. If the problem prevents you walking any further, phone the emergency contact numbers on the Route Cards. Assistance in travelling to the next hall will be arranged a.s.a.p. If the accident is serious, call the emergency services, as well as informing the Coordinator or Deputy/Safeguarding.

**The Support Car's primary role is one of safety, in case of a real emergency; it's not a taxi service for tired pilgrims. If you need to drop out, inform the drinks car and use public transport. When there is no public transport the support car may, at the driver's discretion, take you to the nearest bus stop.**

**BOOTS OFF!** To keep sleeping areas clean, always remove boots before entering the hall and do not put them on again until leaving the premises.

**SILENT HOURS:** Sleep is important to all pilgrims; some like to go to bed and to rise early, others late. Respect tired people's need for a full night's sleep. Lights out and rise times will be announced daily; between these hours a strict rule of **SILENCE** applies **EVERYWHERE** within the building, including washrooms and toilets. The half hour prior to lights out and after rise time is QUIET TIME, so keep noise to a minimum. Always inflate your air bed well before lights out. A communal air pump is available—please take your airbed to the pump, don't move the pump. If you wish to get up, up to 30 minutes before rise time, please ensure **ABSOLUTE SILENCE** during this time. Unpack what you need the night before - rustling plastic bags can be very annoying to slumbering pilgrims!

**DO NOT SET AN ALARM CLOCK.**

**Announcements:** Assist each other to listen by being as silent as possible.

**Mobile Phones:** As noted elsewhere, mobile phones are an important part of our safety strategy. But, a phone ringing at the wrong time can be irritating: please keep your phone off or on silent during services and at night.

**Lunchtime Pubs:** We **DO NOT** have permission to eat our own food at any of the lunch stops. If you have a packed lunch please eat it off the premises. It is expected that everyone using the pub will buy a drink there; don't consume your own drinks.

## RECOMMENDED EQUIPMENT LIST (and a few tips)

Given that there are 2 rest days during the course of the pilgrimage, which will provide the opportunity to visit a launderette, you only need to bring sufficient clothing to last for 4 or 5 days (but bear in mind that if there is a lot of rain, or it is very hot, you may wish to change into fresh clothing every day).

**WALKING BOOTS & SOCKS** “light-weight” boots made with Gore-tex or similar upper surfaces should suffice, but “full leather” boots offer better ankle support and perform better in very wet or muddy conditions. Take a spare pair of laces too. Occasionally, the conditions will allow trainers or trekking sandals to be worn. Whether you wear 2 pairs of “ordinary” socks or walking socks (there is a huge range available these days) is a personal choice. Walking socks should be washed after every 3 to 4 full days of walking to retain their properties.

**LIGHT SHOES OR PLIMSOLLS** (& SOCKS) For evening wear (and occasionally on the walk if advised that the conditions are suitable).

**TROUSERS / SHORTS** Jeans are unsuitable in rain; skirts and shorts don't protect legs from brambles, nettles etc. There are plenty of walking trousers now available that dry very quickly when they get wet. Include a pair of trousers or a dress or skirt for evening wear.

**SHIRTS / BLOUSES / T-SHIRTS / UNDERWEAR** Sufficient to reach the next launderette! A mix of long and short sleeved tops can be useful to cope with varying weather.

**SLEEPING BAG** of the quilted type plus a **SINGLE** inflatable airbed or sleeping mat. Please do not bring anything too bulky - airbeds should deflate completely and sleeping mats should roll up fully.

**PYJAMAS OR NIGHTDRESS** something suitable for community life!

**WASHING GEAR & TOWEL** shaving adapter (if you use an electric shaver).

**EATING KIT** Two unbreakable plates including a deep one (or a plate and bowl), mug, knife, fork, spoon (and teaspoon), and tea towel plus an identifiable drawstring bag to keep it all in.

**LABELLED KIT BAG** Other than what you want in your backpack, your gear should be packed in no more than 2 pieces of luggage. Travelling to the pilgrimage may be easier with 1 larger bag, but packing a 2nd smaller one to distribute the weight makes packing the van easier for transporting our bags between halls;

**THE TOTAL WEIGHT OF YOUR BAG(S) MUST NOT EXCEED 17KG.** Holdalls are preferable to suitcases and less easily damaged, and framed rucksacks are very difficult to pack. Your sleeping bag and mat can be additional to this. Don't bring more than you can lift: YOU might be helping to load the van.

**DAY BACKPACK** Large enough for the essentials, but don't overburden yourself.

**JUMPER or PULLOVER / WATERPROOF COAT & OVER-TROUSERS** These should be carried in your backpack in case of need. The coat and over-trousers need to be both wind and waterproof (have you reproofed them if you have had them for some time?) and should allow perspiration to “wick” away.

**OTHER ITEMS FOR THE BACKPACK** Sandwich box or plastic bags, first aid kit, including a crepe bandage and safety pin in case of sprains, and a blister kit **\*\*** torch and spare batteries, compass, sunglasses, sunhat, sunblock, gaiters (in case of very wet conditions), spare boot laces, map case, water bottle, **UNBREAKABLE CUP FOR DRINK STOPS##**

**MAPS** A small-scale road map of the area may be helpful in case you have to make your own way. The Ordnance Survey Landranger and Explorer maps provide more detail. Your route cards tell you the relevant sheets and refer to co-ordinates on these maps so that you can tell exactly which points the pilgrimage passes through, unless we need to deviate unexpectedly! Carry the relevant map for the day in your backpack.

**OTHER USEFUL ITEMS** handkerchiefs, a pillow, a universal sink plug, swimming costume, spending money (for lunchtime and evening drinks, optional rest day activities, fares for buses and trains should you need to use public transport, and for your own needs), trekking pole(s), padlock for kit bag, carrier bags (to keep clean and dirty clothes separate or wear over muddy boots when temporarily indoors – two large rubber bands complete the trick).

**MEDICATION** (remember to disclose this on your confidential health form).

**MUSICAL INSTRUMENTS** If you play a portable musical instrument and would like to bring it along to help with our liturgies and general jollification, you are welcome to bring this at your own risk.

**COVID** test kits, masks and hand sanitiser.

**\*\*** You should be able to obtain a blister kit at a good chemist. Apart from “own brand” products, brands to look out for are Coughlan, Compeed, and Spenco. Avoidance is better than cure: toughen up your feet with some preliminary walks. See page 7 for some sensible preparatory exercises.

## THE COUNTRYSIDE CODE

- Keep well clear of livestock and machinery.
- Don't trample crops.
- Help keep all water clean.
- Protect wildlife, plants and trees.
- Be particularly careful when road-walking; where practical face oncoming traffic; keep between traffic and children.
- Make no unnecessary noise.
- Enjoy the countryside and respect its life and work.
- Guard against all risk of fire.
- Fasten all gates.
- Keep to public footpaths across farmland.
- Use gates and stiles to cross hedges, fences and walls.
- Be discreet when crossing golf courses and stop when golfers are teeing off.

### Most Importantly

- Enjoy the countryside we walk through.
- Appreciate the buildings and worshipping communities that we visit on our way.
- Share any concerns you may have with other pilgrims and if appropriate the organisers.
- Make new pilgrims welcome, greet those who join us for short distances, share our pilgrimage spirit with those we meet.
- Give thanks to God that we have the opportunity and health to make this pilgrimage.

In emergency contact one of the following:

Clare \*(Drinks Car) 07977 078889,

David \*(Co-ordinator) 07957 595254

Chris \*(Deputy & Safeguarding) 07850 661833

John (Chief route planner) 07866 971623

\*First Aiders. Also Sue, Fred, Louise, John D.

email the pilgrims at [live@thepilgrims.org.uk](mailto:live@thepilgrims.org.uk)

Perform these slowly, moving towards the end of the range of motion till mild tension is felt in the muscle.

# DAILY STRETCHES



1  
5 times  
each direction



2  
20 seconds



3  
shoulder blade pinch  
2 times  
5 seconds each



4  
flatten lower back  
2 times  
5 seconds each



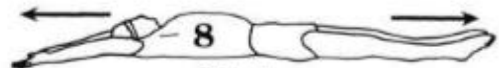
5  
3 times  
5 seconds each



6  
20 seconds  
each side



7  
20 seconds  
each side



8  
2 times  
5 seconds each



9  
20 seconds  
each leg



10  
30 seconds



11  
10 seconds  
each side



12  
30 seconds  
each leg



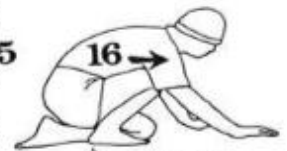
13  
20 seconds  
each leg



14  
10 times  
each direction



15  
30 seconds  
each foot



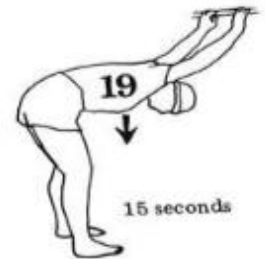
16  
15 seconds  
each leg



17  
20 seconds  
each leg



18  
25 seconds  
each leg



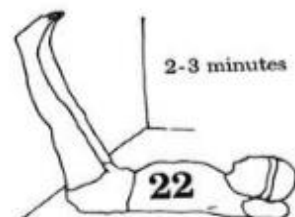
19  
15 seconds



20  
10 seconds  
each arm



21  
10 seconds



22  
2-3 minutes