



ON THE ROAD TO WORLD YOUTH DAY

TEN ESSENTIALS FOR THE ECO-PILGRIM

1 **Bring a reusable water bottle.**

Throughout the day, try to fill it with potable water. Say no to disposable bottled water.

2 **For coffee or tea lovers, bring a reusable mug.**

It facilitates carrying hot beverages and avoids the use of paper cups.

3 **Carry two small reusable containers for snacks of dried fruits and nuts, cookies, etc., bought in bulk beforehand.**

It is cheaper and can be shared around. Avoid, individually packaged cookies, cakes and energy bars.

4 **Have a complete meal kit with reusable cutlery and, preferably, a container with a lid.**

This way, you can save any leftover food for later or else purchase unpackaged food items. Prepare a small bottle of detergent to wash the dishes at the end of the day.

5 **Be responsible in water usage.**

Reduce the time spent on showers and washes to the bare essential. Use a water spray to cool down or a small damp cloth.

We're almost there! Lisbon is preparing "with haste" to host the World Youth Day. When loading your backpack, it's worth considering the small actions that can make a difference during those days.

6 **Have a reusable cloth bag on hand as an addition to the backpack space.**

Refuse plastic bags or even paper bags.

7 **Carry a box with soap for personal hygiene and blue soap for washing small pieces of clothing.**

8 **Look for recycling bins for paper, glass, and plastic packaging.**

Avoid throwing everything in mixed waste bins. If there isn't one nearby, keep it in the backpack to dispose of later in a recycling bin.

9 **Prioritize personal conversations within your group and with other pilgrims.**

Limit the use of mobile phones to strictly necessary situations. Avoid continuous sharing of photos and videos to make the battery last all day and relieve the burdened servers of the planet.

10 **Stuff a small diary and a pencil into your backpack.**

Let's use moments of silence, waiting, and meditation to connect with our thoughts and with nature. Writing allows our spirit to breathe. Rereading what we have written gives us a deeper insight into our thoughts, feelings, behaviour, and beliefs.