

Tips to Pilgrims to help prepare for a healthier pilgrimage

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Pilgrimage for Restoration 2021

The members of the CSRG's First Aid Team wish to communicate to you some helpful tips to assist you in making a physically beneficial pilgrimage.

How To Prepare for the Pilgrimage

A few days BEFORE the pilgrimage, wear your primary walking shoes. Note the areas where you feel extra pressure or rubbing. Then, the morning OF the pilgrimage, place a solid piece of moleskin on those pressure areas in an attempt to prevent blisters from forming in the first place.

If you are prone to weak ankles, insteps, or shin splints, please bring an ace-wrap or other wrap with you for your use. The first aid team will have some in stock, but we always run out! Cold packs will be provided as long as supply holds up.

What To Pack for Foot Care

In a sandwich or quart sized zipper bag, pack the following items:

- Moleskin (one or two packages should be sufficient)
- a small pair of scissors for cutting moleskin
- variety of band-aids (toe specific ones are great!)
- antibiotic ointment
- Desitin (see below for explanation)
- ace-wrap if needed in past for feet/ankles
- several pairs of socks (see below) and one or two pair of walking shoes

What To Do While on the Pilgrimage

Drink plenty of water! The CSRG's Water Lilies will be providing you with water all along the route. Make an effort to drink one full bottle of water before you meet up with the Lilies again. Your body will be much happier if you give it fluids to consume (especially if the weather is cooperative!).

If you have areas that are rubbing together (i.e. toes that overlap or are rubbing against each other), place a layer of Desitin or some other such diaper rash product to act as a grease. Desitin is an amazing help for blister prevention. And if a blister does still form, the Desitin will protect it and offer some relief.

Change your socks and/or shoes as often as practicable.

Some people wear two pairs of socks – a thin sock directly on the foot and a thicker wool pair over top. This allows for some friction to be transferred between the two pairs of socks rather than just your foot and the sock – reducing the risk of blister formation.

And Finally ... Blister Care!

If a blister does form, place a piece (or pieces) of moleskin AROUND the blister (not directly on top of it). Cut a hole out of the center of the moleskin for the blister to be surrounded by the moleskin (think of a donut shape with a hole in the center). This will transfer the pressure from the blister to the moleskin and allow for some pain relief. Depending on the thickness of your moleskin, you may need to apply two layers to raise above the height of the blister.

To pop or not to pop??? That is the question!!

There are two schools of thought regarding draining a blister.

1. Yes, pop my blister!! This provides immediate pain relief and allows you apply antibiotic medicine, and a bandaid in a clean environment. The down side is that sometimes you need an additional wrap to hold the bandaid on your hot and sweaty feet which can add extra bulk in your shoe. Also, the top surface of the blister can slide off exposing the very tender base of the blister as well as providing a mode of entry for bacteria. Additional medicine and bandaid can certainly be applied, but it's very tender. If you do opt to pop your blister, resist the urge to remove the top layer of skin (if possible) as it is acting as a protective-barrier. Also note, the blister may re-form.
2. No, don't pop my blister! While this is painful to continue walking on, the blister will eventually either callous over or pop on its own and the above mentioned actions must be applied (bandaging). Moleskin can also be applied over an existing blister as described above (donut shaped). Not all blisters are pop-able. Moleskin may be your only help.

The First-Aid Team will be more than happy to assist you in any way that we can. We will be available for the duration of the pilgrimage, beginning at check-in Thursday afternoon*, and have supplies as well. Advanced preparation of the physical side will allow you to be more focused on the spiritual side during the pilgrimage.

Blessed pilgrimage!

* At check-in our Team will ask questions about your overall health, take note of any condition you tell us, and answer questions you pose to us.

<https://companyofsaintrenegoupil.wordpress.com/>

<https://pilgrimage-for-restoration.org/volunteer/about-the-company-of-st-rene-goupil/>

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All registered pilgrims are required, before participating, to sign online and on-site, on their own behalf and on behalf of all minors in their charge, in execution of the Release of Liability statement above (click [here](#)), and intending to be legally bound and in order to execute, a total waiver of liability and release of NCCL, its officers, members, employees, and volunteer organizers from any and all damage, loss, or liability caused, directly or indirectly, by any injury, illness (including but not limited to COVID-19), death, or other mishap incurred on or during pilgrimage, including those caused by the negligence of NCCL, its officers, members, employees, and volunteer organizers.