

RECOMMENDATIONS FOR PILGRIMS ABOUT COVID-19

To enjoy your pilgrimage in the safest possible way, download the Alertcoops app ▶



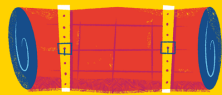
BEFORE LEAVING

Prioritize card and mobile app payments, but don't forget to bring some cash for donations at hostels.



Don't forget to put the following in your backpack:

If you are sleeping in a hostel, bring a sleeping bag.



Your own water bottle, (non-disposable) cutlery, a knife and an eating bowl.



A pen.



Take into account the hostel's capacity. Check IGN's app:



A hygiene kit with masks (follow the manufacturer's instructions), hydrogel and disinfectant spray.



ON THE ROAD

Ask the establishment's staff to stamp your credential in order to avoid touching the stamp with your hands.



Use your phone to check leaflets, restaurant menus, etc.



Leave your backpack outside enclosed areas if they have a locker service.

If you make a stop during a stage, leave enough space between your bike and others.



Sanitize any furniture in the rest area before using it.

Wash your hands with hydrogel before and after using fountains. Always drink from a bowl and avoid touching the tap.



At viewpoints and other vantage points, keep the security distance with other people and don't touch anything.

ARRIVING AT THE HOSTEL

Remember that healings will not be performed. Go to a health center with better safety measures for you and the person treating you.



If you park outdoors, leave enough space between your bike and others. If you park indoors, sanitize your bike first.

Plan your meals. Remember the kitchen and the dining room will be probably closed.



Avoid touching other backpacks. Sanitize yours with a spray and put it into a clean plastic bag. Keep your belongings inside the backpack.

REMEMBER...

DON'T LET FATIGUE MAKE YOU FORGET ABOUT THESE PREVENTIVE MEASURES.

If you are experiencing symptoms such as dry cough, fever, shortness of breath, headache... phone that autonomous community's Department of Health ▶

