

Camino Packing List

I've fine tuned my packing list over my past Caminos and found that most of these items were used daily and if I didn't use them daily I was certainly glad to have them when I needed them.

A good practice is to start with your basic everyday needs on the list. Weigh them ALL and see where you stand. It's a good idea to start gathering your items well in advance as it helps to spread out the cost, alleviates the stress of last minute shopping, gives you a sense of how much weight you will be carrying, and what you can either add or eliminate.

Only carry 10% of your body weight in your pack.

Clothing and Personal Items

- Hiking boots or shoes.**
- Lightweight waterproof sandals** for end of day and showers.
- Hooded rain poncho or jacket.**
- Fleece jacket** for warmth.
- Long johns or leggings** (leggings double as pajamas, extra layer or wear alone).
- Long sleeve top for warmth** (double as pj's, extra layer or wear on it's own).
- 3 t-shirts of technical fabric**, quick dry and moisture wicking.
- 1 long sleeve shirt with collar** (sun protection, dinner attire and layering piece).
- 2 pair of pants with zip off legs** (legs can be removed if it gets hot).
- Belt.** You will likely lose weight.
- 3 pair of socks** (cushioned sole & heal, seamless toe, moisture wicking).
- 2 bras**
- 3 underwear, quick dry.**
- Bathing suit** (if walking in the summer months).
- Hat with brim.**
- Buff** for cold and windy days under your hat and for bad hair days.
- Scarf** (lightweight cotton blend. For warmth, protection from the sun on your neck and left side of your face where the sun shines every day as you walk west, wrap around your pillow in the albergues).
- Sun glasses**
- Reading glasses.**

Toiletries and Health Care

- Toiletries:** Shampoo, soap, shower puff, toothbrush, toothpaste, deodorant (please please use), skin cream, hand sanitizer, tissues, razor, toiletry bag (waterproof in case lids fall off). All small sizes. They can easily be replenished along the way. NO strong scents.
- Microfiber towel.** Not too big. These are highly absorbent and you don't need a lot to dry off after a shower.
- First aid.** Ibuprofen, sun screen, a few bandaids, foil survival blanket, nail clippers, tweezers, rubbing alcohol wipes. You can get any other needs along the way at one of the many pharmacies if need be.
- Foot Care kit.** Tube of Vaseline, paper surgical tape for sensitive skin, needle and white thread (wrap some around a small piece of Bristol board). See our preventive measures plan to save your feet from blisters.

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Accessories and Gear

- Backpack with waterproof cover** (these covers are never 100% waterproof, especially in a good downpour so I recommend using a few lightweight waterproof bags to protect and organize your belongings that will be inside your pack. See list below for details.)
- 4 lightweight fabric waterproof bags.** One for your clothing, one for your toiletries, one for your sleeping bag and one for your first aid. VERY IMPORTANT to use fabric bags as the rustling of plastic bags is very annoying and disruptive when people are trying to sleep.
- Sleeping bag with lightweight waterproof sac** to help to compress it and protect it from getting wet in your pack.
- Water bottle or bladder. 2 litre size** bladder is sufficient. I find I drink more water using a bladder. You can refill along the way. One litre of water weighs 1 kilogram or approximately 2 pounds.
- Trekking poles and cycling gloves** (a big plus if using poles).
- Phone, charger and earphones.** Optional and you can get a SIM card in Spain which is very useful.
- Whistle**
- Compass**
- Headlamp** (most useful for searching in your bag when people are sleeping and early morning departures)
- Earplugs for sleeping.**
- Guidebook with maps.** Carefully remove the pages you won't need to save bulk.
- Passport holder/wallet or money belt.**
- Change purse** (light micro fiber) put in your pocket for daily cash allotment.
- Waterproof bag** for travel documents. Use a Ziploc freezer bag.
- Power adapter.** Spain's electric supply is **220V**. The plug used is a two-round-pin plug and socket.
- Pen and a few pieces of paper** folded in your guidebook. I try to put most info in my phone.
- Debit, credit cards, identification, drivers license, passport and emergency contact information.** Alert your banks about your trip in advance to avoid any interruptions with your funds. I withdraw about 400 euros each time which lasts me for about 10 days. I save on bank fees too.
- Pocket knife** if checking baggage or you can buy a small one at a good pilgrims store on route. Highly recommended.
- 2-4 Lightweight carabineers** for hanging things off your pack.
- 6 clothes pegs** for hanging your laundry to dry.
- 2 extra large safety pins.** Pin damp things to your bag while walking so they can dry AND pin your wallet inside your sleeping bag at night to keep it secure and get a good sleep.
- Laundry soap.** Small bottle of Suds, or bar soap for washing your clothing as few albergues supply it. Many have washers and dryers for 3 to 4 euros a load of laundry. You can share with other pilgrims for a full load and hang to dry if you like.

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