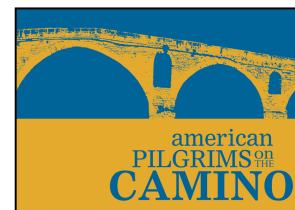


Camino Packing List Considerations

General Guidelines for Selecting a Pack

Your internal-frame backpack should fit so that you can carry most of its weight on your hips and not shoulders. A sales associate at an outdoors equipment store should be able help you to find a pack that fits you. (Ask for a sales associate who is familiar with the Camino.) You do not need a big pack; one with 45L capacity (or even much less) is plenty. Some attractive features in a backpack:

- Bottom compartment or bottom zipper for sleeping bag if you choose to carry one
- Side and top compartment
- Mesh pockets for water bottle (even better if tilted for easy access)
- Pack rain cover
- Sleeve for water pouch (If you like using one)
- Wide padded hip belt
- Belt pocket for camera, some ready cash at hand and other small items



What and How Much to Pack - Without water, ***your pack should ideally weigh < 12% of your body weight*** and definitely not more than 15%.

Here is a list of things for the Camino. This list should serve for most routes, spring through fall.

- 2 quick dry pants (some like zip-off kind that can be converted to shorts)
- 3 shirts, mix of short- and long-sleeve
- 1 fleece (could be optional, depending on time of year)
- 1 hat with visor or brim
- 1 pair of thin gloves and 1 warm hat or headband (mornings can be chilly, depends on time of year)
- 1 quick-dry towel (washcloth optional)
- 1 or possibly 2 bandanas (these are very versatile)
- 2-3 sets underwear
- 2-3 pairs of socks or sock system
- Rain jacket or poncho
- Rain pants (optional and seasonal)
- Security pouch for valuable documents, credit card and money
- Pair of hiking shoes; sandals for around town and in albergue and shower
- Sleeping bag and/or silk sleep sack (depending on time of year and route)
- Headlamp (1 set of spare batteries †)
- Backpack rain cover (may be already included with your pack)
- Water bag that fits in backpack sleeve (optional as some prefer to carry bottles)
- Water bottle (optional because you can use a purchased bottle of water †)
- Journal (optional), couple pens
- One or two walking poles (optional; problematical in carry-on luggage; can be purchased in Spain †)
- Camera (can use smartphone)
- Swiss Army knife (must be placed in checked luggage or purchased in Spain †)
- Sunglasses, spare prescription glasses
- Prescription medications in original containers and/or formulary
- Lip balm & sunscreen †
- Partial roll of toilet paper. Ziploc bag for emergency use
- First-aid kit (containing Band-Aids, waterproof first-aid tape, ibuprofen, antiseptic wipes, blister care etc.)
- Toiletry kit (medications, toothbrush, toothpaste, shampoo, soap, deodorant, razor, etc.) †
- Soap for washing clothes, length of cord, handful of clothespins †
- A couple of trash bags (possible bedbug treatment) and a couple of Ziploc bags
- Smartphone, tablet, ear buds or headphones, etc; chargers for all electronics. Plug adapter.

† Easily purchased in Spain

Things to consider:

- Umbrella for rain and/or sun protection
- Over the door hooks for shower
- Electrical power outlet cube, possibly purchase European variety in Spain
- Walking outside of, say, May to October? You need to realize that northern Spain has a true winter and you just might encounter horrendous weather. This will necessitate many additional items to the list.

TSA list of items prohibited in carry-on luggage: tsa.gov/traveler-information/prohibited-items

Notes: _____
