

Camino Packing List for Any Season

There is no one Camino packing list that will work for everyone for every month. This list is designed to allow flexibility for seasons and personal preferences. The magic "rule" that your pack weight should never be more than 10% of your body weight is actually not a rule, but a worthy guideline to work towards.

❖❖ - Depending on temperatures, these items may be appropriate for the shoulder months of May and Sept.

	Sept-May	June-Aug	Notes
Sleeping:			
Select 1 of any of these	<input type="checkbox"/> Sleeping bag <input type="checkbox"/> Sleep quilt <input type="checkbox"/> Fleece blanket	<input type="checkbox"/> Light blanket <input type="checkbox"/> Sleep sack - ❖❖	Under 2 lbs. Treat outside with Permethrin for bedbugs. Include stuff sack.
Shoes:			
Select 1 of any of these	<input type="checkbox"/> Hiking boots <input type="checkbox"/> Hiking shoes <input type="checkbox"/> Trail runners	<input type="checkbox"/> Hiking boots <input type="checkbox"/> Hiking shoes <input type="checkbox"/> Trail runners <input type="checkbox"/> Hiking sandals - ❖❖	
and 1 of these	<input type="checkbox"/> Crocs <input type="checkbox"/> Flipflops <input type="checkbox"/> Sandals	<input type="checkbox"/> Crocs <input type="checkbox"/> Flipflops <input type="checkbox"/> Sandals	Shower shoes and for inside albergues.
Clothes for Legs:			
Select 2 of any of these	<input type="checkbox"/> Hiking pants <input type="checkbox"/> Tights/leggings <input type="checkbox"/> Zip-off pants <input type="checkbox"/> Skirt & leggings	<input type="checkbox"/> Shorts/capris - ❖❖ <input type="checkbox"/> Zip-off pants <input type="checkbox"/> Leggings <input type="checkbox"/> Skirt/Skort <input type="checkbox"/> Kilt	Quick-dry nylon is the best.
Base Layer for Body:			
Select 2 of any of these	<input type="checkbox"/> T-shirt <input type="checkbox"/> Long-sleeve shirt	<input type="checkbox"/> Tank top - ❖❖ <input type="checkbox"/> T-shirt <input type="checkbox"/> Long-sleeve Shirt	Cotton not recommended
Mid-Layer for Body:			
Select 1 of any of these	<input type="checkbox"/> Fleece pullover <input type="checkbox"/> Zip-up fleece <input type="checkbox"/> Lightweight wool <input type="checkbox"/> Vest	<input type="checkbox"/> Thin fleece pullover <input type="checkbox"/> Zip-up fleece	
Warm Layer for Body:			
Select 1 of any of these	<input type="checkbox"/> Soft-shell jacket <input type="checkbox"/> Insulating jacket <input type="checkbox"/> Vest	Not Essential	Optional for late May/early Sept.
Warm Layer for Hands:			
Select 1 of any of these	<input type="checkbox"/> Wool liner gloves <input type="checkbox"/> Fleece gloves <input type="checkbox"/> Mittens	Not Essential	If your hands get cold, consider a waterproof layer.
Warm Layer for Head:			
Select 1 of any of these	<input type="checkbox"/> Warm hat <input type="checkbox"/> Fleece headband <input type="checkbox"/> Buff <input type="checkbox"/> Baseball hat	Not Essential	

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Waterproof Layer

- Choose 1 of these Poncho
 Rain jacket & pack cover

The Great
Camino Debate,
they both work!

Base Layer for Feet:

- Select 2 or 3 of any of these Wicking liner socks
 Double-layer socks (Wright brand)
 Vaseline, Body Glide, Badger Balm

Second Layer for Feet:

- Select 2 or 3 of any of these Synthetic wicking hiking socks
 Wool hiking socks
 Compression socks
 Padded Socks

A personal plug
for Darn Tough
wool socks.

Undies:

- 2 to 4 pairs quick-dry underwear
 2 sports bras
 Sleeping clothes (jockey shorts & tank top)

Some folks sleep
in next day's
clothes.

Sun Protection:

- Take both of these Sunglasses & case
 Sunblock 3oz (cream, stick, spray)
Select 1 of any of these Wide brim hat
 Baseball hat

Carrying Water:

- Select 1 of any of these Water bottle (16-24 oz)
 Hydration bladder & tube
 Water bottle with hydration tube

Pack:

- Backpack, 28-45L (pick your sleeping gear first)
 Organizing system (stuff sacks, packing cubes, Ziplocs)

Soap for Body, Hair & Clothes:

- Select 1 or 2 of any of these Shampoo
 Shampoo bar
 Bar of soap & container
 Liquid soap

3 oz containers in
Ziploc bag.

Toiletries:

- Take all of these in travel size Toothbrush
 Toothpaste (1 travel size tube will last 2 weeks)
 Small floss
 Small brush/comb
 Small deodorant
 Lip balm
 Nail clippers/nail file

Drying:

- Select 1 of any of these Pack towel or microfiber chamois
 Sarong
 Synthetic wash cloth

Sleeping:

- Choose 6 or so of these Foam ear plugs
 Wax ear plugs
 Silicone ear plugs
 Medicinal sleep aids

For easy access at
night, sew a small
pouch on your
sleep sack/bag.

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Medications:

- All of these in moderate quantities
- Ibuprofen or preferred pain reliever
 - Antidiarrheal (Pepto Bismol)
 - Hydrocortizone cream (anti-itch)
 - Antiseptic cream
 - Antacids
 - Prescription meds

Include labels with dosage.

Blister Prevention and Treatment:

- Select 2 or 3 of these
- Moleskin, compeed or similar
 - Band-Aids
 - "New Skin"
 - Medical or cloth tape
 - Small scissors

Documents:

- All of these in waterproof bag
- Cash
 - Credit/debit cards (recommend 2 debt cards from different banks)
 - Passport
 - Drivers license
 - Flight details
 - Emergency contact list
 - Copy of all documents (kept separately)
 - Medical prescriptions
 - Eye glass prescription
 - Pilgrim passport (Credential) in its own Ziploc
 - Document wallet, small purse, bag, or neck/waist pouch

Email copies of documents to yourself in case of emergency.

Techie Stuff:

- URL & passwords for email, skype, blog, banking, etc.
- US to European Converter ("C" style)
- LED light or small headlamp with spare batteries

Optional:

Some of these items will be essential for some folks and for others, a heavy extravagance. Think twice (or 3 times) if you really need any of these. If you need to cut down on weight, start here.

- Phone, charger & local SIM card
- Camera, memory card, & charger
- Tablet & charger
- Watch with alarm
- Walking stick(s) (essential for some folks' knees)
- Small day pack if sending backpack ahead
- Evening tote (stuffable grocery bag, drawstring bag, fanny pack)
- Umbrella (for rain or sun)
- 2nd collapsible water container (June-Aug)
- Light carabiners for easy access to items on pack
- 2nd pair of "town" shoes
- Shoe inserts/insoles for cushioning
- Long-sleeve light-colored shirt for sun protection
- Rain pants/rain skirt
- Lightweight dress/skirt for evening
- Light Scarf (warmth or evening wear)
- Nightwear/PJ's/kimono
- Swimsuit (Camino Norte beaches!)
- Gaiters (Dirty Girl gaiters weigh 1oz)
- Bandana
- Moisturizer with sunscreen (3oz)

} 1 or 2 of these

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- Antihistamine tablet (Benadryl)
- Athletes foot powder (if predisposed)
- Small amount of Duct tape (wrapped around pen or hiking stick)
- Hair clips or ties
- Small roll of toilet paper in a plastic bag
- Razor
- Hearing aid batteries
- Small hand sanitizer (1oz)
- Elastic knee brace/ACE bandage
- Extra prescription glasses
- "Poise" pads for women
- Feminine supplies
- Eye mask for sleeping
- Plastic/titanium spork or spoon (enjoy yogurt?)
- Folding knife (purchase in Spain or in checked bag)
- Pillow case (bright colored so not to forget it each morning)
- Plastic wine glass for picnics
- Guidebook
- Journal & pen
- Thin rubber disk as sink stopper for laundry
- Laundry soap for machines (a few gel packs)
- Clothes line and safety/diaper pins or clothes pins
- S-hook or large gear ties for hanging clothes in shower or pack on bed
- Trash bag & extra Ziploc bag(s)
- Scallop shell
- Rock from home to leave at Cruz de Ferro
- Book/Kindle & charging cord
- Few photos from home

Not Recommended:

- Tent or hammock
- Pillow (most albergues have them)
- Sleeping pad (unless planning to sleep outside)
- Stove, pot, cooking gear
- Water purification system
- Heavy musical instruments
- Shrinkable wool garments
- Valuables, jewelry or irreplaceable items
- Excessive first aid supplies
- Beauty products (if essential for your morale, take minimal)
- Hairdryer, flat iron, styling products
- Heavy camera equipment
- Full-size bottles of any liquid (over 3oz)
- Bug Spray
- Extra or backup anything (with a few noted exceptions)
- Anything you'd be really sad to lose

Try everything before you go. Walk in the rain. Walk in the heat. Wear your shoes/boots all day for several days. Do you still like them? Wash your clothes in the sink and air dry them. Did they dry overnight? Walk with your fully loaded pack. Is there still room for snacks and lunch? Relax, what you have is enough!

Buen Camino!