

Thanks to Jim Green for sharing his packing list. In general 10% of your body weight is the recommended weight for packs on the Camino.

2/9/2013

Camino Equipment List (total weight 20 lb)

- 1 USA passport
- 1 Pilgrim's credential
- Gregory backpack
- Altus walking stick (Purchased in Spain or your own but they will have to be in checked luggage, not carry-on.)
- Merrill low top boots - leather
- North Face light weight boots - gortex and nylon (optional)
- Very light weight plastic sandals, purchased in Spain
- Altus poncho
- 1 REI Sleepsack and small pillow in stuffbags
- 2 pants: ExOfficio (lighter); TrangWorld (heavier)
- 2 T-shirts: ExOfficio
- 3 underpants: REI quickdry
- 2 shirts, quick dry and high UPF: ExOfficio and Columbia
- 1 lightweight wool sweater
- 1 Polartec vest
- 2 silk socks (sock liners)
- 3 Wright Coolmesh double socks
- 1 handkerchief
- 1 brimmed hat: ExOfficio
- 1 baseball cap (not needed)
- Travel Wallet on neck string
- 1 small light attached to wallet
- 2 guidebooks: Cole and Confraternity of St. James. Cole is easier to carry.
- 1 small camera with case and 2-512MB memory cards
- 1 diary booklet and pen
- 2 extra glasses: backup and dark
- 2 two-liter water bladders: REI
- 2 1-gallon plastic bags: medicines and toiletries
- Prescriptions and 1 backup prescription list
- 3 1-gallon plastic bags for clothing
- Comb
- Razor
- Moleskin: 3 sheets, 2 sets of pads
- Small scissors
- Earplugs in small bag
- Deodorant
- Desenex
- Small soap in plastic bag
- Small shampoo container
- Nail clipper
- Glasses spray cleaner
- Microfabric towel from REI
- Twist clothesline and 6 clips
- Small pocketknife (Will have to be in checked luggage, not carry-on.)
- 2 plastic spoons
- ATM and/or credit cards