



**Valley of the Sun Chapter  
American Pilgrims on the Camino  
Camino 101**

**January 20, 2022**



Special thanks to:

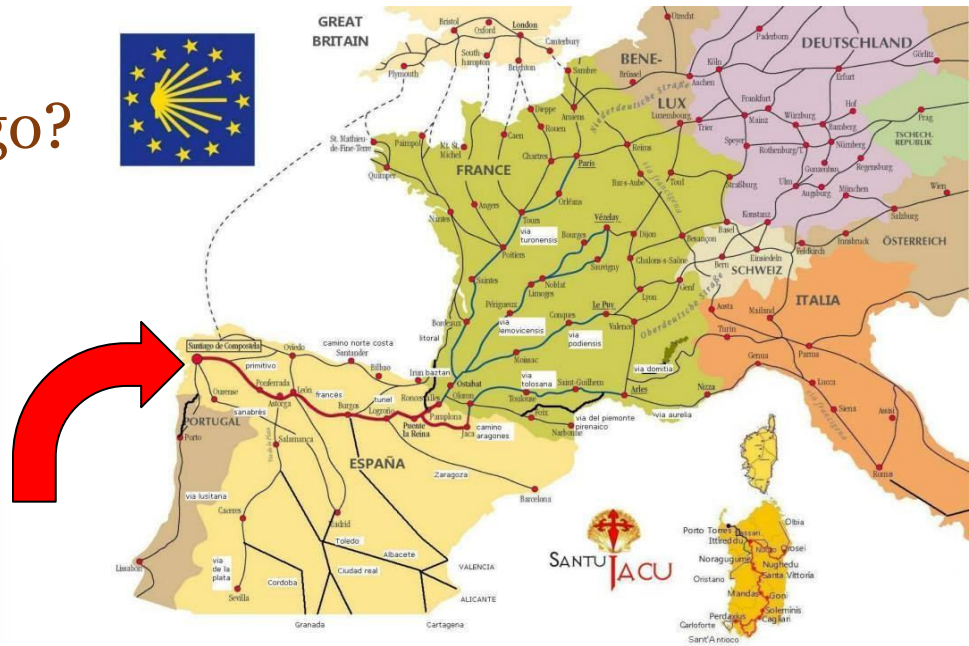
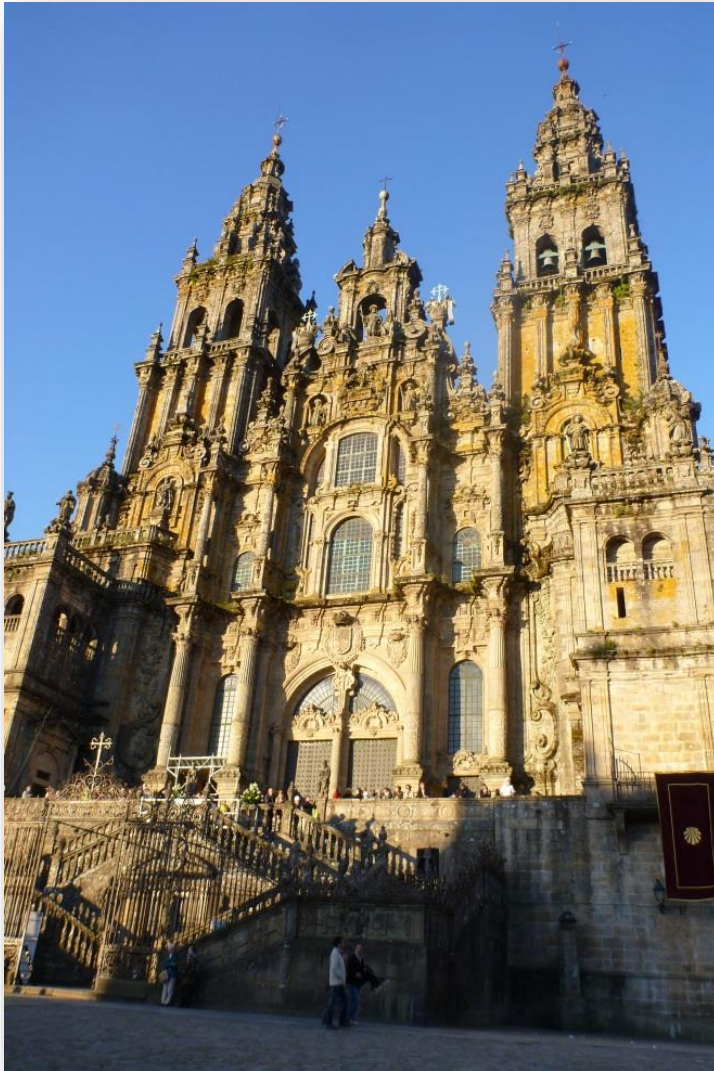
- *American Pilgrims on the Camino – Anchorage Chapter*
- *American Pilgrims on the Camino – Charlotte Chapter*



# ***Topics***

- **What is the Camino de Santiago?**
- **Routes to Santiago**
- **Different Ways to be a Pilgrim**
- **A Typical Day as a Traditional Pilgrim**
- **Preparation**
- **Resources**

# What is the Camino de Santiago?





# ***History***

- The first recorded Camino pilgrimage was in 950.
- Pilgrimages became very popular during Middle Ages. Rome, Jerusalem, Santiago
- In the 1970s a few hearty adventurers began to explore the route. In 1972 six arrived in Santiago
- 1998 – Santiago UNESCO World Heritage Site
- 2010 (Holy Year) 272,000
- The Way (movie) brought to US attention 2010
- 2019 nearly 350,000 walked a camino and received Compostela
- 2020 Camino closed due to global pandemic

# ***Credential and Compostela***

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- **Credential/Pilgrim's Passport** - official document provided to recognize you as a pilgrim
  - Paper copy available from American Pilgrims on the Camino per request. Digital via Pilgrim's office.  
Digital App: pilgrims' credential
  - The pilgrim's passport is stamped at different locations. Sometimes required to stay at an albergues.
- **Compostela** – church issued certificate to pilgrims who:
  - Make the pilgrimage for religious/spiritual reasons with at least an attitude of search.
  - Start at one point and end in Santiago.

**To receive a Compostela**, the pilgrim collects stamps on the Pilgrim's Passport from the places passed through. Café, hotels/albergues, museums, churches, etc.

- Requires a minimum of 2 stamps per day the last 100 km per walker/ 200km per cyclist.

More info: <https://oficinadelperegrino.com/>





## ***Why Walk a Camino?***

- Spiritual and Religious
- Looking for new challenge –physical or mental test
- Health and exercise –kickstart a new lifestyle
- History and culture
- Diverse experience – learn more about another culture
- Get away from daily life and connect with nature
- Expand social experiences
- Bucket List

***Your goals make your camino unique***



## ***Who walks a camino?***

### **2019 statistics**

- Compostela's issued                      347,598
- Women vs Men                              51% /49%
- Spain & US                                      42% / 9%
- Pilgrims by age: >60+                      19%
- 30-60                      55%
- <30                        26%

### **2021 statistics**

- 178,912
- 50% / 50%
- 68% / 3%
- 16%
- 58%
- 26%

# Many routes lead to Santiago.





***How do you  
pick your  
camino?***

### **Considerations**

**Time limitation**

**Budget**

**Health & Overall Fitness**

Solace or Socialize

Physical Challenge or Leisure

Flexibility or Reservations

Economy or Comfort

Spiritual Renewal (Holy Year, 100km)

Others: History, Nature, Family Roots

# Camino Francés

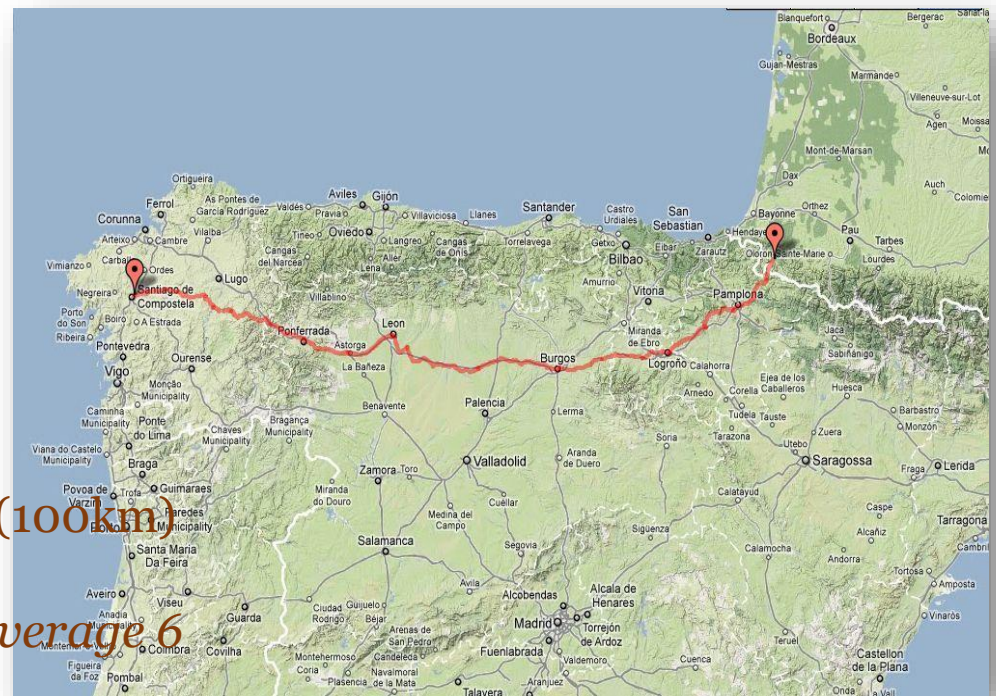
† *Most popular route (54% 2021)*

† *SJPP to Santiago 30-35 days*

† *490 miles (800 km)*

† *Sarria–Santiago 5 days/65 miles (100 km)*

† *Average 15 miles/day walking average 6 hours*



# Camino Portuguese

† *2<sup>nd</sup> popular (18% 2021) & fastest growing route*

† Lisbon to Santiago

† Ave. 24 days /400 miles (640 km)

† Porto to Santiago

† Ave. 10 days /150 miles (240 km)

† Tui to Santiago

† Ave. 5 days /65 miles (100 km)



# Camino Norte

† 3<sup>rd</sup> popular - 7% 2021

† Ave. 33 days/ 510 miles (820 km)

† Ocean vistas & resort towns

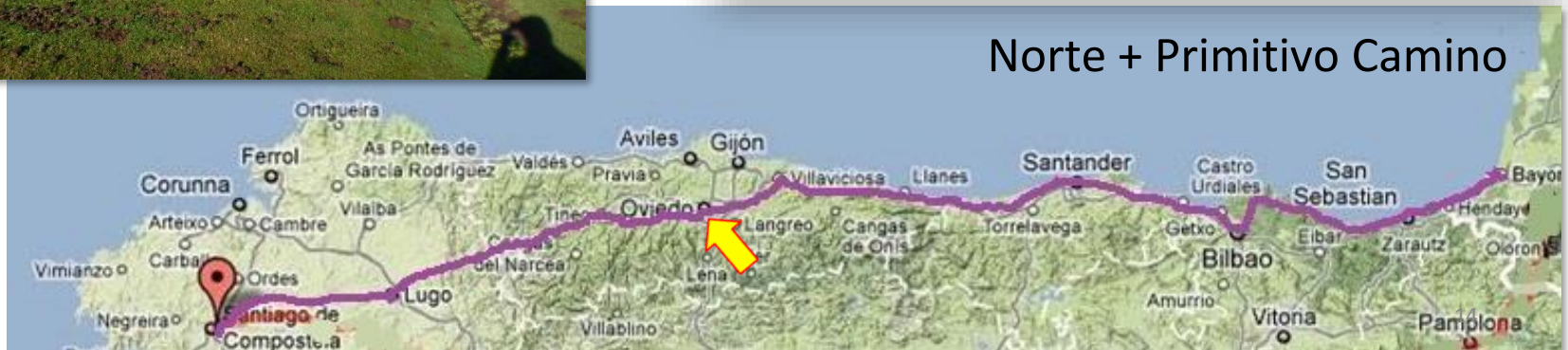


# Camino Primitivo

- † 4<sup>th</sup> popular – 6% 2021
- † Rural mountainous route
- † Ave. 14 days / 220 miles (353 km)



Norte + Primitivo Camino



# Camino Inglés

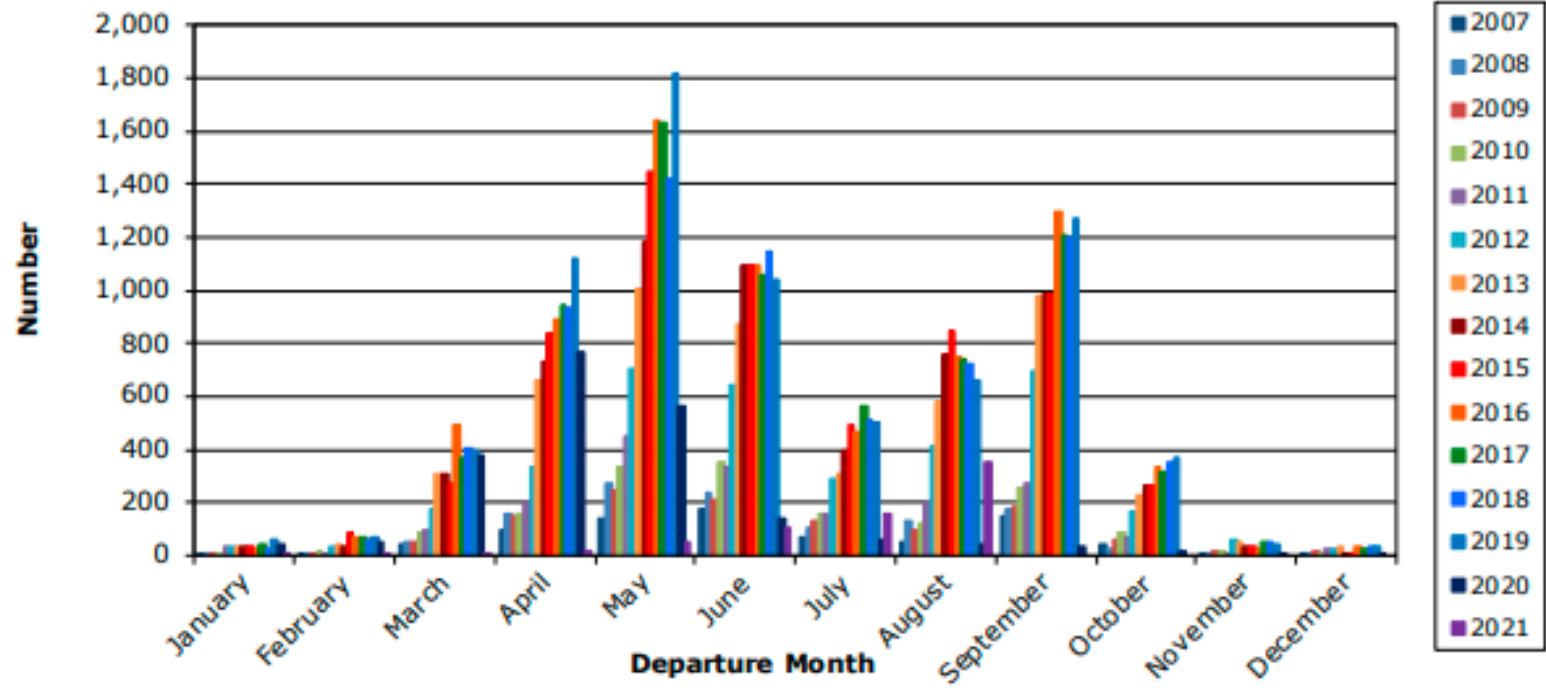
- † 5<sup>th</sup> popular – 5% 2021
- † Ferrol to Santiago
- † Avg 5 days/75 miles (120 km)



# When to go?



Credentials issued by American Pilgrims by departure month



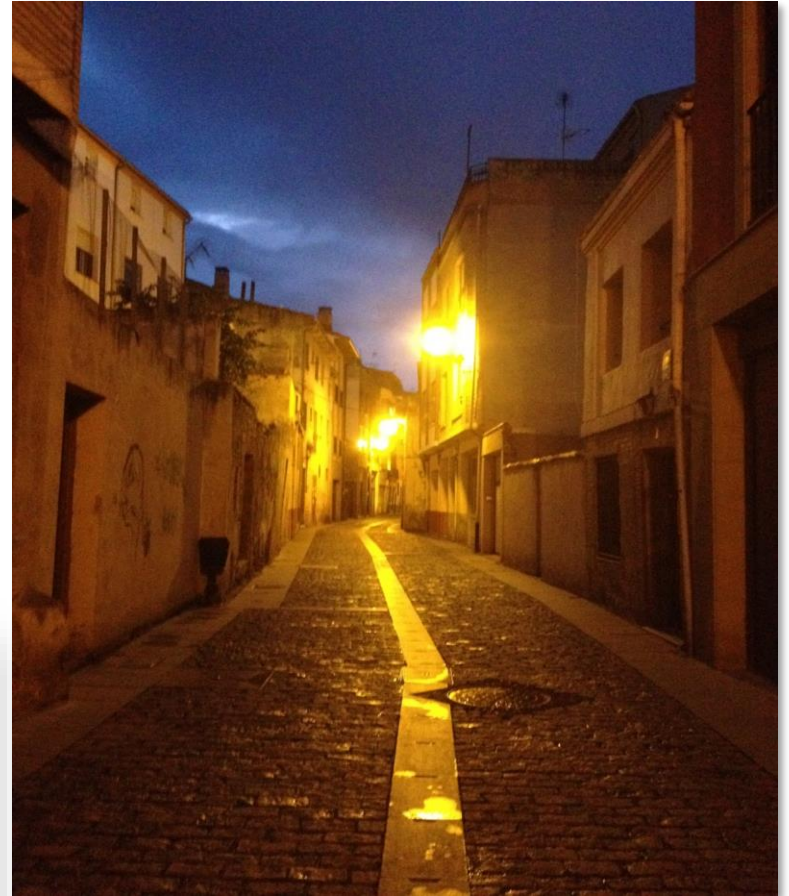


## ***Making your camino your own***

- Traditional Pilgrim experience on the Camino Frances. Carry your backpack, stay in rustic albergues, walk the Frances.
- Alternative camino experiences. Ship your backpack, stay where it's comfortable, walk any of the camino's.

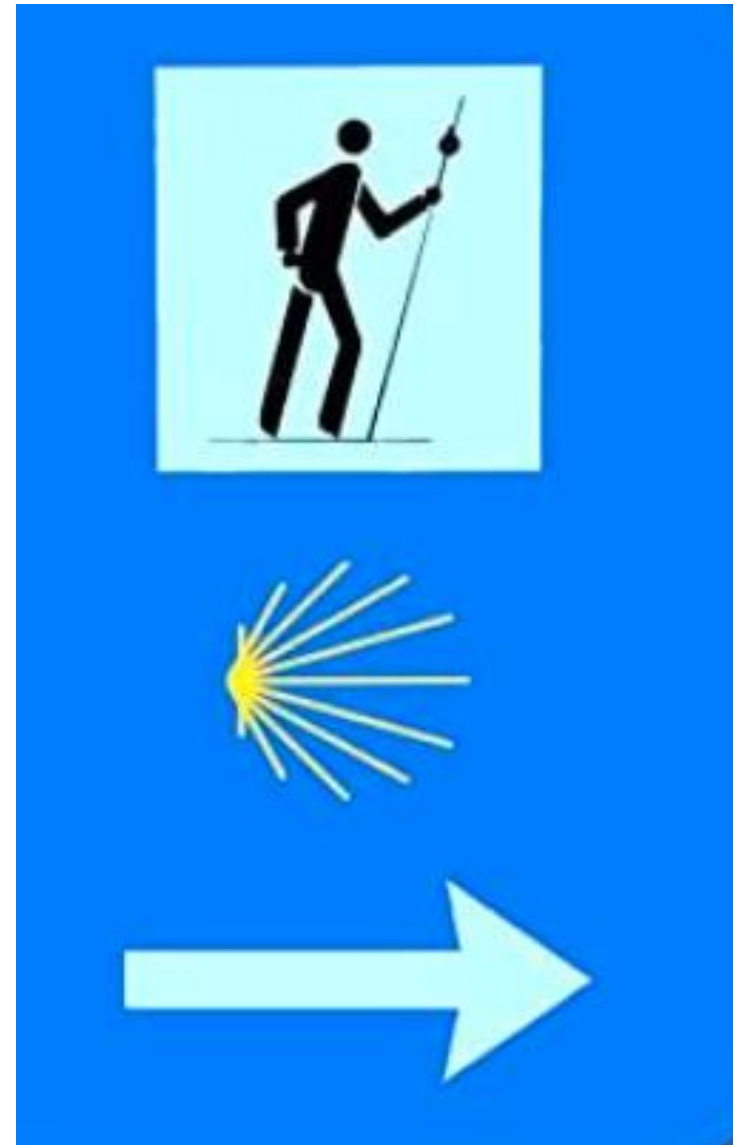
# Traditional Pilgrim Camino Frances Day

Up at sunrise, on the camino early. Carry your bag stay in Albergues



# Traditional Pilgrim Camino Frances Day

Just follow the arrows



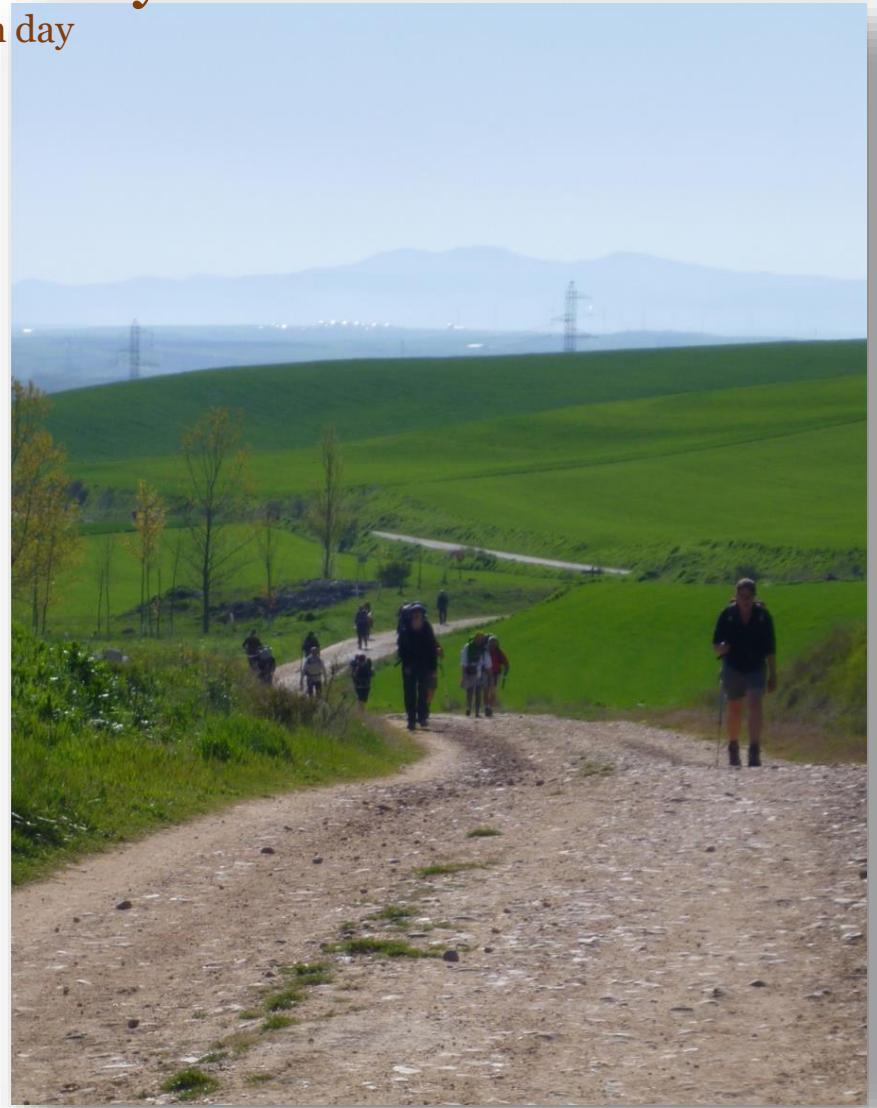
# Typical Pilgrim Camino Frances Day

Picnic breakfast around 7:30am / Spain cafes open ~ 9am



# Typical Pilgrim Camino Frances Day

Walk 6 to 8 hours a day. See 4-6 villages/towns each day



# Typical Pilgrim Camino Frances Day

Stop for 2nd Breakfast. See 4-6 villages/towns each day



## Typical Pilgrim Camino Frances Day

Stop early afternoon. Stay in Albergues.

Check in, hiking shoes off, find bed and do laundry.



# Typical Pilgrim Camino Frances Day

CARE FOR YOUR FEET



# Typical Pilgrim Camino Frances Day

Explore the town & dinner. Daily Pilgrim Dinner available.



Menú del Día	Day Menu
1 Plato	1 Starter
Sopa de verdura Sopa de pescado Judías verdes Macarrones Ensalada	Thick vegetable soup Fish soup Green beans Macaroni Salad
2 Plato	2 Main dish
Ternera en salsa Filete de ternera Lomo de cerdo Pollo asado en salsa Calamares a la romana Lenguado con salsa Huevos fritos con jamón Huevos fritos con chorizo Huevos fritos con bacon Huevos fritos con queso	Veal with sauce Fillet of veal Pork chop Chicken with sauce Squid Sole in sauce Fric eggs with fried bacon Fric eggs with sausage Fric eggs with ham Fric eggs with cheese
Postres	Dessert
Pastel de la casa Flan de huevo casero Natillas Cajajadas Yogurt Helado Fruta	Home made cake / tart Home made caramel Cajin custard sing Card Yogurt Ice cream Fruit
Vino / Agua / Pan Incluido	House wine / Water / Bread Included



# Typical Pilgrim Camino Frances Day

Or make dinner in



# Typical Pilgrim Camino Frances Day

In bed by 9pm. Up at sunrise and start again!



# ***YOUR CAMINO!***

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- **WAKE. WALK. EAT.**
- **WALK. 2nd BREAKFAST. WALK.**
- **LODGING. FEET/PHARMACIA.**
- **EXPLORE. VINO. EAT.**
- **REFLECT/CONNECT. SLEEP.**
  - **REPEAT**





## ***Alternative Camino – Independent***

***Reservations & private rooms available***

- Private Albergues
- Casa Rurals (like B&B's)
- Private Homes
- Room Rentals
- Hotels
- Check Airbnb.com & booking.com

Ask if Pilgrim's rate is available



**www.JACOTRANS.com**  
 TRANSPORTE DE EQUIPAJES / BACKPACKS TRANSPORT / TRANSPORT DE BAGAGES  
 SERVICIOS AL PEREGRINO / SERVICES TO THE PILGRIM / SERVICES AU PÉLERIN

Visita nuestra gaceta diaria / Visit our news letter / Visitez notre gazette: [www.jacotrans.com](http://www.jacotrans.com)

**Map:** SANTIAGO, León (T. 606 049 858), Logroño (T. 636 099 299), RONCESVALLES, LEÓN, BURGOS (T. 650 451 540), LOORNO, PAMPLONA, Navarra (T. 610 983 205)

Nombre/Name/Nom \_\_\_\_\_  
 Mail \_\_\_\_\_ Tel. \_\_\_\_\_

**LUGAR DE ENTREGA / PLACE OF DELIVERY / LIEU DE LIVRAISON**  
 Anote aquí todos los alojamientos/Entrez ici tous les hébergements/Enter here all accommodations

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Para pedir el servicio o cambios de destino, es necesario avisar con un día de antelación  
 You must call for the service or for any destination changes the day before.

## **Alternative Camino** **Bag Transport – Lighten Your Load**

- Private Baggage transport - Jacotrans
- Cerreos – Spanish Postal Service
- 7-10 euros per day
- Details in most accommodations



## FOR CHOOSING THE BEST CAMINO DE SANTIAGO TOUR COMPANY

### ***Tour Companies***

- Many tour companies available – compare offerings
- Ask fellow pilgrims about their experiences – use our Facebook page to post questions. Many other Facebook groups to post questions.
- Search American Pilgrims on the Camino fb “tour company”
- Consider Camino Ways, Santiago Ways, On Foot Holidays,
  - Compare packages and prices. Different currencies & exchange rates.



# *Resources*

- [Americanpilgrims.org](http://Americanpilgrims.org) / under THE CAMINO
  - Includes Route Overview, FAQ's, references to Guidebooks and more
- Consider a Valley of the Sun Chapter Mentor
- Many tour books and apps available to help with planning
  - Books - Camino Frances Brierley is one of the most popular
  - Camino de Santiago Forum/Ivar – [caminodesantiago.me](http://caminodesantiago.me)
  - Apps – Wise Pilgrims, etc.
- Book accommodations in advance?
  - Ask fellow pilgrims about their experiences. Use Facebook.
- Facebook resource for women: CAMIGAS - A Buddy System for Women on the Camino

# What to bring:

	Sept-May	June-Aug	Notes
<b>Sleeping:</b>			
Choose 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
<b>Shoes:</b>			
Choose 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"/> Casual sandals	<input type="checkbox"/> Crocs <input type="checkbox"/> Flipflops <input type="checkbox"/> Casual sandals	Shower shoes and for inside albergues.
<b>Clothes for Legs:</b>			
Choose 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 - ❖❖ <input type="checkbox"/> Zip-off pants <input type="checkbox"/> Leggings <input type="checkbox"/> Skirt/Skort <input type="checkbox"/> Kilt	
<b>Base Layer for Body:</b>			
Choose 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	
<b>Mid-Layer for Body:</b>			
Choose 1 of any of these	<input type="checkbox"/> Fleece pullover <input type="checkbox"/> Zip-up fleece <input type="checkbox"/> Wool fleece <input type="checkbox"/> Vest	<input type="checkbox"/> Fleece pullover <input type="checkbox"/> Zip-up fleece	
<b>Warm Layer for Body:</b>			
Choose 1 of any of these	<input type="checkbox"/> Soft-shell jacket <input type="checkbox"/> Insulating jacket <input type="checkbox"/> Vest	Not Essential	
<b>Warm Layer for Hands:</b>			
Choose 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.

- † Try everything before you go.
- † Wear your shoes in the rain, heat & cold.
  - † Do you still like them?
- † Washing your clothes in the sink.
  - † Did they dry overnight?
- † Walk with your pack fully loaded.
  - † Is there room for snacks & lunch?
- † Goal ~ 10% of your body weight



## ***Don't overthink it!***

**Shoes** – *the best shoe is the one that fits your feet.* Try on different brands and different types.

**Packs** – *you want the one that fits your body.* try on different brands. Have it fitted. Use packing cubes. Train with pack on your back.

**Rain gear** – *consider ease of getting on & off.*

**Clothes** – *technical fabrics – avoid cotton.* REI, 32 Degree(Costco)

**Bedbugs** – *be aware.* Permethrin (Amazon, REI). Check your bed. Put nothing on bed.

**Footcare** – *be prepared!*

**Getting there** – *investigate.* Fly into major city and use local transportation to get around. Fly into one city and out of another. Consider travel insurance.

***Use a mentor to bounce questions off, post questions/search on FB, American Pilgrims, CAMIGAS for women. Check Camino Forum.***

***REI - great return policy.***

# ***But be extra thoughtful about...***

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***Your camino goals.*** Plan your camino so you achieve them.

***Travel companions.*** Discuss your reasons for walking. Do your companions respect them?

***Training your mind*** as well as your body.



# Money

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## MONEY

- Spain uses Euros
- ATM (cajero automático) machines in larger towns. Check which banks have reduced fees before you leave.
- Many albergues & bars are **cash only**
- Exchange larger bills in super mercados / grocery stores
- Minimum 2 debit/credit cards. Tell bank you are out of US.
- Consider a travel debit/credit card (Charles Schwab)

## BUDGET

~25 Euro/day Traditional - Very economy

~ 30-50 Euro/day - Comfort

~ 70 Euro/day - Very Comfortable

-wayfaringviews.com-

*Search American Pilgrims on the Camino FB 'budget'*



# Communication and Electricity



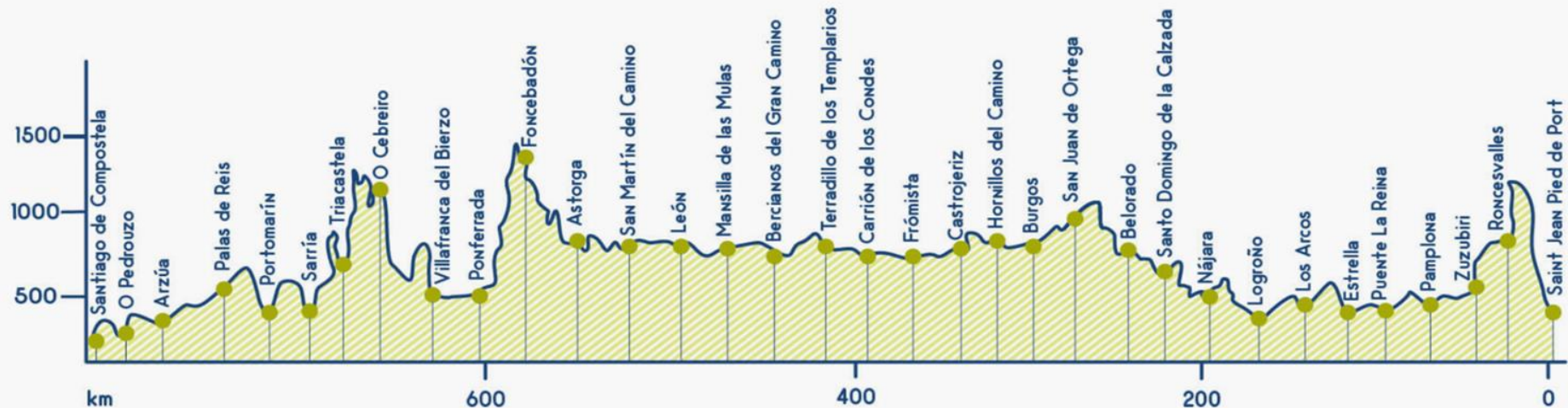
- † Wi-Fi (WeeFee) everywhere
- † Take a power bank.
- † No international plan? Turn off your data!
- † Consider Pre-paid Spanish sim card. New phone #. Have your phone unlocked? Be sure it works before leaving the shop!
- † Consider buying a disposable phone in Europe.



Spain uses “C” type plugs

# Training

- Metric in Europe. Meters, not Feet
- Train with backpack
- Hill training (Ridgeline, National Trail, Piestewa Peak, Tom's Thumb, Bell Pass, Silent Sunday at South Mountain to Towers, Picket Post, Peralta)
- Walk 2 days back-to-back 10 miles each day - even if along canal path.
- Walk every day with 1 long walk per week.
- Add 10% to long walks each week.
- Walk to Grocery Store, Church, Chiropractor, etc.





## ***Covid Updates***

Check and recheck requirements & restrictions before you leave.

*Spain Travel Health - [spth.gob.es](https://spth.gob.es)*

*France - [fr.usembassy.gov](https://fr.usembassy.gov)*

*CDC.gov*

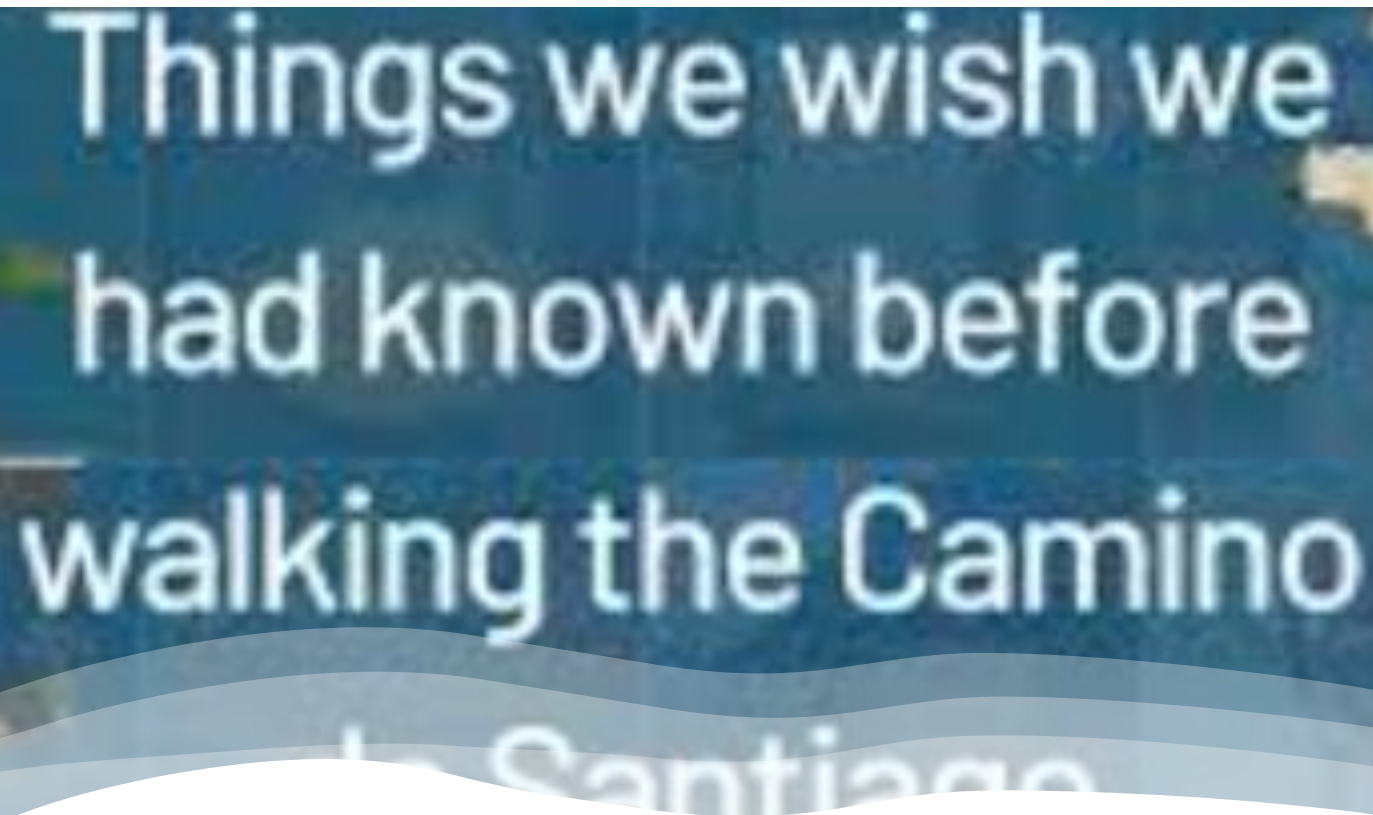
*AmericanPilgrims.org (COVID Updates)*

# *Covid made 2021 a camino you needed to plan*

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- Accommodations
  - Albergues at 50% capacity
  - Popular route – depending where you want to stay needed to book in advance
  - Limited flexibility – cancellation normally 3 days out
  - Frustration waiting for response from hotels. Not all hotels on bookings.com
- Vaccines / Masks
  - Register in advance with Spain Health for QR code.
  - Masks required anytime inside a building.
  - *Guide* - If locals are wearing a mask outside, put it on.





Things we wish we  
had known before  
walking the Camino  
to Santiago

***QUESTIONS?***

# *Keep in contact with us*

**JOIN OUR CHAPTER/EMAIL US:** phoenix@americanpilgrims.org

## **FACEBOOK**

<https://www.facebook.com/groups/382089232918428>

## **VALLEY OF THE SUN CHAPTER PAGE**

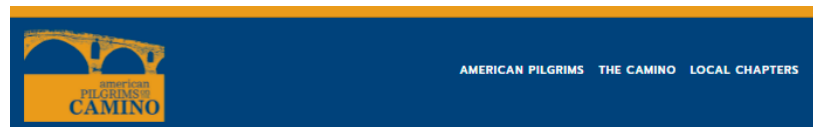
[https://americanpilgrims.org/iwpmap\\_directory/valley-of-the-sun/](https://americanpilgrims.org/iwpmap_directory/valley-of-the-sun/)

## **CHAPTERS CALENDAR**

<https://americanpilgrims.org/calendar/>



**American Pilgrims on the Camino - Valley of the Sun Chapter**



[◀ All Locations](#)

**Valley of the Sun Chapter**



# ULTREYA!

[phoenix@americanpilgrims.org](mailto:phoenix@americanpilgrims.org)

## ***ADDITIONAL INFORMATION***

# What to bring: Shoes

- † Hiking Sandals
- † Trail Shoes
- † Hiking Shoes
- † Hiking Boots

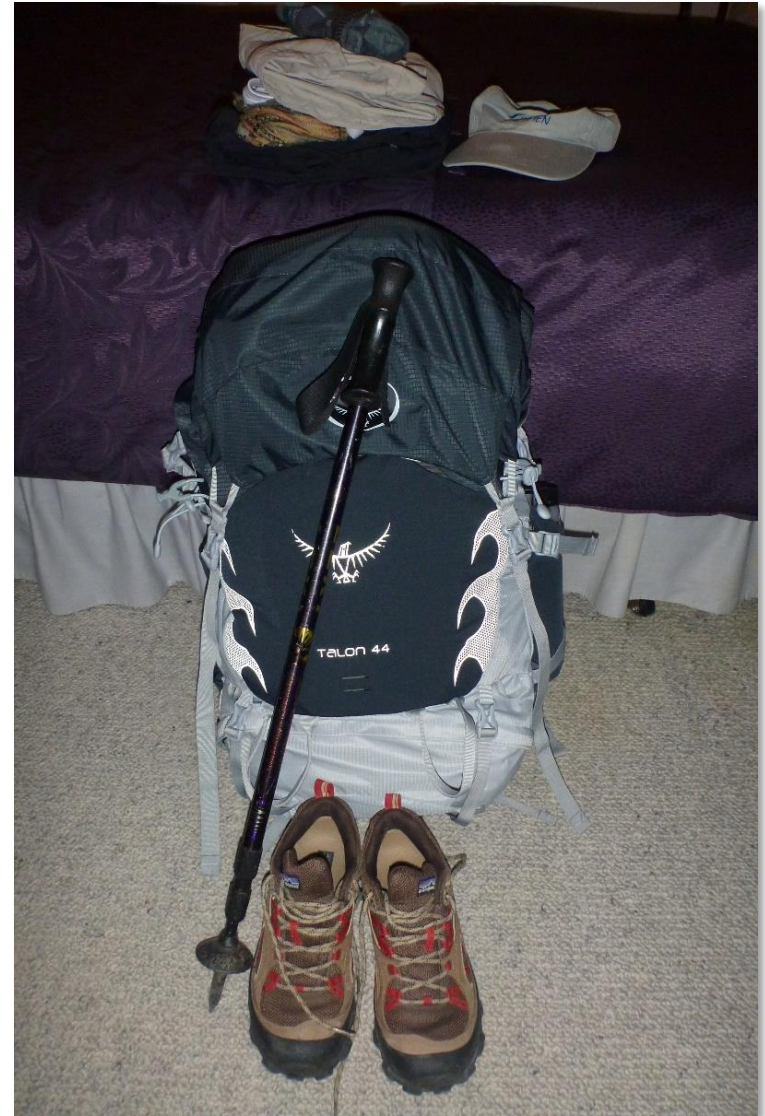


- † Waterproof or not?
- † Cushioning
- † Ankle Support
- † Weight
- † Sizing (1/2 size bigger?)
- † Another pair of shower shoes



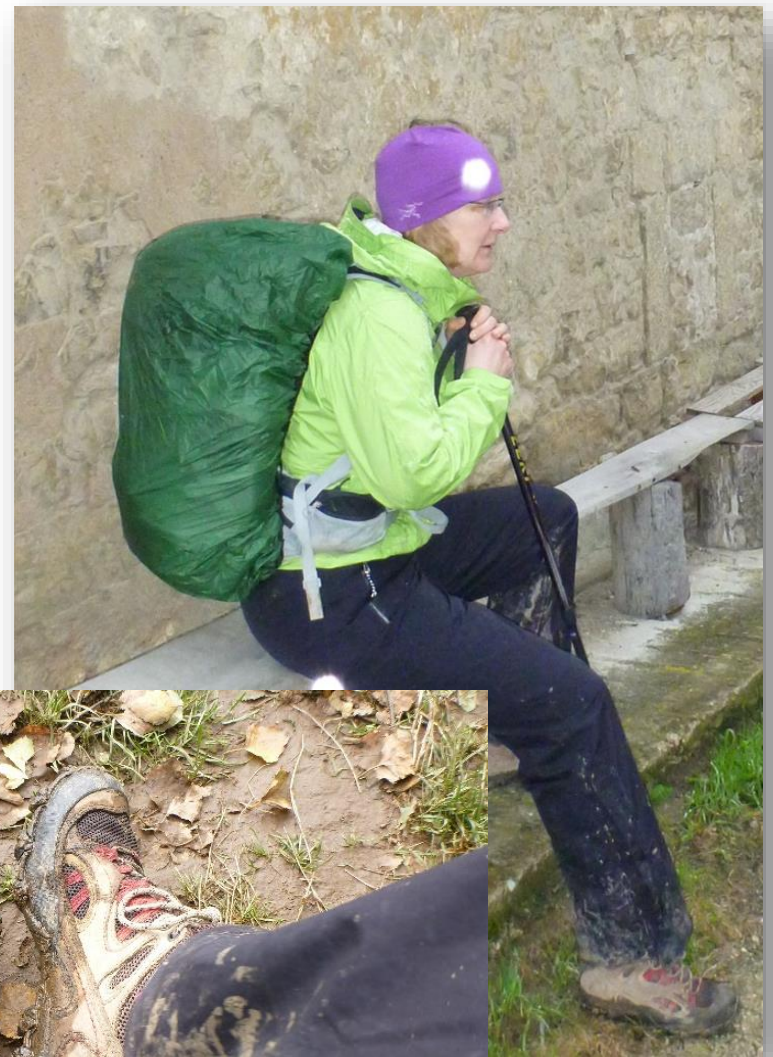
## What to bring: Pack

- † Backpack
  - † 28 – 45L
  - † Have it fitted by pro/REI
- † Consider organizing systems
  - † Stuff sacks
  - † Packing cubes
  - † Ziploc bags



# What to bring: Rain Gear

- † Poncho
- † Raincoat & Pants
- † Pack Cover



## Details: The Not-So-Fun Stuff



1/4 inch

### Bedbugs

- † Treat the outside of your pack and sleeping sack/bag with **Permethrin**.
- † Check the edges of mattress.
- † Keep your pack off the bed and floor (bring hanging hook).
- † Heat kills bedbugs. Wash/dry on hottest setting.



## Blisters

- † Caused by friction
- † Prevention!
- † Properly fitted shoes, liner socks & Vaseline/Body Guide on skin.
- † Feeling a hot spot?
  - † Stop & air-out feet.
  - † Stop and put on a band aid.



# Details: Getting There

- Fly to any major city in Europe from US
- Train or discount airlines within Europe
- Rome2Rio.com for plane, train, bus, ferry information
- Refer to multiple sites for air fares - ScottsCheapFlights.com Be ready for lots of emails
- Consider comprehensive insurance in case of accident or medical emergency.
- Check and recheck restrictions and requirements prior to travel to Europe. Covid.



## DEPARTURES

TERMINAL 1



Time	Destination	Flight
19:30	FRANKFURT	R4 4509
19:30	MILAN	EB 7134
19:45	LONDON	DN 0045
19:40	ROME	OD 7158
19:50	AMSTERDAM	NP 6890
	MOSCOW	UC 1207

- Back up information:

Official 2019 and 2021 statistics available

<http://oficinadelperegrino.com/estadisticas2/>

<https://catedral.df-server.info/est/index.html>

Anchorage packing list on next pages- original document:

[https://americanpilgrims.org/wp-](https://americanpilgrims.org/wp-content/uploads/2019/04/anchorage_packing_list.pdf)

[content/uploads/2019/04/anchorage\\_packing\\_list.pdf](https://americanpilgrims.org/wp-content/uploads/2019/04/anchorage_packing_list.pdf)

## 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
<b>Sleeping:</b>			
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.
<b>Shoes:</b>			
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.
<b>Clothes for Legs:</b>			
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.
<b>Base Layer for Body:</b>			
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
<b>Mid-Layer for Body:</b>			
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	
<b>Warm Layer for Body:</b>			
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.
<b>Warm Layer for Hands:</b>			
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.
<b>Warm Layer for Head:</b>			
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	

## Camino Packing List for Any Season

### 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 chamols
  - ☐ 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.

## Camino Packing List for Any Season

### Medications:

All of these in moderate quantities

- ☐ Ibuprofen or preferred pain reliever
- ☐ Antidiarrheal (Pepto Bismol)
- ☐ Hydrocortisone 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

## Camino Packing List for Any Season

- ☐ 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!**