

Camino 201: Packing and Logistics on the Camino

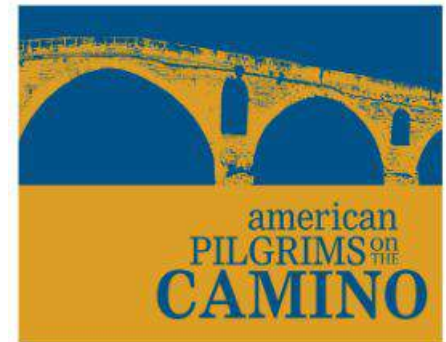


Valley of the Sun Chapter

American Pilgrims on the Camino

American Pilgrims on the Camino

- National organization 501(c)(3)
- Supports pilgrims & pilgrimage
- Provides approved credentials
- Provides grants to support Camino infrastructure
- Facebook group
- Website of extensive resources: www.AmericanPilgrims.org



Valley of the Sun Chapter

- Restarted in 2021. Activities planned and led by volunteers
- Share Camino information with Phoenix metro community
- Offer informal mentoring to new pilgrims
- Provide support and camaraderie for returning pilgrims
- Host activities in the local area
- Facebook page, mailing list





Kath Stoll – Camino Ingles - 2018

Tom Draggoo –

Camino France St Jean to Finisterre - 2015

Camino del Norte & Primitivo - 2022

Finisterre & Muxia - 2022

What will we cover?

- General orientation
- Traveling to your starting point
- Your Camino
- Packing tips
- Albergue Reality
- Questions and Answers





GENERAL ORIENTATION



Pilgrim's Golden Rule:

We each walk our own Camino

All Caminos Lead to Santiago



“The first third of the Camino is for your body; the second third is for your mind; the last third is for your soul.”

Language on the Camino

- Spanish is spoken in Spain, Portuguese in Portugal, but English serves you well on any Camino
- Language translation assistance: Google translate app
 - SpanishDict.com, Spanish Dict app
- Spanish language apps: *Duolingo, StudySpanish.com, Memrise*
- Podcasts:
 - RealFastSpanish.com
 - CoffeeBreakSpanish
 - News in Slow Spanish
 - SpanishPodcast.org



You can buy most things in Spain

You find most anything available in major cities, limited selection in smaller towns.

- Pharmacies

- Most items you need
- Pharmacists know what pilgrims need
 - most speak some/very good English.



- REI-like stores in major cities, especially along the Francés:

- Decathlon: <https://www.decathlon.es>
- Planeta Agua: <https://www.planeta-agua.com/inicio/planeta-agua/>



Living on a budget

- Exchange rate fluctuates
- Bring at least one debit card, one credit card, and one back up card.
- Most places in small towns & albergues accept only cash/Euros
- In general, credit cards less accepted in EU than US
 - VISA or Mastercard preferred
 - Check your credit card service fees before you leave home
 - Check debit card reduced or no fee
 - Euros for daily meals, albergues, and at small businesses
 - Credit Cards for online and for bigger purchases/businesses (hotels)



Staying connected

- Phone - check your carrier's data/text plan, roaming fees
- Wi-Fi
- WhatsApp
- Sim card
- Consider blogging to keep in touch with friends back home

Boston Chapter: Blogging Your Camino



American Pilgrims on the C...

689 subscribers



https://www.youtube.com/watch?v=YMr0ugcYExk&t=12s&ab_channel=AmericanPilgrimsontheCamino



www.alamy.com - CTH374



**Traveling to your
starting point**



Using a Camino Travel Service

They can:

- Arrange air travel
- Book lodging
- Organize meals
- Transport main luggage/backpack
- Plan side trips
- Group tours
- Senior tours
- Self-guided tours
- You may have limited flexibility



Planning your Camino

You will need to:

- Arrange air travel
- Book lodging/plan albergues
- Daily meals
- Carry/Transport backpack
- Plan side trips
- INSURANCE

Getting There



Selecting Flights

- Travel agency
- Airline websites (America, Delta)
- Online travel services:
 - Expedia
 - Kayak
 - Google Flights
 - Others
- Check often – prices fluctuate greatly!



Traveling in Spain



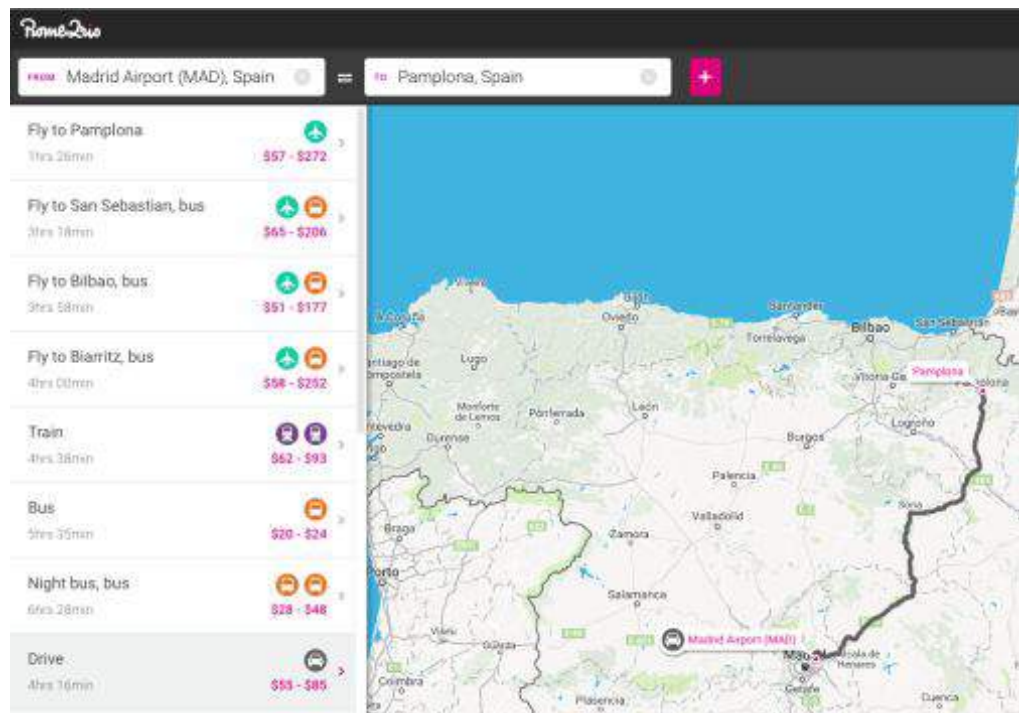
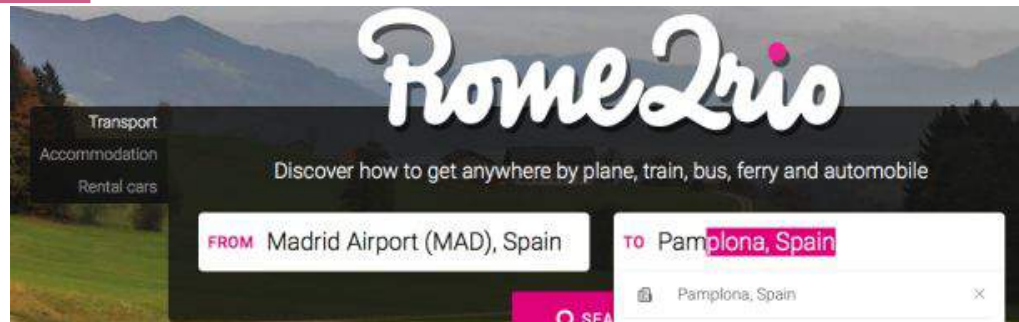
- European travel is easy, convenient
- Extensive train and bus service
 - Must keep ticket with you
- Trains and buses may have services onboard
- Taxis are abundant and tipping is not expected
- **AlertCops:** Spanish Law Enforcement Authorities app for assistance in risk situations

Traveling in Europe

- Rome2Rio app

www.Rome2Rio.com

- Shows many options to get to your destination
- Train, bus, car, plane, and walking
- Suggests routes, options, prices
- Links you to train and bus schedules



Traditional Camino Starting Points

Frances

- St Jean (769km)
- Roncesvalles (744km)
- Pamplona (700km)
- Burgos (480km)
- Leon (301km)
- Sarria (107km)

Ingles

- Ferrol (120km)

Portuguese

- Lisbon (616km)
- Porto Central (260km)
- Porto Coastal (280km)
- Tui (115km)

Primitivo

- Oviedo (325km)

Del Norte*

- Irun (830km)
- San Sebastian (805)
- Bilbao (704km)
- Santander (580km)
- Gijon (345km)
- Vilalba (120km)

*Joins the Camino Frances in Melide for 40km

Ways to reach St. Jean Pied de Port (SJPdP)

- Fly to Paris

- Option 1: fly to Biarritz and take train/bus/taxi to SJPdP

- Option 2: take train to Biarritz or Bayonne then train/bus/taxi to SJPdP

- Fly to Madrid

- Train, bus, or flight to Pamplona

- From Pamplona, ALSA Bus or taxi to SJPdP

- For Camino Frances, Camino Ingles, Camino del Norte, or Primitivo starting point, Madrid is a good option.*

- For Camino Portuguese, Lisbon is a good option*

QUERY GOOGLE EXAMPLE:

How to get to Sarria (last 100km Camino Frances)

Check out Santiagoways.com for answers:

- 1. How to get to Sarria to start the Camino de Santiago**
- 2. How to go from Santiago to Sarria**
 - 2.1. Bus from Santiago de Compostela to Sarria**
 - 2.1.1. Direct bus Santiago-Sarria**
 - 2.1.2. Go from Santiago to Sarria by bus via Lugo**
 - 2.2. How to get from Santiago to Sarria by train**
 - 2.3. Go from Santiago Airport to Sarria**
 - 2.4. Getting to Sarria from Santiago by car**
 - 2.5. Other ways of arriving in Sarria**
- 3. How to get to Sarria from Madrid**
 - 3.1. Going to Sarria from Madrid in train**
 - 3.2. Other options to arrive in Sarria from Madrid**
- 4. How to get to Sarria from Barcelona**

Train

- RENFE: national railway
- Extensive network
- Purchase tickets in advance online / Keep ticket with you at all times / 1st or 2nd class.
- Senior discount via Tarjeta Dorada / check out free multi stop tickets thru 2023
- Rapid long distance (largo recorrido) and local service (cercanías)
- All trains have bathrooms, many have food service

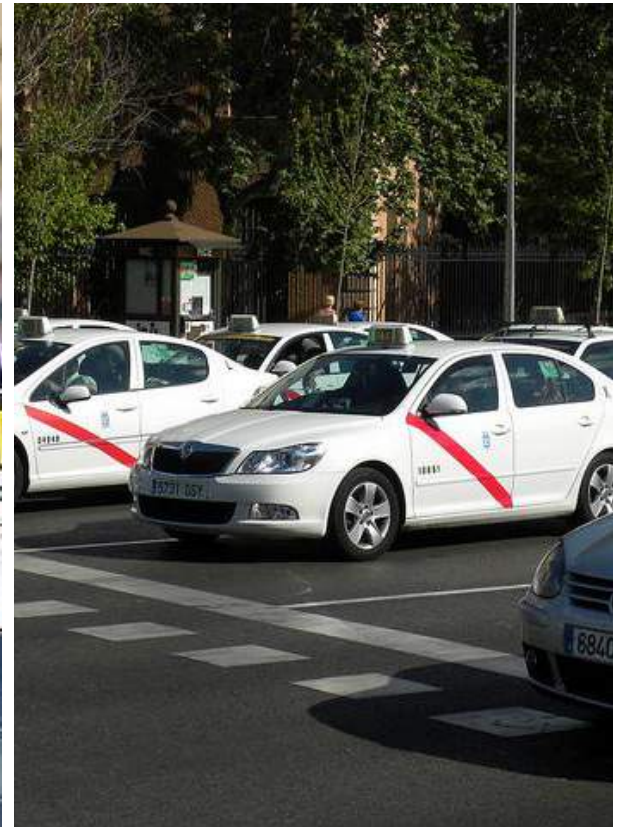


English version of RENFE website:
<http://www.renfe.com/EN/viajeros/index.html>

Bus

- Extensive network, multiple carriers
- ALSA – one of largest carriers
- Purchase tickets in advance online/keep your ticket on you
- Makes stops along the way, passengers may get off to purchase food, use restrooms
- May have audio/video service, may have toilet on board
- ALSA website in English:
<https://www.alsa.com/en/web/bus/home>





Taxis



YOUR CAMINO

Planning your daily itinerary

- How long or far do you want to walk each day?
 - Consider altitude/climb
 - Consider weather
 - Consider distance
- Camino Frances traditionally divided into 32 stages - recommended to stay before or after a stage city.
- Guidebooks: Brierley, Hiking the Camino,
- Mobile apps: Wise Pilgrims, Buen Camino, Gronze



Buen Camino App



St. Jean Pied de Port, Camino Frances

- French Basque Pyrenées
- Popular starting point
- Pilgrims' Office offers:
 - Shell, credential, and stamp
 - Camino stage map
- Check weather conditions for your route
 - Napoleon Route
 - Valcarlos Route
-



Refuge Orisson, Frances

Old shepherd's house converted into albergue with 28 beds

- First night stop in Pyrenees
- About 8k from SJPdP
- Open April – October (weather permitting)
- Communal meal
- Best option is to reserve ahead well in advance:
refuge.orisson@wanadoo.fr
- <https://www.wisepilgrim.com/camino-frances/orisson/accommodation/refuge-orisson>





Unexpected Weather - April



Reality

- Tired and disoriented from jet lag
- Everything is new!
- Legs and feet weary from walking five or more hours a day
- Blisters!
- Muscles and back adjusting to carrying pack
- Sleeping in albergues not always comfortable
- Adjusting to new language, new food, new customs and daily routine
- The Camino Provides.



Advice

- Start slowly
 - It's not a race
 - Go at your own pace
 - Keep daily mileage low at the start
- Listen to your body
 - Stop and rest
 - Even if new friend passes you by
 - Even if you are on a schedule
 - Drink plenty of water
 - Keep your feet dry (change socks often)
- Your pace will naturally increase over time



Packing

What do I need to carry?

- 10% of body weight
- Light sleeping bag or sack
- A few fast-drying clothes
- Rain gear, sun protection
- Water bottle
- Toiletries, first aid supplies, headlamp with red filter
- Hiking poles



Clothing


- Lightweight
- **Quick drying**
- Multi-purpose
- Layers
- See packing lists



Outerwear



What to bring



american PILGRIMS ON THE CAMINO

OUR MISSION
We foster the enduring tradition of the Camino by supporting its infrastructure, gathering pilgrims together and providing information and encouragement to past and future pilgrims.

OUR VISION
We inspire all who seek the spirit of the Camino to connect with the global community of pilgrims.

OUR VALUES
• Community • Gratitude • Service • Simplicity

AMERICAN PILGRIMS ON THE CAMINO . . .

- Provides credentials for all Camino de Santiago routes (americanpilgrims.org/request-a-credential/)
- Trains hospitaleros for service in Camino albergues (americanpilgrims.org/hospitalero-training/)
- Supports local chapters across the United States (americanpilgrims.org/local-chapters/)
- Offers grants to enhance the Camino infrastructure (americanpilgrims.org/grants/)
- Publishes "La Concha," a quarterly newsletter by pilgrims for pilgrims (americanpilgrims.org/newsletter-la-concha/)
- Hosts Facebook groups for up-to-date Camino information sharing (facebook.com/groups/AmericanPilgrims/)
- Maintains a website with routes, abundant advice and more (americanpilgrims.org)
- Organizes an annual nationwide Gathering of Pilgrims (americanpilgrims.org/annual-gathering/)

To learn more about these programs and services visit americanpilgrims.org.

Join us at americanpilgrims.org/membership/
American Pilgrims on the Camino is a 501(c)(3) national, nonprofit registered in California.
¡Buen Camino!

SUGGESTED PACKING LIST

- 2 pair of pants (zip-off style)
- 2 - 3 short sleeve shirts
- 1 long sleeve shirt
- 2 - 3 pair of underwear
- 2 - 4 pair of socks (heavy & liner)
- waterproof jacket/poncho with hood
- rain pants (optional)
- fleece jacket
- lightweight pair of gloves
- lightweight sandals
- hat
- bandana
- 1 quick-dry towel
- sleeping bag, liner, or body sheet
- backpack rain cover
- camera
- guide book
- headlamp
- journal
- water bottle/water bladder
- 2 large garbage bags and ziplocks
- lip balm
- safety pins/clothespins for laundry
- safety pouch for passport/money
- sunscreen
- sunglasses
- toiletry bag (toothbrush, toothpaste, soap, shampoo, deodorant, razor, etc.)
- first aid kit (bandaids, waterproof tape, antiseptic wipes, pain reliever, etc.)

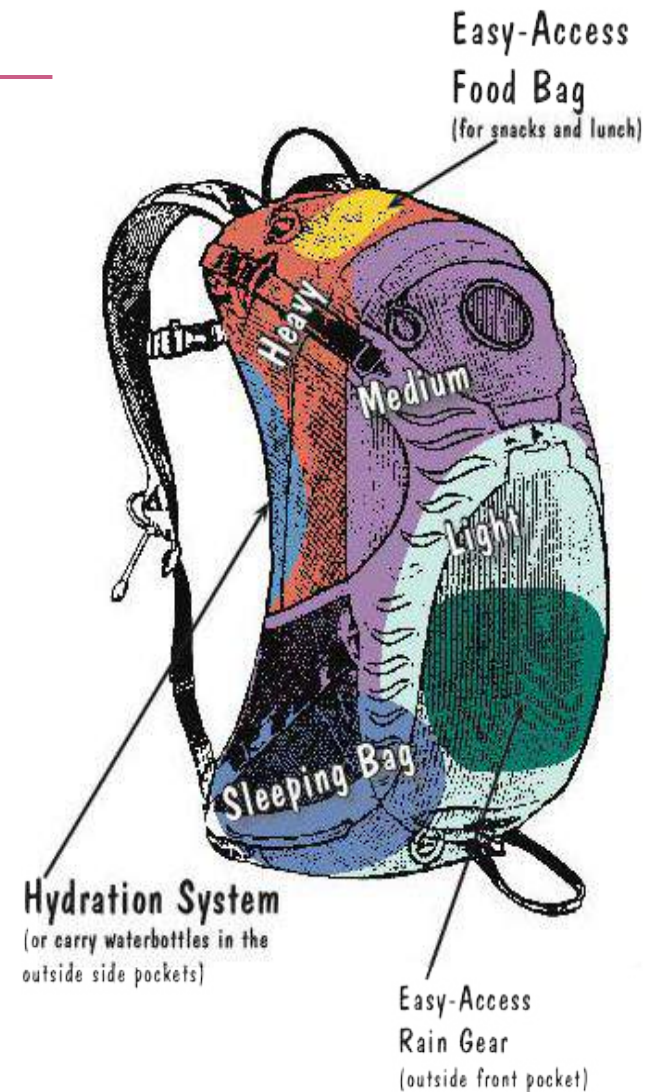
- † Try everything before you go.
- † Wear your shoes in the rain, heat & cold.
 - † Do you still like them?
- † Washing your clothes in the sink.
 - † Did they dry overnight?
- † Walk with your pack fully loaded.
 - † Is there room for snacks & lunch?
- † Goal ~ 10% of your body weight

Backpack



36 liter Osprey Kyte

Suggested Weight Distribution



Backpack



30 liter Deuter

HAVE BACKPACK FITTED
BY OUTDOOR STORE OR
REI (free)

WAIST/RUNNING BELT
FOR MONEY, PASSPORTS,
(bandi belt for women,
available on Amazon)



Footwear

- Use shoes that are half to one-whole size larger than normal
- Light-weight, stiff-soled hiking shoes or trail shoes
- Sturdy sandals for walking in town
- Flip flops for shower



Foot care



Packing Cubes

Some system of organizing the contents of your pack

- Packing Cubes
- Mesh Laundry bags
- Runners Drop bags
- Stuff Sacks
- Dry Sacks



Sacks/Bags

Bags can be used so many different ways:

- Trips to the store
- Bringing items into the shower
- Going to do laundry
- Sightseeing around town
- Organizing your items in your pack



Ikea Frakta Bag (\$4.99)

This cheap yet strong and versatile Ikea bag is the perfect size for your pack.

- If you ship your pack during your flight
- If you choose to ship your pack ahead from one stage to the next
- If you take the bus and need to store your pack under the bus

Available from Ikea:

<https://www.ikea.com/us/en/catalog/products/90149148>





Food and Cooking

- Pilgrim's Menu (9-12 Euros)
- Cooking
 - Some albergues offer kitchen privileges
 - Communal meals build camaraderie, offer a change from the Pilgrim's menu
 - It is usually cheaper
 - It is often times better



Albergue Reality

Albergue Protocol



- Check in by pack order.
- Boots and poles.
- Showers.
- Sinks and toilets.
- Arriving late - when is too late?
- Leaving early.
- Packs on the floor, not on the bed.
- Bedding and blankets.
- Breakfast and dishes.

Albergue Comfort

- Earplugs/headphones
- Headlamp or flashlight with red filter. Red flashlight app for your phone
- Small pillowcase
 - Bring a zipped pillowcase to stash valuables
- Bed Bugs – spray personal items with pyrethroid / permethrin (REI)
- For privacy
 - Hang towel/sarong/shawl at bunk to provide a bit of privacy



Privacy? Personal Space?

- Showers and toilets are shared. Sometimes separate for men and women, **but** often shared.
- You'll be comfortable bringing your own towel, soap, shower gel, etc.
- If there are many people in your albergue go to the shower right after the check-in before unpacking and making your bed, otherwise you might spend time waiting in line.



Oh no! I gotta go. . .

- Respect property
- Carry toilet paper (or Wet Ones or Cottonelle) & Ziploc/dog poop bags & hand sanitizer in your backpack. *Dispose of in a trash receptacle.*



LEAVE NO TRACE

- Ladies:
 - Sanitary products readily available
 - Privacy/Trees/Shrubs not always available
 - Urination/Standup Devices – test them in the shower at home
 - Toilet Paper vs Pee Cloths vs Taylor Swift Shake it Off
 - More good info:
<https://www.daretodrawdown.com/thru-hiking/toileting-on-the-camino>



Outlets – Northern Europe



Sun Protection

- Cover up!
- Prevent sunburn and heatstroke:
 - Long sleeve, lightweight sun shirt
 - Good hat – test with pack
 - Sunblock is expensive in Spain so bring your own
 - Consider lightweight gloves for hands



Extra tips

- Have backpack rain cover easily available
- Keep small bag with valuables (passport/money) on yourself at all times!
- Take a large garbage bag to line backpack on wet days

If you walk with someone - have agreement in advance about how you each walk your Camino:

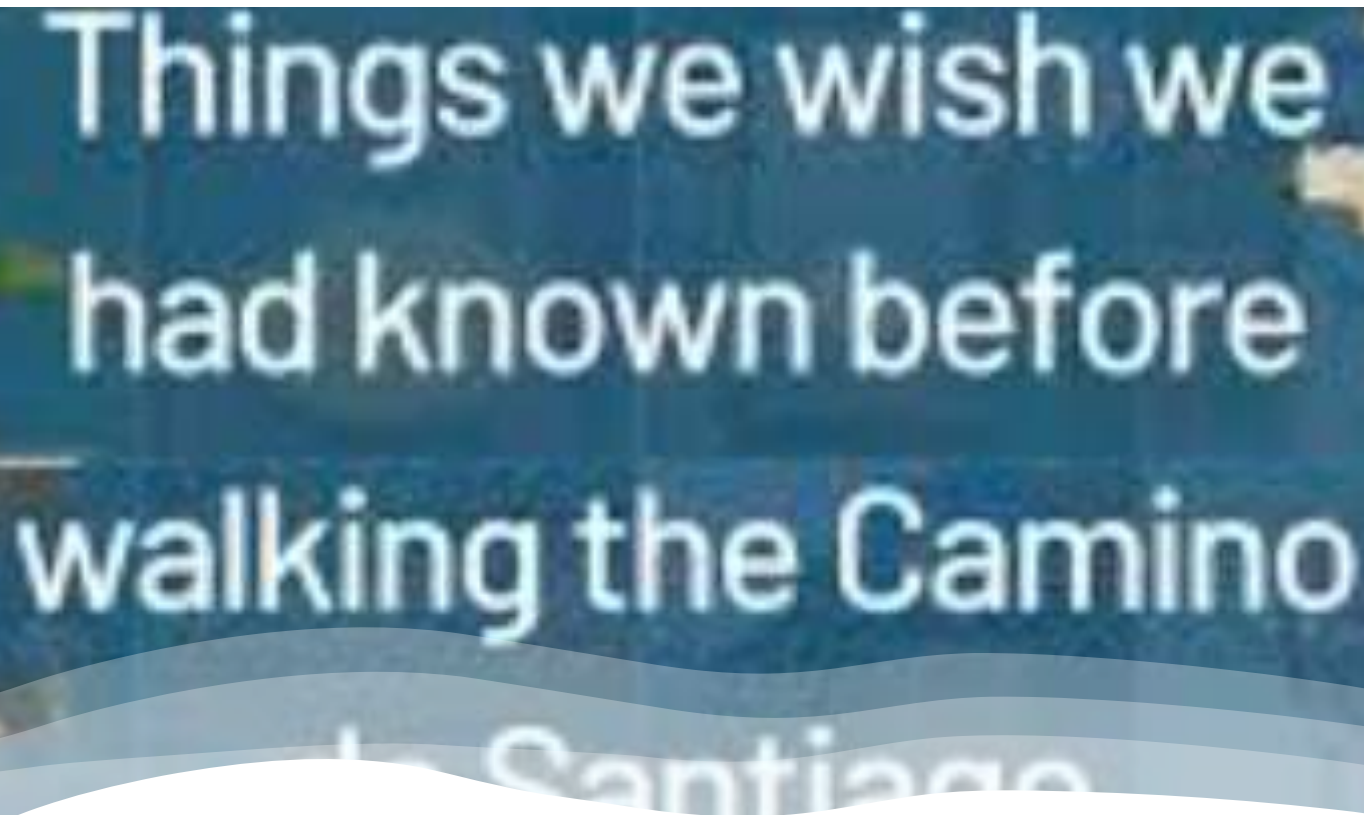
Who walks faster/slower and how will you meetup?

Who likes to stop and talk to people and who likes solitude or to get to the end point quickly?





*Be a pilgrim, not a
tourist.*



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

QUESTIONS?

phoenix@americanpilgrims.org

Valley of the Sun Chapter

March & April Activities

March 23 – Camino 101, REI Chandler

March 25 - Coffee in the Park and Shell Ceremony, Phoenix

Are You Ready Series?

March 31 - Scottsdale Preserve, Hawksnest Trail Hike

April 1 - Phoenix Mountain Preserve, Charles Christensen Trail 100

April 2 - South Mountain, Urban/Desert Mix

April 3 – Arcadia Canal Walk, Phoenix

April 10 – Zoom Coffee

April 15 - Scottsdale Preserve, Vaquero Trail Hike

April 20 - Scottsdale Preserve, Tom's Thumb Trail Hike

April 20 – Monthly Zoom Meeting – Cathedral Architecture on the Camino Frances

Southern Arizona Adventure

April 22 - Fort Bowie Hike, Bowie AZ

April 23 - Chiricahua National Monument, Wilcox AZ



Keep in contact with us

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

FACEBOOK

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



American Pilgrims on the Camino - Valley of the Sun Chapter

VALLEY OF THE SUN CHAPTER PAGE

https://americanpilgrims.org/iwpmap_directory/valley-of-the-sun/

CHAPTERS CALENDAR

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



[← All Locations](#)

Valley of the Sun Chapter