

# Packing List for Camino Trip

I have created this list to be printed and used as an aid when shopping or packing for going on the Camino.

## Camino Portion

This is the list of things to take while walking the Camino. Weight is a consideration

<i>Item</i>	<i>Status</i>	<i>Comment</i>	<i>Personal Comments/Notes</i>
Backpack rain cover			
Backpack with space for hydration bladder		3000 to 3500 cubic inches is satisfactory. Needs to ride on hips and be adjusted properly.	
Backpack accessories		These are useful additions to backpack: lanyards, small carabiner or wire keychains to add attachment points to backpack	
Belt		Lightweight canvas	
Camera, small point and shoot		Carry extra batteries or be prepared to recharge in Europe, extra memory cards, belt holder	
Camp shoes			
Gloves		Light, inexpensive. Hope will not be needed.	
Ground cloth		Small light ones (3 oz); protect if need to place backpack on wet muddy terrain. Useful extra layer if bedbugs are a problem.	
Hat		Need brim for shading eyes, band to keep from blowing off and either brim or flaps for neck protection	
Hiking boots		See Amplifying Comments below.	
Hiking Socks, 3		Self-wicking and also quick drying, former is most important	
Hydration bladder, 2 liter or less capacity		Will have ample opportunity to refill; do not need larger capacity	
Pajamas		Need something to sleep in; very light, easy to dry	
Pillow		Need something to serve as pillow. I have used a stuff bag with clothing inside as a pillow. There are inflatable ones available. Depends on one's needs.	
Rain jacket		See Amplifying Comments below about labeling	
Rain trousers		Will wear over shorts; need to be able to wear over regular trousers if cold. See Amplifying Comments below.	

Shirt, tee or polo, 1		
Shirts, long sleeved, 2		Best use sleeves that can be shortened by rolling up. Haven't seen any zip-off.
Sleeping bag		Warm weather. The REI Travel Sack +55 Sleeping Bag is a good example of what works.
Towel, wash cloth		Quick drying
Trousers, 2		Need to be convertible to shorts.
Undershirt <sup>1</sup> , 2		
Undershorts, 2		
Trekking poles or walking staff		Lightweight; adjustable.
Ear plugs		Get enough, difficult to find in small villages
First Aid Kit		Just in case,(see detailed list below)
Flashlight, miniature		With lanyard, so can hang by bunk in hostals
Journal and pen		
Line, plastic clothes pins		10-14 ft of braided nylon line, ends pre-tied in loop, 6-8 clothes pins, store in a zip lock bag
Stuff sacks or equivalent		Internal mesh bags or stuff sacks to help separate items inside your back pack. Plastic bags of assorted sizes are also useful for further separation
Sun glasses		
Toiletries in bag		Tooth brush, tooth paste, soap, shampoo, shaving gear, comb, deodorant, etc.
Addresses		Need list of addresses of people to send postcards to indicate that you are thinking of them.
Guide/maps		See Amplifying Comments below
Lens cleaners		For glasses and camera lenses
Cell phone		
GPS		
Multifunction tool		Something like a Swiss Army or Leatherman knife. Small. If select one with the scissors, do not need separate scissors to cut blister material, etc.
Foam Pad		Don't think one is needed.
Plastic document protector		Need waterproof protection for passport and other papers stored inside backpack.
Toilet paper, 1 partial roll		Should have a roll in plastic bag to keep dry, premoistened wipes would also work

1 All clothing needs to be synthetic, quick drying material

## ***First Aid Kit***

Standard First Aid kits have extraneous items but are convenient because of compartmentalization, instructions and lots of useful items. Buy but customize. Alternatively, buy a sturdy zippered bag and use small plastic bags and containers to separate items.

- Need stuff for innards: diarrhea and constipation
- aspirin —analgesics
- ibuprofen—anti-inflammatory painkiller
- sun screen
- bug repellent (bugs are not a significant problem but repellent is handy)
- 2nd skin (care for feet is a major factor: blister kit, moleskin, athlete's foot, wet feet)
- nail file, clippers—damage to nails
- bandaids, neosporine—scratches, abrasions, scrapes, bruises, minor cuts
- tube of lubricant—to counter chafing and chapping
- tasteless lip balm to counter chapping

## ***Medicine***

Prescription medication to last for trip.

## ***Papers***

Passport, copy of travel medical insurance policy, emergency contact info, listing of prescriptions with name and telephone of prescribing doctor

## ***Amplifying Comments***

**Hiking Boots.** Need water resistant, lightweight, ankle-high boots. As soon as get them home, apply waterproofing as per instructions. Walk a minimum of 50 miles in them, wearing socks planned for trip, to break them in and get feet accustomed to them.

**Rain gear labeling:** Water-repellent means that the fabric has been finished with a water-repellent chemical. While drops will roll off, in a downpour, water will eventually soak in. Water-resistant fabrics have a coating that will protect you in a light to moderate rain. Waterproof fabrics should stop all water from getting through, but this is incompatible with breathing to let moisture escape.

**Camera.** In preparing, need to consider where the camera will be carried while hiking with backpack or walking around otherwise. There will be times when you would like to take a quick photo with the backpack still on. The hip support on a backpack will often prevent one from using a belt mounted camera holder. There is no magic answer. It is one reason why accessible side pockets on a backpack are important. A lanyard is useful except it means the camera is swinging around your neck. What I liked was a lanyard long enough so I could store the camera in a side pocket on the backpack, with the lanyard attached to a backpack strap. I could pull the camera out, take it and put it back and didn't leave the camera behind.

**Backpack.** The size should be sufficient to carry everything shown above. Fit is important and is why you need to try them on and have the fit adjusted by an expert sales person before you buy.

**Clothesline.** I have used just a nylon cord with some plastic cord locks. Now I find there are

ready made ones available. Even with one of these, I think some cord locks would come in handy. Highly recommend trying it out before depart with set of wet clothes.

**Rain trousers.** Try on over trousers. Some rain trousers do not have a fly; thus, if you need to pee, you have to lower your trousers. If you are wearing your backpack, this get complicated. Before you go, while you can still return stuff, I would recommend getting fully decked out with backpack, rain gear, etc. and then trying to go to the bathroom. To carry it a step further, now imagine that you have the runs and you have to squat.

**Clothing.** All of your clothing should be lightweight and easy dry. You will have the clothes you are wearing and the ones you will wear the next day. You will want to wash your clothes at the end of each day and hang them up to dry so you can pack them before you go to bed.