

Updated 2018-06-26



Packing list (per person)

First of all, I want to emphasize the importance of keeping the weight **down!** And that include the total weight - body weight, backpack, shoes and the clothes you wear.

BACKPACK WEIGHT: 10% of your body weight (and that includes the weight of the backpack).

Packing bags: To compress your clothes to get more space in your backpack.

Underwear: 2-3 sleeves / panties in **Merino wool**, 3 bra.

Socks: 4-6 pairs in **Merino wool**. You might want to change socks if your feet is too hot or wet. And double socks on your feet will reduce the risk of getting blisters.

Sweaters: 2 short sleeved, 1 long sleeved all in thin **Merino wool**, 1 type fleece sweater.

Short pants: We used regular jogging tights / all pants with inner tights (to prevent the thighs from shaking towards each other). Regular short pants will do.

Long pants: We used hiking pants with removable legs because short pants are nice to have in the evening. Or a skirt.

Hat: Essential.

Sunglasses

UPF 30-50

Rain clothes: Thin and lightweight.

Shoes: Hiking shoes (lightweight, twisty, well-damped, Goretex), flipflop before and after walking.

Other clothes / casual wear: Skirt (for those who wish), swimwear, swimsuit / bikini, shirts (2 pcs), sleeping wear (if you stay in hostel).

Backpack: Lightweight and with a distance to your back for ventilation, 40-50 liters. Very convenient if the belt has pockets - for mobile, money, etc. Another convenient benefit is if the backpack has opening both at the top and at the bottom - easier to pack and to remove from inside. For best balance - the heaviest things should be placed in the bottom of the backpack.

Other equipment:

Liquid detergent

Sleeping bag - light weighted

Shower towel - light weighted

Washing line - to dry your clothes

Snaplink (2-3 pcs) on the backpack - to hang things to dry during walking

Diary to document your Camino

Mobile + charger + ev Powerbank

Earplugs

Blister patch

Glasses, lenses

Medicine - do not forget to bring your prescribed medicines. Just in case - a small pack of any of the following medicines - ibuprofen or acetylsalicylic acid or paracetamol. If you need more, you can buy on site.

Toilet bag: Toothbrush, toothpaste, deodorant, foot cream, foot rasp(?), razors, shaving cream (a tube for less space and weight).

Camion Hiking Guide: With map to schedule day trips.

Credit cards: MasterCard and Visa most accepted.