

Jen's "Choose Your Own Adventure" Camino Packing List

Before you start packing

Consider these five questions:

1. How much time do you have before you leave for your pilgrimage?
2. What is your budget for gear or equipment?
3. What is your intention in walking this pilgrimage?
4. How many pounds can you comfortably carry for 6-8 hours a day?
5. How do you want to feel when you arrive in Santiago?

Instructions

- Print off this list.
- Go through all the options below, checking off the items you want to bring.
- Gather all your gear.
- Revise and remove until your pack is a comfortable weight for you. (See instructions.)
- Take test hikes with your pack fully loaded.

The gear list

Your pack:

Choose 1 of these

- backpack (28-45L)
- wheelie cart
- burro or donkey with pannier bags

Sleeping:

Choose 1 of these

Sept-May:

- sleeping bag
- sleeping quilt
- fleece blanket

June-Aug:

- light blanket
- sleep sack

Shoes:

Choose 1 of these:

- hiking boots
- trail runners
- hiking sandals

and one of these:

- Crocs
- flipflops
- casual sandals

Clothes for your legs:

Choose 2 of these

Sept-May:

- running pants
- yoga pants
- zip off pants
- leggings
- long skirt with leggings

June-Aug:

- shorts
- running/compression shorts
- zip off pants
- leggings
- skirt
- skort
- kilt

Base layer for torso:

Choose 2 of these (go for quick-dry, wicking material)

Sept-May:

- tshirt
- long-sleeve shirt

June-Aug:

- tank top
- tshirt

Middle layer for torso:

Choose 1 of these

Sept-May:

- pullover fleece
- cardigan zip-up fleece
- washable wool fleece
- insulating vest

June-Aug:

- pullover fleece
- cardigan zip-up fleece

Outer layer for torso:

Choose 1 of these

Sept-May:

- soft shell jacket with insulation
- insulating jacket

June-Aug: not essential

Waterproof layer for torso:

Choose 1 of these

- poncho
- rain jacket/pack cover
- lightweight umbrella

Base layer for feet:

Choose 2 or 3 of these

- synthetic wicking liner socks
- wool liner socks
- toe socks (like Injinji)
- tube of slippery goo

Second layer for feet:

Choose 2 or 3 of these

- wicking synthetic hiking socks
- wool hiking socks
- padded socks

Unmentionables:

- Underwear: Choose 2 to 4; ideally colorful (for easy ID on the line) in breathable, quick-dry fabric
- Bra: Choose 1 to 2; sports bra in quick-dry fabric and/or tank with shelf bra

Suds for body, hair, and clothes:

Choose 1 of these in a 3oz container and in a plastic baggie to keep it from leaking; refill as you go.

- shampoo
- shampoo bar
- soap bar
- liquid soap

Toiletries:

Take all of these—ideally in trial/travel sizes

- toothpaste or tooth powder or baking soda or none (teeth get clean with brushing)
- toothbrush
- small container of floss
- small brush or comb
- ponytail holder or other hair tie
- small deodorant

Drying your bod:

Choose 1 of these

- pack towel
- microfiber chamois

- sarong
- non-cotton wash cloth
- non-cotton hand towel
- bandanna

Blister prevention and treatment:

Choose 2 to 3 of these (not the whole package)—contain in a quart Ziploc® bag

- needle/floss
- alcohol wipes or matches for sanitizing
- mefix tape, duct tape, moleskin, compeed, medical tape, cloth tape, etc.
- cotton gauze, gauze pads, raw wool fleece

Snipping and cutting:

Choose 1 of these (blades under four inches [permitted in checked bags](#))

- utility knife
- Swiss Army knife
- small pair of collapsible scissors

Sun protection:

Choose 1 or 2 of these

- wide-brimmed hat
- gardening hat
- baseball cap with bandanna
- sunblock 3oz (cream, stick, or spray)
- sunblock/moisturizer combo 3oz

Carrying agua:

Choose 1 of these

- water bottle (16-24oz)
- hydration bladder and straw
- water bottle with hydration straw

Keeping your head warm:

Choose 1 of these

Sept-May:

- warm hat
- fleece headband
- baseball cap
- bandanna
- balaclava

June-Aug: not essential for warmth

Keeping your hands warm:

Choose 1 of these

Oct-May:

- fleece gloves
- mittens

June-Aug: not essential

Documents:

All of these – in waterproof Ziplog® bag

- cash
- credit/debit cards
- passport
- drivers license
- flight details
- emergency contact list
- a printout/copy of all documents
- medicine prescriptions
- eye glass prescription
- pilgrim passport/*credencial*—in its own baggie with a copy of the inner page of your passport for checking in.

Medications:

All of these in moderate quantities (not the whole bottle)—in a quart Ziploc® bag

- antiseptic cream
- ibuprofen
- antidiarrheal
- antacids
- antihistamines
- sleep aids
- prescription medications

Sound sleeping:

Some of these

- foam ear plugs
- wax ear plugs
- silicone ear plugs
- medicinal sleep aids

Optional

- lightweight foam or inflatable sleeping pad (June - Aug)
- sleeping bag liner (with or without anti-bug treatment)
- shoe/boot inserts for cushioning and/or support
- long-sleeve white shirt with collar for lightweight sun protection (with or w/o SPF fabric)
- rain pants
- lightweight dress for evening
- silk scarf or Buff®
- nightshirt/pajamas
- eye mask
- a “rock from home” to leave at Cruz de Ferro
- scallop shell
- walking stick(s) – telescoping, collapsible, or a literal stick
- evening tote: fanny pack, purse, stuffable fabric grocery bag, drawstring bag

- guidebook
- pen
- journal
- small LED flashlight
- mini compass
- space blanket
- lip balm (with or without SPF)
- Kleenex® or reusable towels or handkerchief
- Q-tips
- toe/fingernail clippers or nail file
- feminine supplies (1-2 days worth, purchase the rest en route)
- small roll of toilet paper
- S-hook for hanging clothes in the shower stall
- clothesline and plastic pins or safety pins
- razors
- extra Ziploc® bags for snacks
- plastic utensils, plastic or titanium spork

Tech options

- URLs and passwords for essential sites like skype, email, dropbox, wordpress, online banking, etc.
- US to European electrical converter for charging (Note: some chargers are universal—check your device documentation to be sure)
- Choose one of these:
 - phone and charger
 - camera, storage cards, and charger
 - tablet and charger
 - euro coins for *albergue* computers/internet

Not recommended

- tent or camping hammock
- any sleeping gear over 2 lbs
- pillow—most *albergues* have them
- stove, pots, or cooking gear
- water purification, filter, or treatment
- pets
- heavy musical instruments
- books
- games
- shrinkable wool garments
- anything cotton including denim, towels, or canvas (exception: in summer, one very lightweight, white, long-sleeve shirt)
- heels
- valuables, jewelry, or any treasured or irreplaceable items
- extra anything (batteries, shoes, moisturizer, etc.)
- backup anything

- excessive first aid supplies (prophylactic antibiotics, forceps, tourniquet, metal container, etc.)
- everyday beauty products
- hairdryer, flat iron, or styling products
- clothes steamer or iron
- really good/heavy camera equipment (like zoom lenses)
- heavy/battery-driven technology like laptops, SPOT device, etc.
- full-size (over 3oz) bottles of any liquid
- thermal or silk underwear—you won't need it unless your bod runs reeealy cold
- large flashlight or headlamp—too heavy and not necessary
- swim suit—use shorts/underwear and bra instead
- gaiters (for feet)
- combination locks or anything metal
- bug spray
- fireworks, illegal drugs, firearms, or anything that might cause international intrigue
- anything that has only one function or won't be used daily
- anything you can buy there (especially if it's cheaper—and it often is)
- anything you'd be really sad to lose

Pack weight:

- Hold out one outfit (the one you'll be wearing). Fill your pack with all the items you plan to bring including a filled water bottle.
- Put on the pack and weigh yourself. Then remove it and weigh yourself. Subtract.
- Remove non-essential items until your pack is under 20 pounds or 10 percent of your *ideal* body weight—whichever is less.

Goals:

- To carry at least one thing that feels like “home” to you.
- To leave behind any object that has any negative energy or emotion associated with it.
- To leave at home what is not essential, not double-duty, or anything that's “just in case.”
- To trust that unexpected needs can be met in Spain—from boots to *ibuprofeno*.
- To carry only what you need to support the experience you want to have on your pilgrimage—nothing more or less.

Ultreia, peregrino/a!

If you find this list helpful, I'd love [to hear from you](#). Buen camino!

Warmly,
Jen