

Packing List

Priority	Category	Item	Quantity	Item URL	Comments
Essential	Accessories	Charger with Euro Plug	1	https://www.ama	Found this more reliable and lighter than carrying an adapter
Essential	Accessories	Charging Cable	1	https://www.ama	A longer cable is recommended.
Essential	Accessories	Dedit/Debit Cards & Cash			Remember to tell your bank that you will be traveling overseas. A photo of both sides of the cards is a good idea in case they get lost.
Essential	Accessories	Notebook	2	https://www.ama	A daily scratch pad is nice to have as you're making bookings and other plans. Many people will journal or write down some thoughts.
Essential	Accessories	Passport	1	https://travel.stat	Store image of passport in the cloud. And bring a spare passport photo and keep it separate from your passport. If you lose your passport, having the photo is extremely helpful
Essential	Accessories	Pen	2	https://www.ama	
Essential	Accessories	Phone	1		
Essential	Accessories	Prescription Glasses	1		
Essential	Clothing	Quick-dry Shorts	2		lightweight running or yoga shorts
Essential	Clothing	Quick-dry T-shirts	2	https://www.ama	Avoid cotton. Find cheap and lightweight shirt options
Essential	Clothing	Quick-dry Underwear	2	https://www.ama	Highly recommend Ex Officio
Essential	Clothing	Rain Jacket or Poncho	1	https://www.ama	See the blog - Great Debate #3 "Inclement Weather Gear"
Essential	Clothing	Socks	3	https://www.ama	merino wool is best; some people like toe-socks; avoid cotton
Essential	Clothing	Sun Hat	1	https://www.ama	Considered to be an essential item. 99% of pilgrims wear some sort of hat
Essential	Clothing - Womens	Bra	2		
Essential	Clothing - Womens	Skirt	1		
Essential	Footwear	Primary Footwear (Shoes/Boots)	1	https://www.ama	I trained in the street version before the Camino and swapped to my Camino shoes a couple weeks prior to departure. Have since bought 3 more pairs of these shoes.
Essential	Gear	Backpack	1	https://www.ama	Fit is the most important feature of your pack. After that it's all personal choice (size, weight, available side pouches, stowage, etc)
Essential	Health & Beauty	Comb or Brush	1		

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Essential	Health & Beauty	Face Sunscreen	1	https://www.ama	Pro Tip - Carry two sunscreens. One you apply in the morning and another used to reapply throughout the day.
Essential	Health & Beauty	Prescription Meds	1		
Essential	Health & Beauty	Sunscreen	1		
Essential	Health & Beauty	Toothbrush	1		
Essential	Health & Beauty	Toothpaste (<3oz)	1		
Essential	Laundry	Clothes line/ Paracord	10 ft	https://www.ama	10' length was perfect
Essential	Laundry	Clothes Pins/ Diaper Pins	5 - 8	https://www.ama	Safety pins double as lightweight clothes pins and can be used to discourage pickpockets by pinning your backpack zippers closed
Essential	Laundry	Laundry Detergent	1 per day	https://www.ama	Laundry detergent sheets are extremely light and easy to pack. Keep in a separate zip-lock baggy
Essential	Laundry	Quick-dry Towel	1	https://www.ama	Towels were sometime provided but this can be used daily to wring-dry laundry before hanging
Essential	Other	Orthotics	1	https://www.road	Beware that custom orthotics may break from fatigue. Try to start with a newer pair.
Nice to have	Clothing	After-hike Other Nice Shirt	1	https://www.ama	Many pilgrims simply wear tomorrow's walking shirt. It's nice to have at least 1 or 2 other lightweight shirts for going to dinner
Nice to have	Clothing	Extra Base Layer Shirt	1		
Nice to have	Clothing	Extra Socks	1		
Nice to have	Clothing	Gaitors	1	https://www.ama	
Nice to have	Clothing	Gloves	1	https://www.ama	
Nice to have	Clothing	Quick-dry Base Layer Long Sleeve T-shirt	1	https://www.ama	
Nice to have	Clothing	Swimsuit	1		
Nice to have	Clothing	Toe Socks	2	https://www.ama	Some people swear by these to keep away the blisters
Nice to have	Clothing	Water Resistant Hiking Pants	1		
Nice to have	Clothing	Winter Hat	1	https://www.ama	
Nice to have	Clothing - Womens	Dress	1 - 2		
Nice to have	Clothing - Womens	Leggings	1	https://www.ama	
Nice to have	Gear	Rain Cover for Backpack	1	https://www.ama	Not needed if your pack is waterproof or if you're using drybags inside to organize your pack

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Nice to have	Gear	Water Bladder	1	https://www.ama	Purchased as an optional accessory with backpack
Nice to have	Health & Beauty	Antihistamine	2		
Nice to have	Health & Beauty	Condoms	3 - 4		
Nice to have	Health & Beauty	Disposable Razor	1 - 2		
Nice to have	Health & Beauty	Electrolytes	2 - 3 days	http://Liquid I.V.	If you drink a lot of water and experience cramping, it may indicate your body is short on electrolytes. Adding powdered electrolytes to your water bottle helps. Also try drinking AcquArius, a Spanish electrolyte drink that is available almost everywhere.
Nice to have	Health & Beauty	Imodium	2	https://www.ama	
Nice to have	Health & Beauty	Shampoo/ Conditioner	1	https://www.ama	
Nice to have	Health & Beauty	Sleep Mask	1	https://www.ama	
Nice to have	Health & Beauty	Small Flash Light	1	https://www.ama	If you plan to depart early in the AM a flashlight will be very nice to have on hand. Your phone light will not illuminate the path
Nice to have	Health & Beauty	Small Luggage Lock	1	https://www.ama	There will be occasions where you will feel more comfortable locking up your bags. Lockers are usually available.
Nice to have	Health & Beauty	Small Nail Clippers	1	https://www.ama	
Nice to have	Health & Beauty	Small Scissors	1	https://www.ama	Used for cutting tape and moleskin
Nice to have	Health & Beauty	Soap Holder	1	https://www.ama	
Nice to have	Health & Beauty	Tweezers	1	https://www.ama	
Nice to have	Laundry	Mesh Bag	1	https://www.ama	It's nice to have a bag in which damp clothes can be aired out by hanging from your backpack
Nice to have	Other	Rock	1	https://www.ama	The rock is a traditional pilgrim symbol for something from the past that you might want to leave behind. There are many locations where pilgrims leave rocks, but the most iconic is the Iron Cross on the Frances route.
Nice to have	Other	Zip-lok Baggies	3 - 4	https://www.ama	Easy and lightweight option for keeping things dry and organized. Keep you pilgrim credentials in a ziplock that was readily available from your pack
Optional	Accessories	Coin pouch	1		In Europe, coins are more common. You will find yourself carrying a lot more coins than in the US

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Priority	Category	Item	Quantity	Item URL	Comments
Optional	Accessories	Ear buds/ Headphones	1	https://www.ama	
Optional	Accessories	Guide Book	1	https://www.ama	Many people carry the Brierley guide or another book. Much the same information can be found in Camino mobile apps
Optional	Accessories	Spare Battery	1	https://www.ama	In general, this is nice to have. However, your phone can be turned off or airplane mode throughout the day. Solar-powered rechargeable batteries should be considered a gimmick.
Optional	Clothing	Pullover/ Sweater	1		
Optional	Footwear	Alternate Shoes/ Hiking Sandals	1	https://www.ama	Some people got bad blisters and had to walk in their spare shoes. Hiking sandals are a popular choice and alleviate the need for flip flops
Optional	Gear	Daypack (compact)	1	https://www.ama	Small lightweight pack the folds into a small pouch
Optional	Gear	Duct Tape	3 - 4 feet	https://www.ama	Instead of taking a whole roll, people wrap the tape around their hiking poles (old trick of skiers)
Optional	Health & Beauty	Antacids	2		
Optional	Health & Beauty	Bar Soap	1	https://www.ama	I used a combo shampoo/soap bar from Dr Squatch
Optional	Health & Beauty	Hair Styling Product	1		
Optional	Health & Beauty	Lip Balm	1	https://www.ama	
Optional	Health & Beauty	OTC Pain Medicine (Advil)	6 - 10		"Bufren" (Ibuprofen) is easily available at all pharmacies. It usually comes in 400mg tablets
Optional	Health & Beauty	Vitamins	as needed		Personal decision
Optional	Other	Airtags	as needed	https://www.ama	Some suggest stashing a tracking device inside the pack in case gets lost.
Optional	Other	Bedbug Spray	1	https://www.ama	The bedbug problem was rare
Optional	Other	First Aid Kit	1	https://www.ama	While it's nice to have things like this on hand, pharmacies can be found nearly everywhere
Optional	Other	Pillow	1	https://www.ama	Alternatively, use your clothing dry-bag as a pillow
Optional	Other	Pumice Stone	1	https://www.ama	Foot care is a nice ritual. Be grateful for your feet
Optional	Other	Sewing Kit	1	https://www.ama	
Optional	Other	Spork	1	https://www.ama	Never found a need for this on the primary camino routes.

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Optional	Other	Swiss Army Knife	1		Only bring this if you plan to check your pack. This cannot be carried-on
Optional	Other	Yoga Towel	1	https://www.ama	Definitely a luxury item but it doubles as a blanket on cool nights
Recommended	Accessories	Sunglasses	1		Pro-tip: All of your pictures will feature you wearing your sunglasses. Keep this in mind!
Recommended	Clothing	After-hike Cotton T-shirt	1	https://www.ama	
Recommended	Clothing	After-hike Shorts	1	https://www.ama	
Recommended	Footwear	Flip Flops	1	https://www.ama	Used these everyday after walking and wanting to get out of my shoes
Recommended	Gear	Athletic Tape	1	https://www.ama	Used for taping up feet in areas where blisters are developing
Recommended	Gear	Dry bags	4 - 5	https://www.ama	great for backpack organization. You will find there's things that logically go together (e.g., you generally will shower and wash your clothes at the end of your walk. And you will find there's things you only need every now and then (i.e., AdHoc Pack)
Recommended	Gear	Sleeping Bag	1	https://www.ama	Many albergues are unheated or poorly heated. In the winter it's highly recommended to bring a lightweight sleeping bag
Recommended	Gear	Trekking Poles (or Walking Stick)	1	https://www.ama	Try to buy poles that break apart when not in-use so that you can pack them securely in your pack while traveling. Frequent debates about whether these can be carried on with your luggage (personally I have carried them on without issue when taken apart and packed inside my pack). Pro Tip - wrap tape around the shaft of your poles providing convenient access and a way to carry less tape than a whole roll (saving weight)
Recommended	Gear	Water Bottle	1	https://www.ama	Many people simply reused a plastic water bottle. Water is readily available and safe to drink. Save weight and leave your insulated metal water bottles at home.
Recommended	Health & Beauty	Baby Powder	1 oz	https://www.ama	anti-chafing
Recommended	Health & Beauty	Band-aids	4 - 5		
Recommended	Health & Beauty	Compeed (or Moleskin)	1 multipack	https://www.ama	Compaid is a miracle for blister care

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Recommended	Health & Beauty	Ear Plugs	2	https://www.ama	You will encounter snoring and people who make noise late as they are coming to bed or early as they are leaving.
Recommended	Health & Beauty	Personal Wipes	2	https://www.ama	
Recommended	Health & Beauty	Sleeping Silk	1	https://www.ama	Sometimes called a liner, these are nice to have when Alburgues do not offer sheets or blankets
Recommended	Health & Beauty	Vaseline	1 oz	https://www.ama	Used on your feet to prevent blistering