

Camino Packing Checklist

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|--|--|
| <input type="checkbox"/> Hiking Backpack | 28L to 40L - ca. 10% of your body weight when full |
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CLOTHING:

- | | |
|--|---|
| <input type="checkbox"/> 3x T-Shirts | Merino or Quick Dry Wicking Synthetic. Avoid cotton (Heavy & Slow Drying) |
| <input type="checkbox"/> 1x Long sleeve shirt | For protection from sun and cold |
| <input type="checkbox"/> 1x Long Hiking Pants | Or Convertible Pants - Flexible and Light and fast drying |
| <input type="checkbox"/> 1x Hiking shorts | |
| <input type="checkbox"/> 3x Underwear | Ex Officio Wicking - Fast Drying |
| <input type="checkbox"/> 1x Sweater - Fleece | Polartec or Smartwool |
| <input type="checkbox"/> 1x Warm Down Jacket W | From October to May |
| <input type="checkbox"/> 1x Light Rain Jacket | For in town or light drizzles and windy Stages |
| <input type="checkbox"/> 1x Backpacking Poncho | Over backpack type will keep you and your backpack dry! |
| <input type="checkbox"/> 1x Hat or Wool Cap | Sun / Cold protection |
| <input type="checkbox"/> Gloves W | From October to May |

FOOTWEAR:

- | | |
|--|--|
| <input type="checkbox"/> 1 x Hiking Boots | Be sure to break them in well before setting out on your camino! |
| <input type="checkbox"/> 1x Trail Runners | For summer months and asphalt sections. |
| <input type="checkbox"/> 1x Flip Flops | For albergue showers and airing feet |
| <input type="checkbox"/> 3 x Good Hiking socks | |

SLEEPING:

- | | |
|---|--|
| <input type="checkbox"/> Sleeping Bag W | Required in some Albergues. |
| <input type="checkbox"/> Sleeping Bag Liner S | For warm weather instead of Sleeping bag |
| <input type="checkbox"/> Pillow Case | Also can double as a laundry bag. |
| <input type="checkbox"/> Earplugs | To get rest in Albergue |

BATHING:

- | | |
|--|--|
| <input type="checkbox"/> Quick Dry Towel | Most albergues don't offer towels |
| <input type="checkbox"/> Toiletry Kit | Toothbrush, Razor, Travel Size Toothpaste, Soap + Shampoo, |

HIKING GEAR:

- | | |
|--|---|
| <input type="checkbox"/> Hiking Poles | They will give you extra support on downhill and on the uphill sections |
| <input type="checkbox"/> Knee Support Braces | If you have problems with your knees I recommend taking a pair |
| <input type="checkbox"/> First Aid Kit | Ibuprofen, Band Aids, Meds |
| <input type="checkbox"/> Sunscreen | S&W |
| <input type="checkbox"/> Lip Protection | |
| <input type="checkbox"/> Blister prevention kit | Vaseline, Compeed, Blister & BandageTape |
| <input type="checkbox"/> Water Bottle | 500cc to 1L (Remember that each liter = 1 more kg you carry!) |
| <input type="checkbox"/> Headlight / Flashlight | For early morning start - Night in dorms |
| <input type="checkbox"/> Phone | Chargers, Cables and Adapters |
| <input type="checkbox"/> Camera | Chargers, Cables, SD Card, Batteries |
| <input type="checkbox"/> Headphones | |
| <input type="checkbox"/> Watch - Fitness Tracker | Charger |

NON ESSENTIAL EXTRAS:

- | | |
|--|--|
| <input type="checkbox"/> Hiking Umbrella | For sun and rain / drizzle |
| <input type="checkbox"/> Swiss Army Knife | |
| <input type="checkbox"/> Gaiters | Keeps gravel and mud out of boots and pants |
| <input type="checkbox"/> Power Bank | For extra charge for phone and other electronics |
| <input type="checkbox"/> Compression Sacks | Keep things organized and save some space in your backpack |
| <input type="checkbox"/> Backpack Rain Cover | |
| <input type="checkbox"/> Guide Book - Apps | I recommend apps over books as it can weigh as much as 3 t-shirts! |
| <input type="checkbox"/> Small Day Pack | Small bag or backpack for shopping - sightseeing trips |

NOTE: If you forgot anything or need to replace any hiking gear, Decathlon is a major sporting gear chain that has large outlets in Sevilla, Merida, Caceres, Salamanca and Ournese. They stock pretty much anything you may need for hiking at very reasonable prices. You can also buy on Amazon.es and ship to their drop boxes that are available in most big cities in Spain.

[Decathlon.com](https://www.decathlon.com)

[Amazon.com](https://www.amazon.com)

[Rei.com](https://www.rei.com)

W= Recommended in Winter S = Recommended in Summer

Camino Packing Guide

What to Pack for your Camino:

Two of the biggest mistakes people make when setting off on the Camino is overpacking and overthinking what they will need for a long walk on the Camino. I myself was very guilty of this on my first camino, this is why I am including a basic packing checklist as a guideline for you to follow so that you do not make the same mistake..

Weight is your biggest enemy when walking, if you don't pay attention to how much you are carrying in your backpack sooner or later your body or feet will pay the price...

A good rule of thumb is that **your pack should not weigh more than 10%** of your body weight. If you stick to that rule you will definitely have a much more pleasant and easy walk.



One thing you should know, that I didn't, is that there are washing machines or laundromats most anywhere you will stay along the way, so clean clothes are never a problem. Many "pro" pilgrims only pack one extra change of clothes and do a quick hand wash upon of their t-shirt and underwear and socks upon arriving at wherever they are staying; whilst this is a great strategy if you want to walk with the least amount of weight and clothes, you will be forced to do your wash every day and will be worrying if your clothes will be dry by morning.

I personally recommend having 3 sets of underwear and t-shirts and socks, and 1 pair of long or convertible pants and some short pants, that way you don't have to be washing every day and get more time to explore and relax.

As far as footwear I highly recommend that whatever you decide to take boots or trail runners, you walk at least 100 km in them before you start your walk, that way you will not have as many problems with blisters and sore feet.

Your feet expand and flatten out considerably from walking many hours a day, so it is a good idea that you **purchase your footwear one size larger than you normally would**. I also recommend taking 2 pairs of shoes, either one boot and one trail runner or two sets of trail runners as it is nice not to have to wear the same shoes all the time, especially after a long day's walk..

Next to your shoes, your socks are going to be the most important protection against blisters and sore feet. I can't stress this enough, do not use cheap tube socks... you will pay the price in blisters! Be sure you wear good quality hiking socks, not the cheap 10 pack socks... it will make a big difference. I recommend Wigwam and SmartWool brand merino socks, they may be a bit more expensive at first but last way longer and you will not be paying the price in blisters later.

Having a pair of flip flops will make the walk to and from the showers in the albergues more pleasant and also give you feet some fresh air and relief after a long day's walk. I personally like to take two pairs of shoes either 2 trail runners or a pair of boots and trail runners, just so I can give my feet a break and change every now and then.

As far as sleeping bags go, most Municipal Albergues require you to use one or to use a sleeping bag liner as they do not provide blankets. Most provide you with disposable sheets that really are terrible, so taking a sleeping bag or liner for the summer months is recommended, as it will weigh you down.

Just remember that each liter of water and all those snacks you carry also count to the total weight...

Luggage - Backpack Forwarding - Transport:

You can always tell a true pilgrim from the rest as they most always are lugging their big backpack along as opposed to strolling along with a small day pack. Many short term or weekend pilgrims opt not to walk with their backpacks and have their luggage forwarded on from one stage to the next as they walk the Camino.

Using the luggage transport service is a good option if you have any physical ailments or problems or simply don't want to burden yourself with a large backpack.,

One thing to keep in mind is that you need have to have a specific location (hotel or private albergue) to send your luggage to, so you will need to make a reservation at a hotel or private albergue, as Municipal Albergues do not accept reservations or luggage (they are on a first come first served basis) and will not accept your bags if you are not there.

The cost per bag is anywhere from €5 to €12 depending on service and time of year. In the summer most routes offer this service, in the winter months the service is limited and more expensive.

If you have an onward trip that doesn't involve backpacking after you arrive in Santiago de Compostela an option is to send your non backpacking luggage to the Correos in Santiago or else send it to Casa Ivar in Santiago for safe keeping till you arrive. Once you finish the Camino you will be able to pick up your suitcase in the office that Correos has next to the Cathedral of Santiago (Rúa do Franco, 4). They store them for up to 45 days so you can walk the Camino calmly and worry-free. There is a small per day fee that they charge, but you will have the peace of mind knowing your luggage is safe and sound.

If you just want to leave your backpack somewhere for a few hours while exploring Santiago the Pilgrims House offers free backpack storage.

For more information on all of these these services visit:

Transport:

[Correos](#)

[Jacotrans](#)

[Caminofacil](#)

Storage:

[Casa Ivar](#)

[Pilgrims House](#)