

## Camino Packing List

<b>Pack/Hiking</b>			
30-45L backpack	Rain poncho OR pack cover	Hiking poles	
<b>Sleeping</b>			
Ultralight sleeping bag	Silk sleeping bag liner	Ear plugs/Eye mask	
<b>Clothing</b>			
Convertible pants OR Skirt/leggings	Light merino wool pullover	Light synthetic pullover	
Sun blocking shirt	Merino OR fleece warm top	Loose dress/nightwear	
Tank top (?)	Underpants (3)	Bras (2)	
Wool socks (2-3), toe socks (2-3)	Neck scarf OR bandana OR Buff®	Sun hat with brim	
Gloves	Belt	Sunglasses	
Warm puffy jacket/fleece	Hard shell jacket		
Hiking shoes/trail runners OR Hiking sandals	Indoor sandals	Gaiters	
<b>Food and Water</b>			
Water bottle/bladder	Collapsible bottle	Eating utensil OR Spork	
<b>Safety/First Aid</b>			
Headlamp or flashlight	Whistle	Duct tape (on poles)	
Prescription meds	First aid kit (BandAids®, roll of tape, bandages, compression pads, moleskin, scissors)	Anti-bacterial cream/liquid	
Needle/thread for blisters	Feminine minipads (foot care)	Ibuprofen cream	
Pain relief tablets (Advil)	Antacid tablets	Electrolyte hydration tablets	
<b>Toiletries</b>			
Toothbrush, toothpaste, floss	Hair/body/laundry soap	Hair brush/comb	
Face/body moisturizer	Deodorant	Sunscreen	
UV blocking lip balm	Foot cream		
Body towel/sarong, facecloth	Razor	Nail clippers	
<b>Travel Essentials</b>			
Fanny pack/money pouch/belt	Passport	Credencial (pilgrim passport)	
Photo ID (driver's license)	Health Insurance card	Travel insurance numbers	
Flight itinerary, tickets	Cash, credit/debit cards	Print/online document backups	
<b>Electronics</b>			
Phone & charger	Travel adapter	Power bank	
<b>Miscellaneous</b>			
Safety pins	Mesh laundry bag	Day pack	
Camino guidebook	Spanish phrase book	Journal/pen/pencil	
Items of spiritual significance (rock, ribbon)	Sewing repair kit		
<b>Optional</b>			
Camera & case	Battery/charger/adapter	Travel umbrella	
Swiss Army knife/corkscrew	Travel mug	Toilet paper/doggy poop bags	
Swimsuit			
<b>What NOT to Bring</b>			
Sleeping pad	Tent/Camping gear	Water purifier	
Hair dryer, curling iron, electric razor	Lots of makeup, perfumes, aftershave	Full size bottles of shampoo, conditioner, shower gel	
Heavy reading material	Heavy, expensive camera	iPod	

