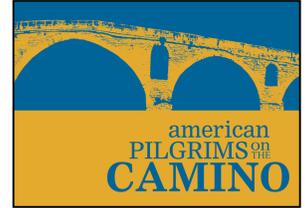


## Camino Packing List Considerations

### General Guidelines for Selecting a Pack

Your internal-frame backpack should fit so that you can carry most of its weight on your hips and not shoulders. A sales associate at an outdoors equipment store should be able help you to find a pack that fits you. (Ask for a sales associate who is familiar with the Camino.) You do not need a big pack; one with 45L capacity (or even much less) is plenty. The following are attractive features in a backpack:

- Bottom compartment for sleeping bag if you choose to carry one
- Side and top compartment
- Mesh pockets for water bottle (even better if tilted for easy access)
- Pack rain cover
- Sleeve for water bag (If you like using one)
- Wide padded hip belt
- Belt pocket for camera



**What and How Much to Pack** - Without water, *your pack should ideally weigh < 12% of your body weight* and definitely not more than 15%.

Here is a list of things for the Camino. This list should serve for most routes, spring through fall.

- 2 quick dry pants (some like zip-off kind that can be converted to shorts)
- 2 short-sleeve shirts
- 1 long-sleeve shirt
- 1 fleece (could be optional, depending on time of year)
- 1 hat with visor or brim and 1 warm hat
- 1 pair of very thin gloves (depending on time of year and route)
- 1 quick-dry towel (washcloth optional)
- 1 or possibly 2 bandanas (these are very versatile)
- 2-3 sets underwear
- 2-3 pairs of socks or sock system
- 1 rain jacket or poncho
- rain pants (optional and seasonal)
- pair of hiking shoes; sandals (may instead use lightweight flip flops for bathroom/shower)
- sleeping bag and/or silk sleep sack (depending on time of year and route)
- headlamp
- backpack rain cover (may be already included with your pack)
- water bag that fits in backpack sleeve (optional as some prefer to carry bottles)
- water bottle (very optional because you could use a purchased bottle of water)
- journal (optional)
- one or two walking poles (must be placed in checked luggage; can be purchased in Spain)
- camera (can use Smartphone)
- Swiss Army knife (must be placed in checked luggage)
- sunglasses
- lip balm & sunscreen\*
- first-aid kit (containing Band-Aids, first-aid waterproof tape, ibuprofen, antiseptic wipes, blister care etc.)\*
- toiletry kit (medications, toothbrush, toothpaste, shampoo, soap, deodorant, razor, etc.)\*
- soap for washing clothes\*
- a couple of trash bags (if bedbugs around) and a couple of Ziploc bags
- Smartphone, tablet, ear buds or headphones, whatever is your style; Chargers for all electronics

\* easily purchased in Spain