

# CAMINO PACKING LIST

## CLOTHING

- ☼ 2 shorts
- ☼ 2 shirts (quick dry is best)
- ☼ 2 sports bras
- ☼ 2 pairs of socks (smartwool is best)
- ☼ 2 pairs of underwear
- ☼ One pair of yoga pants for flight
- ☼ Rain jacket
- ☼ Shawl
- ☼ Hat
- ☼ Sunglasses
- ☼ Sandals
- ☼ Trail running shoes

## ESSENTIALS

- ☼ Passport
- ☼ Pilgrims passport (order ahead at [americanpilgrims.org](http://americanpilgrims.org))
- ☼ Guidebook or map
- ☼ Euros (ATMs are relatively easy to find)
- ☼ Phone
- ☼ Charger
- ☼ Adapter
- ☼ Headphones
- ☼ Ear plugs
- ☼ Journal

## GEAR

- ☼ Sleeping sack
- ☼ Camel bak
- ☼ Hiking poles
- ☼ Small pack with hip straps (22 L or 30 L) - no more than 15 lbs packed or 10% of your body weight
- ☼ Rain cover for backpack
- ☼ Quick dry towel

## TOILET TREES

- ☼ Tooth paste + tooth brush
- ☼ Dr. Bronner's Soap (can be used as shampoo, body wash & laundry detergent) + conditioner
- ☼ Feminine products (enough for 1-2 days, you can always purchase along the way)
- ☼ Sunscreen
- ☼ Compeed + Body glide (for blisters & chafing)
- ☼ Hand sanitizer
- ☼ Chapstick
- ☼ Hairties
- ☼ Kleenex (especially when there's no toilet paper!)
- ☼ Prescription medication

## OPTIONAL

- ☼ Head lamp or flashlight (we ended up using our phones as needed)
- ☼ Packing cubes to keep everything organized
- ☼ Eating utensils
- ☼ Tea tree oil for bedbugs (we didn't have a problem with these but we know others have!)
- ☼ Cold medicine + advil (enough for 1-2 days, again - you can purchase along the way!)
- ☼ Plastic ziplock bags
- ☼ Extra food if you have allergies
- ☼ Small canvas bag for a rest day when you don't want to carry your pack

