

Camino Pack List



Guidelines

- Total weight should be 10% of body weight or less—not including water. It’s a goal—but not a hard and fast rule.
- Clothing should be quick dry. Merino wool is a good choice as it is quick dry, doesn’t itch or take on odors, and is long lasting.
- “Test drive” all your gear beforehand in realistic conditions to make sure that it will work for you. We made significant changes in shoes, rain gear, etc. after trying them.
- Use bags to organize your gear into clean clothing, electronics, etc. This is especially helpful at facilities that won’t allow you to take your backpacks to your room in order to prevent bed bugs. Avoid plastic bags that make noise when used. Just a courtesy to those sleeping later than you.

Gear

- Backpack with Rain Cover** Lightweight backpack that meets airline carry on requirements, so you don’t have to check it. Ryanair limits (a good guideline) are 22 in x 16 in x 8 in (or in metric, 55 cm x 40 cm x 20 cm). Maximum weight is 22 pounds or 10 kilograms.
Dennis uses a Gregory Zulu 40 and Laurie a Gregory Jade 38.
- Day pack** A small pack that can be used in the evening to carry valuables, groceries, etc. We use 4Monster 16 L Backpacks that fold down to the size of your fist and weigh only 4 ounces/11.5 grams. Sea to Summit also makes a good one.
- Heavy Duty Garbage Bag** Even with a rain cover on your backpack, water can wick down your back and soak your gear—especially items on the bottom. Putting a trash compacter or other strong bag in your backpack and putting gear inside will help keep it dry. 13-gallon size is a good rule of thumb.
- Trekking poles** Trekking poles will save wear and tear on your knees, use your upper body to propel you on the trail, and prevent falls—especially valuable when crossing streams. We use Black Diamond but there are many other good brands. Consider bringing spare pole tips.
- Sunglasses** Hopefully you’ll need them for many days on your trek.
- Sleeping Bag/Liner** On any Camino we carry a sleeping bag liner which can be enough on a warm day. On routes most lodgings provide bedding. We found that to be the case on the Chemin le Puy, Way of Saint Frances, and Camino del Norte. In Camino Frances albergues you will often need a warm weather sleeping bag or sack.

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- Sea to Summit is a good brand for sleeping bag liners. We use Mountain Hardware Phantom 45 sleeping bags which are only one pound but aren't available anymore.
- Glasses/Reading Glasses** Consider a spare set or know the off-the-shelf equivalent of your prescription—unless you're lucky enough to not need them.
- Water bottles** Instead of a fancy bottle we just reuse a disposable plastic bottle and buy new ones when they wear out. Dennis carries a one-liter bottle, Laurie a three-quarter liter.
- Mini Multitool** Dennis carries a mini multi-tool with scissors, pliers, knife, bottle opener, etc.
- Cell Phones** Our carrier is T-Mobile which works in Europe. Data is a bit slower than in the US but does the job. You can also buy a local chip and pay-as-you go. For our first Camino we bought a chip from Orange, a major carrier in Europe, which worked on the continent and in the British Isles. Our friends are using Airalo which they preordered online and gets good ratings. Use <https://ref.airalo.com/Guj7> for a \$3 off referral discount.
- Waterproof Phone Case** A dry bag so you can use your phone in wet weather conditions. This is a recent addition to our gear list as we used to just put them in a plastic bag. The Migeec Waterproof Phone Case hangs around your neck and you can use the touch screen through the plastic.
- Entertainment** Consider a deck of cards or some other communal entertainment. We have a travel backgammon set we got from a dollar store that weighs 2.5 ounces. There are half-width (Air Deck brand) playing cards if you're looking to save weight. We also have eBooks loaded on our cell phones that we borrow from our library. Many public libraries have excellent digital download options for books and audio books. Weight for this entertainment: zero ounces.
- Lock** A small combo padlock that can be used on lockers. Many albergues, hostels, etc. have personal lockers.
- iPad** We use an iPad mini with a keyboard as our road computer to handle our blog and other work. We have it in a Lacdo Tablet sleeve case for cushioning and a Columbia PFG dry bag.
- Seat Cushion** Small cushion for use during stops. We both use a Therm-a-rest Z seat. Laurie also has an inflatable KYMIT V Seat.
- Camera** Dennis uses a Canon PowerShot SX730HS because he likes the zoom capabilities. Or save the weight and use your phone.

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- Emergency Kit** Small bag with spare pole tips, mini sewing kit, zip ties, Velcro straps, and about three feet of duct tape for emergencies.
- Portable Light** Flashlight for early morning starts or other occasions. Dennis uses a headlamp; Laurie a mini flashlight
- Clothesline** Laurie carries a Sea to Summit Lite Line Clothesline which is great when we have to hang dry laundry in a room.
- Charger/Adaptor(s)** Most of Continental Europe uses a “Type C” two prong plug. We carry a Lencent travel power plug which has 3 USB ports, 1 USB C port, and plugins for US style plugs. You can buy it beforehand on Amazon.
- Headphones** If you want to listen to audiobooks, etc. on long, lonely stretches.
- Power Bank/Charger** Used to recharge phones during the day. Dennis carries an Anker brand Power Bank—the smaller the better. Solar versions are heavier and not very effective—yet.
- Electronics Bag** A small dry bag for the adaptor, flashlights, and other electronics. We use a Columbia PFG bag.
- Zip lock bags (4-6)** Mixture of different size zip lock bags for miscellaneous uses.

Clothing

- Hiking shoes** We prefer shoes that are water resistant and have used Columbia, Hoka, Asics, and La Sportiva. Most pilgrims nowadays use hiking or even running shoes instead of boots. This is one item you want to test and test and test. We each tried several different types of shoes before our first Camino before settling on something that worked for us.
- Sandals** Lightweight sandals for showers, crossing creeks, and walking in the evening. Xeroshoes or Texas are great options. If you prefer something with a closed toe a fellow pilgrim recommends Sanuk Sidewalk Surfers.
- Clothing bags** A nylon bag for organizing clean clothes. We use Eagle Creek.
- Mesh bag** Mesh bag for dirty or wet laundry
- Socks (3)** Wool socks. Weight depends on the season
- Liner socks (2)** Nylon liner socks to prevent blisters
- Underwear (3)** Quick dry underwear. Dennis likes ExOfficio.
- Buff/Neck Gaiter** We switched from neckerchiefs to buffs for our latest trek. They can be used as sweatbands, neck warmers, etc. Very versatile.

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Gloves	We prefer merino wool gloves; still warm when wet and they dry quickly. Our favorite brand is Minus33.
Handkerchief	Or, tissues, or your buff.
Pants (2-3)	Dennis: Convertibles--pants with zip off legs that can function as pants and then as shorts as the day gets warmer (2). Laurie: A mixture of capris and pants. (2 pants, 1 pair of capris). REI and Columbia are our favorite brands.
Shorts	Shorts that can be used as nightwear, swimming, or even hiking.
Hiking Shirts (2-3)	Dennis: Merino short sleeve shirts. Favorite brand is Smartwool (2). Laurie: Merino or nylon short sleeve shirts (3).
Long sleeve shirt	For cooler weather or sun protection. Can also be a bit dressier than normal hiking gear. Merino long sleeve wool shirts work for both of us.
Post Hiking Clothing	Slightly dressier clothing used in the evening Dennis: A merino wool, short sleeve polo shirt Laurie: Sometimes a lightweight dress
Sleepwear	Many hostels or albergues have communal rooms. Dennis: A hiking shirt and shorts mentioned above. Laurie : A pair of shorts and a tank top.
Hat(s)	Brimmed hat to protect your ears and face. Consider a wool watch cap when hiking in cold seasons Dennis: A Tilley brand hat and a wool cap. Laurie: Collapsible baseball hat and wool cap.
Money belt	Money belt for use in big cities. Sometimes stashed securely in backpack in safer areas.
Day Wallet/passport holder	Dennis: A coin purse big enough carry key ID and cash. I leave the normal wallet at home. Laurie: A fanny pack with separate plastic zip locks for cash and credit cards. Also carries my cell phone
Rain jacket and Pants	We prefer using a rain jacket and pants to ponchos. We found ponchos less effective in windy and rainy situations. And the rain jacket is good for casual wear in the evenings. Cons of using rain pants are that you may find yourself taking them off and on as weather changes. But some people prefer a poncho with gaiters. In some cases, the poncho will go over their pack to help keep it dry. Test in bad weather to find the best solution for you. We prefer REI and Columbia gear.
Puffy/Puffer Jacket	Lightweight, insulated jacket, with stuff sack for cooler weather.

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- Swimsuit** Dennis: Uses the multi-purpose shorts listed above
Laurie: Swimsuit only on hikes where a pool or beach is expected.
- Snack/emergency food** Most days you'll be able to buy local foods from stores for snacks or even a picnic lunch. Good to have a few energy bars stashed away for an emergency. Laurie also likes a few bags of tea and powdered chicken broth in a zip lock bag.

Documentation

- Passports** We keep ours in a plastic bag in our pack for rain protections. Many times, you'll need to show it when you check into lodging.
- Guidebooks, Maps, and Apps** We've used both paper and electronic versions. Depends on the Camino. For most Caminos Dennis will preload the GPX File and maps for the route using the Gaia GPS app. Laurie uses the Buen Camino app which has good lodging information and allows you to plan your stages. See our detailed resource list for at worldrovers.com/planning-your-camino for more info on these.
- Backup Documents** We keep backup copies of documents such as our driver's license and main page of our passports on our phones.
- Misc.** Entry control documents, tickets, etc. based on your situation. Could be electronic or paper.

Toilet Kit

- Toothbrush** Folding toothbrush so you don't have a cap to lose.
- Toothpaste** Travel size.
- Flossers/ Dental Floss** Dental hygiene doesn't end when you go on the Camino.
- Vitamins/ Medication** We bring prescription meds in the labeled bottle, in case there are questions about the prescription at customs, and then transfer to plastic bags afterwards. You can buy most vitamins and supplements you need at pharmacies.
- Comb/brushes/hair care** Dennis: Comb
Laurie: Small pick, small brush, and a roll brush.
- Razor** We both use disposables on trips, replace at stores as needed.
- Soap** Basic bar in a snack size plastic bag.

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Shampoo/ Conditioner	We both carry a travel size shampoo. Laurie also has a small spray-on hair conditioner, hair bands, and a shower cap.
Sunscreen	Sweat resistant—you'll need it.
Lip Balm	Lip balm with sunscreen protection.
Nail clippers	Small set.
Mask for COVID	Mask requirements change but are often still recommended in pharmacies and other medical facilities.
Toilet Kit Bag	Nylon bag for toiletries. Dennis: An Eagle Creek Pack It System bag with a loop to hang it. Laurie: A mesh bag with a ring for hanging and a zip lock bag. Her hair care requires more storage space.

First Aid Kit

Pain Killer	Tylenol, Advil, aspirin, or other preferred pain killer. Readily available at pharmacies when you run out.
Needle	Used to drain blisters—or use the needle from the sewing kit.
Bandages	Small selection of bandages for the wounds you will inevitably incur. Small bottle of liquid bandage for blisters or hot spots
Antibiotic Ointment	Small tube, again, for those inevitable wounds.
“Piddle Pack”	We keep a small bottle of hand sanitizer, toilet paper, a few disposable toilet seat covers, and small plastic bags for used TP in an accessible plastic bag we call our Piddle Pack. There will be times when you are between restrooms, or the restroom is out of supplies. Sometime toilets even lack seats.

One Way Bag

We prefer to carry our backpacks on the plane to avoid having them wind up as lost luggage—which would be a nightmare. But there are some things in our list that can't be carried on such as trekking poles, the multi-tool, etc. We also take several sets of clothing beyond the hiking clothes such as jeans, shirts, jackets etc. that are about ready to be donated to a thrift store. We wear that clothing on our flights and during any touring we do before we start the Camino. We get a small gym or travel bag that can be checked with items that can't be carried on. That bag and the pre-Camino clothes are donated to a local thrift store the day before we start. Some pilgrims ship extra clothing and items ahead for pickup in Santiago. By using this “One Way Bag” method we avoid that hassle and cost. When we finish our pilgrimage, we buy

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additional clothing at local stores or even thrift shops—which have some amazing stuff in great condition. Then to get our non-carry on and extra items home we will buy a bag or suitcase at a thrift store or bazaar, or use a cardboard box. “Extra items” can even include local liqueurs and other unique souvenirs if you package them well.

We hope you find this list helpful as you embark on your own adventures.

Buen Camino



Dennis & Laurie Brooke

List available at worldrovers.com/planning-your-camino