



ULTIMATE CAMINO PACKING LIST

BASED ON 700+KM/500+MI WALKING THE CAMINO FRANCES
JUNE-JULY EXPERIENCE

PRIMARY GEAR

- 45L BACKPACKING PACK
- BACKPACK RAIN COVER
- 40° SLEEPING BAG (DEPENDING ON SEASON)
- SLEEPING BAG LINER (DEPENDING ON SEASON)
- TREKKING POLES (SERIOUSLY SAVE YOUR KNEES)
- 25OZ/.75L CAMELBACK WATER BOTTLE

CLOTHING & FOOTWARE

- NEW LIGHTWEIGHT TRAIL SHOES (BREAK THEM IN!)
- QUICK DRY FLIP FLOPS (SHOWERING & LOUNGING)
- 2 PAIRS OF POLYESTER HIKING SOCKS
- 2 PAIRS OF LIGHTWEIGHT POLYESTER SOCKS
- 2 TANK TOPS
- 1 T-SHIRT
- 1 LONG SLEEVE BASE LAYER SHIRT
- 1 FLEECE (I USED MINE IN JULY!!)
- 1 LIGHTWEIGHT RAIN JACKET WITH HOOD!
- 2 QUICK DRY SPORTS BRAS (FEMALES)
- 2 PAIRS OF QUICK DRY UNDERWEAR
- 1 PAIR OF HIKING PANTS (KNEE ZIP OFF)
- 1 PAIR OF DRI-FIT SPORT SHORTS
- 1 PAIR OF DRI-FIT TRAINING CAPRIS

TOILETRIES

- SHAMPOO/CONDITIONER/SOAP BAR(S)
- LUSH TOOTHPASTE TABLETS
- TRAVEL TOOTHBRUSH
- BABY HAIRBRUSH/COMB
- EYE GLASSES & HARD CASE
- CONTACTS & EXTRA CONTACTS
- BABY BOTTLE OF CONTACT SOLUTION
- MOTHER NATURE ESSENTIALS (FEMALES)
- 2 PACKS OF TRAVEL TISSUES
- TIGER BALM
- ANTI-FRICTION FOOT GEL/CREAM
- TRAVEL SIZE HAND SANITIZER

PROVISIONALS

- BODY/FACE SUNSCREEN
- SUNGLASSES
- CHAPSTICK/LIP BALM
- HAT OR BUFF
- NAIL CLIPPERS
- A FEW SAFETY PINS
- 5 CLOTHESPINS
- POCKET KNIFE
- BABY FLASHLIGHT (MAG LIGHT)
- EAR PLUGS
- EYE MASK
- TRAVEL CUTLERY
- 10L STUFF SACK BACKPACK
- COMPEED® FOOT BLISTER CUSHIONS
- 2 PACKS OF MOLESKINE® PADDING
- 2 PACKING CUBES FOR CLOTHES
- LAUNDRY SOAP BAR
- MEDIUM/LARGE QUICK DRY TOWEL

ELECTRONICS & MORE

- PHONE/CHARGING USB CABLE
- SMALL EUROPEAN OUTLET CONVERTER PIECE
- MONEY POUCH/FANNY PACK
- PASSPORT

OTHER NON-ESSENTIALS

- SMALL CAMERA/BATTERY/CHARGER/MEMORY CARD
- ESSENTIAL OILS (LAVENDER & MINT)
- JOURNAL / BOOK / PEN / PENCIL
- SMALL LOCK & KEY
- BABY LIGHTER
- MEDICAL TAPE / KT TAPE
- A COUPLE STORAGE ZIP LOCK BAGS
- CAMPING PILLOW
- WATCH
- GUIDEBOOK/ITINERARY