

Packing List

This is a suggested list for Camino Frances (Spring and Fall)

CLOTHING

- 3 Pairs of merino wool socks
- 3 Hiking (sweat wicking, wool) shirts
- 3 Pairs of underwear
- 3 Pairs of Sports bra (women)
- 2 Hiking pants
- Fleece
- Lightweight waterproof jacket
- Flip-flops/sandals
- Sleeping t-shirt and shorts

WINTER EXTRAS (those passing through French Pyrenees and O'Cebreiro in Galicia)

- Lightweight puffer jacket
- Thermal underwear/shirts
- Beanie
- Gloves

GEARS

- Hiking packs 25L-40L
- Sleeping liner or light/summer sleeping bag
- Trekking poles (for steep hills this helps)
- Headlamp
- Backpack rain poncho
- Masks

TOILETRIES

- Waterproof toiletry bag
- Travel size shampoo
- Travel size body wash/soap
- Travel size toothpaste
- Toothbrush
- Hand sanitizer
- Sunscreen
- Comb/hair brush
- Mosquito repellent (optional)
- Baby/moist wipes (optional)

HANDY EXTRAS

- Personal Rx medications
- Ear plugs
- Eye masks
- Nail cutter
- Stuff sack (waterproof is ideal)
- Water bottle 32L
- Phone charger
- Multi-USB charger
- Outlet plug adaptor (US to EU-Type C “Euro-plug”)
- 7” nylon clothesline
- Notebook and pen
- Personal item (optional, see notes below)

FIRST AID

- Antiseptic/alcohol
- Painkillers
- Anti-inflammatory
- Vaseline or Bag balm
- Blister care

DOCUMENTS

- Passport
- Pilgrim passport (Credencial)

Notes:

1. If you forget anything or need to replenish anything, there are sports stores, pharmacies, groceries along the way. We will also be there to help source what you may need.
2. For toiletries, take travel size bottles. Likewise for first aid kits, just 2-3 doses of medications, you do not need to carry a whole bottle of Tylenol for example.
3. A week or two prior to your trip, keep an eye out for the weather as the weather changes.
4. Big towns have ATMs where you can withdraw cash. Bring a few euros with you for purchases along smaller towns. Check with your bank for any travel fees.
5. You may want to bring a personal item that you'd like to leave behind- a rock from your homeland, a string, a poem, etc. Those passing through Cruz de hierro or Iron cross (just pass Foncebadón) in Leon have the opportunity to leave a symbolic token. For the rest, you may bring a stone or a stick and may choose to carry it with you or leave it somewhere along the way as a symbolic token.



SACRED CAMINO