

PACKING LIST

THE CAMINO FRANCES PACKING LIST

As you may already know, the Spanish weather can be unpredictable which means that when planning this walk it is important to consider what you need to take with you. The right equipment will ensure that you are comfortable and make your Camino journey much more enjoyable. The following list has been put together based on my own experience but I am sure that you will find other solutions will work equally well. It is important that you pack for **you** and no-one else.

Weight is obviously important. As a rough guideline, look at carrying no more than 10%-15% of your body weight. (not including food or water). Saying that I currently weigh 8st 9 (about 110 lbs) and my current base weight is around the 7llb (7.7kg) mark!

For links to the products, please visit the AdventureGeek website (not affiliate links)



CLOTHES

<input checked="" type="checkbox"/> Item	Qty	Notes
<input type="checkbox"/> Hiking shirt	2	There are numerous hiking shirts that you can purchase. If you are in the UK then look at the Craghoppers Nosilife Women's Long sleeve shirt, or perhaps the Columbia shirts. Ideally you need something that has UPV protection and insect repellent).
<input type="checkbox"/> T-Shirt / base layer top and bottoms.	1	A t-shirt or base layer top can be used as an extra layer of clothing in the winter, or as your sleeping outfit. Take something lightweight to sleep in such as base layer leggings. (I use Under Armour Brand that works well for me).
<input type="checkbox"/> Bra	2	Sports bras are not essential but will certainly offer more support.
<input type="checkbox"/> Underwear	3	Investing in technical underwear that dries quickly and is chafe free is a wise move. There is nothing worse than having to pin your wet knickers to the outside of your pack to dry! Brands that I would recommend are Runderwear or Exofficio.

<input checked="" type="checkbox"/> Item	Qty	Notes
<input type="checkbox"/> Walking Trousers / Shorts	2	<p>This is a personal preference but pick trousers, shorts or ¾ lengths that you have hiked in previously. Many people just wear running leggings and that is fine as long as they are breathable. I like walking trousers as they have lots of pockets for all the little gadgets.</p> <p>Good brands are Regatta, Craghoppers.</p>
<input type="checkbox"/> Light Weight Rain / Windproof Jacket	1	<p>In the summer just take a packable lightweight rain jacket that you can pick up in most sports shops. One that packs into its own pocket will be adequate.</p> <p>In the autumn, winter or spring months then a rainproof puff jacket is recommended.</p> <p>Note: Some people swear by poncho's however I found that they flapped around my legs and it was not for me. Again, it is a personal choice.</p>
<input type="checkbox"/> Lightweight fleece	1	<p>On all five Camino's I have taken a very lightweight fleece for the evenings and I would never walk a Camino without one.</p>
<input type="checkbox"/> Buff	1	<p>You will be amazed how often you use a buff on the trail. It will keep you warm in the chilly mornings and cool in the hot afternoons. I actually wear two buffs. One around my wrist to wipe my brow, and the other is called Mission Cool – Multi Headwear). This genius buff has built in cooling technology – just wet, snap and it stays cool for 2hrs. Just re-snap to activate it again. (Wicked!)</p>
<input type="checkbox"/> Headwear (sun hat, baseball cap, beanie)	1	<p>Try to choose a hat that has wicking features. Again, keeping the sun from your head is essential and a necessity on the Camino. I also always pack a beanie if walking in colder months as the mornings can be rather chilly.</p>
<input type="checkbox"/> Socks	3	<p>We all know how important it is to look after your feet. I must stress that buying good walking socks that are built for the UK are not always the best choice for Spain.</p> <p>Ideally, choose lightweight socks that have wicking ability. Some people swear by doubling the socks, others wear liner socks only. The bottom line is to choose socks that work for you. Make sure that you have spent many hours in your walking socks before hitting the trail.</p>
<input type="checkbox"/> Gloves	1	<p>I only take gloves for the colder months (From October – April).</p> <p>If you use Nordic Poles rather than trekking poles then consider purchasing the Leki Shark Gloves as they are super light and stop blisters on your hands.</p>

TOP TIP!

“Don't miss your 10pm curfew...
you WILL get locked out.”



GEAR

<input checked="" type="checkbox"/> Item	Qty	Notes
<input type="checkbox"/> Rucksack	1	<p>If you are going to spend money on this trip then the rucksack is one element where you do not want to scrimp and save. Do not purchase a rucksack from the internet unless you have already been to an outfitter and tried it out. Places such as Cotswold Outdoors, Decathlon, Go Outdoors etc will all offer advice and a fitting service.</p> <p>Brands I'd recommend: Osprey</p>
<input type="checkbox"/> Hiking Poles	1	<p>Not everyone is a lover of poles when walking but you will find that more people use them than not on the Camino. That first day from St Jean when you are climbing the Pyrenees you will be thankful that you took your poles with you.</p> <p>I personally use Nordic Poles, but I would recommend having a lesson in how to use them before your trip (www.nordicwalkinguk.co.uk)</p> <p>Note: you can easily purchase poles all along the Camino, so if you don't take any and then decide that you would benefit from poles, then they are relatively inexpensive.</p>
<input type="checkbox"/> Sleep sheet vs Sleeping Bag	1	<p>I have only ever taken a sleeping bag once on my first Camino and I hardly used it as it was so hot at night (even in May or October). I would consider myself a cold sleeper and a silk sleep sheet was absolutely fine. Most hostels supply blankets if you are cold. Amazon have a whole range of sleep sheets. If you like space then make sure you search for an envelope style rather than a mummy style.</p>
<input type="checkbox"/> Trekking Umbrella	1	<p>OMG! I would never walk another Camino without my trekking umbrella. Not only was it amazing for the terrible rain over the Pyrenees, but it was also fantastic for shielding me from the sun. (Especially the Meseta!).</p>
<input type="checkbox"/> Water bottle or Hydration Bladder	1	<p>There are a variety of opinions when it comes to hydration. You do not need to bring a water filter with you, and you can fill up along the way so you never really need to carry more than 1litre of water. I have used both bottles and a bladder and my personal choice is a bottle (as you can see how much you have left).</p>

<input checked="" type="checkbox"/> Item	Qty	Notes
<input type="checkbox"/> Pack rain cover	1	Some rucksacks will be supplied with a cover, if not then you will need to purchase one. It rains a lot in Spain, so a pack cover is not something to avoid.
<input type="checkbox"/> Lightweight gaiters (running gaiters)	1	Running gaiters are great! They fit over your shoes like gloves and keep stones and debris from getting into your footwear. Many areas of the Camino are rocky, dry and you find that you are constantly having to take your shoes off to tip small stones out to avoid blisters.
<input type="checkbox"/> Dry bags	1	Dry bags are to keep your clothes and other items dry inside your pack. For the Camino I would recommend keeping your electronics and clothes in a dry bag. Brands: Exped are reasonably priced and good quality dry bags.
<input type="checkbox"/> Headtorch	1	I rarely use my head torch in the summer months, but from October to May then it should be a staple for your pack. You will find that you often start walking while it is still relatively dark outside and you never want to get caught in the dark at night whilst looking for your hostel in the evenings. Note: I never use a head torch to get ready in the morning. Simply implement the squirrel effect if you don't want to annoy other pilgrims.
<input type="checkbox"/> Spare mini rucksack	1	In my main rucksack I carry a fold away day pack. If for any reason you want to forward your pack using the luggage transfer service, then the daypack will come in handy. The day pack has multiple uses. Taking it with you when you explore the town in the evenings. Or keeping your valuables with you whilst you have a shower. Brand: I use the Sea to Summit packaway backpack, but there are others on the market which are a lot cheaper.
<input type="checkbox"/> Mini Laundry Bag	1	This is not essential, and I suppose you would consider it a luxury, but a mini laundry bag that cost £2 from Decathlon was so useful for keeping my dirty clothes separate from my clean washing.

TOP TIP!

Bikes can be hired for free in Logrono and are collected from the tourist information office.



TECH

<input checked="" type="checkbox"/> Item	Qty	Notes
<input type="checkbox"/> Smartphone	1	A bit of a no brainer. Your smartphone is your navigation (Use Beun Camino app), your bedtime reading (Kindle app), your camera and video recorder and so much more! Note: Wifi is not brilliant in Spain and be careful with your mobile data charges.
<input type="checkbox"/> USB Travel Plug	1	If you have a four port USB travel adaptor then you will soon be everyone's best friend. Often you can be waiting for a free plug socket, but offering to charge up other pilgrims phones as well as yours will make you very popular!
<input type="checkbox"/> Powerpack	1	If, like me, you are recording videos, uploading to Facebook, and generally using your phone all day, then a Powerpack is essential. I have lots of gadgets, from Airpods to Apple Watch, iPhones, mini printers etc, so a powerpack is part of my "must have" list! Brand: Anker or Belkin.
<input type="checkbox"/> Cables		Remember to bring your cables for all of those gadgets!
<input type="checkbox"/> Earphones	1	Many people will take earbuds with them in Spain. Sometimes, especially that last few miles, you just get a bit of a boost when listening to your favourite tunes. Again a personal choice.

TOILETRIES

<input checked="" type="checkbox"/> Item	Qty	Notes
<input type="checkbox"/> Shampoo	1	You will find that the Lush Shampoo Bars that you can purchase online are very popular on the Camino. Not only can you wash your hair and body with it, but also your clothes. The bars tend to last about two-three weeks (in my experience). Alternatively, decant some of your regular shampoo into a small bottle.
<input type="checkbox"/> Toothbrush	1	To save weight, some people chop the handle off their toothbrushes, but I think that is a bit crazy! I use a bamboo toothbrush which is good for the environment and also lightweight.
<input type="checkbox"/> Mini Hairbrush	1	A personal choice.
<input type="checkbox"/> Ladies things	1	No explanation needed, but you can also buy ladies things in most villages and towns along the way.

<input checked="" type="checkbox"/> Item	Qty	Notes
<input type="checkbox"/> Small First Aid Kit	1	There is no need to go overboard with your first aid kit. Just take the essentials and if you need anything else then you can buy them in Spain. Compeed / Blister plasters Sewing kit (for popping blisters) Alcohol swipes Ibuprofen (anti-inflammatory tablets) Imodium (for stomach problems). Zovirax (For cold sores)
<input type="checkbox"/> Sun Cream	1	A travel sized sun cream is fine.
<input type="checkbox"/> Nail Clippers	1	Essential as keeping your nails short will prevent them from going black and falling off!
<input type="checkbox"/> Razor	1	A personal choice.
<input type="checkbox"/> Chap stick / Lipsil	1	Essential in all seasons.
<input type="checkbox"/> Hand sanitizer	1	Essential in all seasons.
<input type="checkbox"/> Toilet roll or packet of tissues	1	Camping loo roll or just a packet of tissues should be somewhere easily accessible in your pack (along with the hand sanitizer).

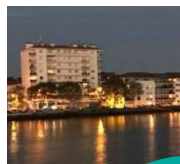
MISC

<input checked="" type="checkbox"/> Item	Qty	Notes
<input type="checkbox"/> Journal / Notepad / Pen / Pencil	1	The Camino certainly opens something that often makes you feel inspired to write or draw. If you are creative then I would recommend taking a notepad or journal with you. I used mine everyday.
<input type="checkbox"/> Wallet	1	Just carry a small wallet or purse.
<input type="checkbox"/> Cash	1	Spain is a cash country and they are rather behind when it comes to paying with a card. Most big supermarkets will take cards, but the hostels and many restaurants / café's will only accept cash.
<input type="checkbox"/> Guidebook / Map / apps	1	In all honesty, I had a guidebook on all of my Camino trips however I hardly ever used them. I think it was more of a comfort blanket than anything else. The paths are well waymarked and the app "Beun Camino" gives fantastic information with an integrated map.
<input type="checkbox"/> Micro Towel	1	Try not to forget your towel! The micro towels that you can purchase nowadays are fantastic. The roll up small and dry quickly. You can purchase one in any outdoor shop.

<input checked="" type="checkbox"/> Item	Qty	Notes
<input type="checkbox"/> Penknife	1	There is no need to take a big penknife with you. Ones that are 6cm or smaller are ideal, plus you can then take them on a plane. You will mainly use your knife for cutting cheese, bread, pate etc.
<input type="checkbox"/> Walking shoes / boots	1	The shoes that you choose should be right for you. I have worn both trail runners and also full ankle walking boots on the Camino and they were both very comfortable. The key is to make sure that they are at least half a size too big for you as your feet tend to swell in the heat. I now wear trail runners, without gortex (as they dry quicker) for all of my Camino's however, it is a personal choice.
<input type="checkbox"/> Lightweight shoes	1	Shoes such as Tom shoes or crocs are a nice break from your walking boots in the evening.

The above list is a guide only. You may want to add to this list, or not take some of the items at all. It is important to remember that it is YOUR adventure and no-one else's. If you find that your bag is too heavy then you can always send your pack to the next hostel via the luggage transfer service. Also remember that the postal service in Spain is excellent, and you can always mail unwanted items to your final location, or back home to the UK. Simply work through the list and decide what is right for you.

LOOK
OUT
FOR...



REGISTER YOUR TRAIL NAME HAVE YOU PICKED YOURS YET?

It is a part of the "hiking culture" to have a trail name. It is a nickname that is bequeathed to you by your hiking comrades or you can pick your own at

www.adventuregeek.co.uk/adventure-geek-trail-name-register

