Thanks to Jim Green for sharing his packing list. In general 10% of your body weight is the recommended weight for packs on the Camino.

2/9/2013

Camino Equipment List (total weight 20 lb)

1 USA passport
1 Pilgrim's credential
Gregory backpack
Altus walking stick (Purchased in Spain or your own but they will have to be in checked luggage, not carry-on.)
Merrill low top boots - leather
North Face light weight boots - gortex and nylon (optional)
Very light weight plastic sandals, purchased in Spain
Altus poncho
1 REI Sleepsack and small pillow in stuffbags
2 pants: ExOfficio (lighter); TrangWorld (heavier)
2 T-shirts: ExOfficio
3 underpants: REI quickdry
2 shirts, quick dry and high UPF: ExOfficio and Columbia
1 lightweight wool sweater
1 Polartec vest
2 silk socks (sock liners)
3 Wright Coolmesh double socks
1 handkerchief
1 brimmed hat: ExOfficio
1 baseball cap (not needed)
Travel Wallet on neck string
1 small light attached to wallet
2 guidebooks: Cole and Confraternity of St. James. Cole is easier to carry.
1 small camera with case and 2-512MB memory cards
1 diary booklet and pen
2 extra glasses: backup and dark
2 two-liter water bladders: REI
2 1-gallon plastic bags: medicines and toiletries
Prescriptions and 1 backup prescription list
3 1-gallon plastic bags for clothing
Comb
Razor
Moleskin: 3 sheets, 2 sets of pads
Small scissors
Earplugs in small bag
Deodorant
Desenex
Small soap in plastic bag
Small shampoo container
Nail clipper
Glasses spray cleaner
Microfabric towel from REI
Twist clothesline and 6 clips
Small pocketknife (Will have to be in checked luggage, not carry-on.)
2 plastic spoons
ATM and/or credit cards