

## **LYNNE'S CAMINO PACKING LIST**

*Full pack plus water and food should not exceed 10% of your body weight.*

### **CLOTHING & /EQUIPMENT**

1 pair pants  
1 pair shorts  
1 long sleeve T-shirt  
1 short sleeve T-shirt  
2 pair thick socks  
4 pair sock liners or thin socks  
3 panties/underpants  
2 bras \*  
1 light windbreaker  
1 fleece vest  
Sleepwear (running shorts and tank top)  
Bandana: Or 2. Very useful  
"Humpback" poncho  
Extra shoes (Crocs-like or Tiva-like sandals)  
Sleep sheet or sleeping bag (depending on the route and the season)  
Fleece gloves  
Collapsible titanium walking poles  
Hiking boots (gel inserts/orthotics)  
Sun hat  
Travel towel  
Water bottle(s) (capacity depending on the route and the season)  
Camera batteries or battery charger

### **TOILETRIES**

#### **Foot care**

Needle & cotton thread for blisters  
Vicks Vaporub for feet  
Alcohol romero: buy it in Spain for feet  
New Skin liquid bandage  
Small length of duct tape  
Compeed (now Johnson Blister Bandages)

#### **Daily care**

Comb  
Deodorant  
Emery board  
Moisturizer  
Nailbrush  
Shampoo/conditioner  
Hand soap  
Sunscreen (SPF 30)  
Toothbrush, toothpaste  
Prescription medications

### **Useful or emergency care**

Diaper pins for clothes line  
Tweezers  
Flashlight (LED-type), whistle  
Ziploc-type bags, various sizes  
Sleeping pills for airplane  
Antibiotic/Z pack  
3-4 packets Emergen-C  
2-3 mini packs of powdered laundry soap. Available in Spain.

### **WAIST BELT PACK, WORN IN FRONT W/ VALUABLES: NEVER LEAVE IT!**

Passport  
Driver's license (you never know!)  
Air and train tickets, hotel confirmations  
Pilgrim passport (Your most valuable possession!)  
Pen/pencil  
Small diary  
ATM/Debit card for cash  
Credit card  
Sunglasses/reading glasses  
Guidebook  
Camera  
Cash  
Lip balm/gloss

***Wear your boots on the plane. If baggage is lost, you can buy everything else in Europe, but the boots should be broken in to your feet. Don't lose them!***

### **SEND AHEAD TO SELF IF TRAVELING ON**

1 daytime outfit  
1 evening outfit  
2 sets underwear  
Shoes  
Purse \*  
Makeup \*  
Travel hair dryer

**To travel overseas, put backpack and send-ahead clothes in duffel bag. Before hitting the trail, go to the post office and buy a box there to hold the duffel and send-ahead clothes. Mail to yourself "lista de correos" in Santiago.**

\* optional for men ☺