

PACKING LIST

Ruth Potterton, the Irish Pilgrim, shares her packing list. It totals 14 lbs. including the weight of the rucksack, a 45 litre Lowe Alpine, no frame. Her advice: I am horrified to read about people thinking of carrying 35 lbs. this is madness especially for a woman. I carried 14 lbs. and had all I needed. Carrying 35 lbs. will put unnecessary strain on legs/knees/back and feet . . . over the years I have met many people with all sorts of problems and an awful lot of them were trying to carry huge weights.

Ruth's Rucksack List:

3 shirts (the very light kind made by Lowe Alpine, that dry overnight)

2 pairs of shorts

1 pair of track suit bottoms (for the evenings and if it was very cold)

1 pair of walking sandals for evenings, etc.

4 pairs of thick socks

4 pairs of very thin liner socks, this means that the thick socks don't need to be washed each day, just wash the liner socks

Basic underclothes, 4 pairs pants, 2 bras

1 very light cotton nightshirt, this is so useful, put it on when you have had a shower to walk around in, lovely to lie on your bunk relaxing in, etc.

1 very light rain jacket (Lowe Alpine) I did not bring rain pants but just let my legs get wet, easy to dry them.

1 fleece, again Lowe Alpine

1 travel towel, one of those that dries you but is tiny and light

1 hat

1 cotton neck scarf, mops the sweat, keeps the sun off, keeps the rain from running down the back of your neck

6 clothes pegs, essential for drying clothes in Refugios, etc.

4 safety pins very large for pinning socks etc. to rucksack to dry

1 very light sleeping bag (if traveling in summer just bring a silk bag, only weighs a few ounces)

Basic wash things: toothbrush, facecloth, nailbrush (also useful for scrubbing socks and mud off boots/shoes)

Small quantity of shampoo and soap (buy more as you go)

1 small torch (flashlight)

Spare boot laces which also can be used as clothes line

Swiss army knife

Camera such as a compact Olympus, with waist pouch for carrying

Basic medical kit for emergencies, second skin and plasters for blisters, sterile needle, bandage

Fanny pack or some kind of separate case for your money, passport, credit cards

Plastic ziplock bags for notebook, Pilgrim credentials, Pilgrim guide and books

Rucksack cover Everything is stored in plastic bags, essential as it can rain a lot. Also use plastic bags to keep your things dry while having a shower as there is never anywhere to put things while showering

Water - Instead of fancy water bottles, I always carry two 500 ml bottles of water, can be found in Spain, fill them at fountains and buy fresh bottles when needed.