A Winter Packing List for the Camino

Here is the list that I propose of things to pack for the Camino. I invite you to play with it and add or subtract as you see fit. Just remember–every half pound of weight is a half pound that you will really feel around the 10th mile of the day´s walk.

Both women and men My particulars

Nylon hiking or convertible pants (1 pr)

Nylon hiking shorts (1 pr)

Synthetic t-shirts (2) ….………………………………….. Short sleeve

Powerstretch top or a light fleece jacket (1)

Regular underwear (3) …………………………………… Quick-drying synthetic

Gloves …………………………………………………… Power stretch

Brimmed hat (waterproof) ………………………………. Outdoor Research rain hat

Non-cotton socks (3 pr) …………………………………. One pair for after the day´s walking

Liner socks (optional)

Rain jacket or poncho …………………………………… A poncho also covers the backpack

Rain pants (optional) …………………………….………. Function as another pair of long pants

Clogs or sandals for around the albergue …….………….. Crocs, Tevas, or similar

Synthetic towel

Hiking boots ……………………………………………... Lightweight, mid height, waterproof

Sleeping bag liner or sleep sack ………….…………….. Silk or CoolMax

Backpack\* AND raincover ………………...…….……… Osprey, Deuter, or Gregory are excellent

Trekking poles (optional) ……………………………….. Or you can get a wooden staff in Spain

Water reservoir (Platypus, etc) …………………………. 2-liter (optional)

Camera (small!) ………………………………………….. A compact digital

Money & document holder ……………………………… Neck pouch

 Passport, ATM card, credit card

Travel alarm or wristwatch

Toothbrush and toothpaste

Shampoo ………………………………………...………. Covers all needs

Disposable shavers (optional)

Deodorant

Comb or brush

Fingernail clippers

Journal and pens

“Hefty” ziplock bags …………...……………………….. Keep things dry inside the backpack

Prescription medicines if needed

First aid kit (aspirin, band aids, needle, thread, mole foam, elastic tape, disinfectant, scissors)

\* 30 to 35 liter size is perfect (1800 to 2200 cu. in.)

 Low High

Convertible hiking pants $40 $60

Hiking shorts $30 $40

Synthetic t-shirts $12 $30

Powerstretch / Polartech top $25 $60

Brimmed rain hat $33 $60

Rain jacket $60 $100

Rain pants $50 $100

Synthetic towel $10

Hiking boots (mid high, waterproof) $85 $150

Sleeping bag liner $25 $40

Backpack (30 to 35 liter) $100 $150

Trekking poles (optional) $70 $100

Platypus $10 $30

 $730 $920