













# CAMINO PACKING LIST

Steve						Julie						Joint					
Items	Weight (grams)	Useful?	Comments	Image		item	Weight (grams)	Useful?	Comments	Image		item	Weight (grams)	Useful?	Comments	Image	
<b>Camino Essentials</b>						<b>Camino Essentials</b>						<b>Camino Essentials</b>					
✓ Ferrino Alta Via 55 Backpack (inc. cover)	1550	★★★★★	Maybe could have gone a size down. But extra room for food and drink			✓ Osprey Tempest 30L back pack	850	★★★★★	The perfect size for me. The 'girl fit' was very comfortable			✓ John Brierley Camino Guidebook	273	★★★★★	The Bible for your Camino		
✓ Altus Poncho	400	★★★★★	Thankfully only used the poncho for less than an hour. But don't leave home without one			✓ Altus Poncho	400	★★★★★	The poncho is a little pricy, but great quality. Particularly liked the front opening like a coat			✓ Small day bag	29	★★★★★	Handy for evenings. Keep your valuables with you		
✓ Ferrino Hiking Poles	540	★★★★★	Cheap poles, lasted the trip and beyond. Just make sure to carry spares of the rubber tips			✓ Ferrino Hiking Poles	540	★★★★★	We chose the cheapest poles we could find. Performed well mostly, although did get stuck open occasionally			✓ Belkin Wall Dual Port wall charger	95	★★★★★	Three USB plugs so we could charge both phones and the same time		
✓ Marmot Waterproof Jacket (folds down really small)	337	★★★★	Again barely used, except for the odd chilly morning			✓ Katmandu Waterproof Jacket	385	★★★★	My windproof waterproof jacket has been with me for 2 years. Performs like a dream			<b>Toiletries</b>					
✓ Besteam Sleeping Bag	900	★★★★	Can't stand sleeping bags, but this one was cheap and opened fully so used as a duvet			✓ Besteam Sleeping Bag	900	★★★★	Good bang for buck. Unzips fully to make a duvet, which I prefer			✓ Toilet paper (and plastic bags when using mid Camino)	30	★★★★	Essential for obvious reasons		
✓ Sleeping Bag Liner	87	★★★★	Leave it home			✓ Sleeping Bag Liner	87	★★★★	Could have skipped this			✓ Sun cream	40	★★★★	Ditto above		
✓ Merrell Walking Boots		★★★★★	Purchased a month before our walk. Great boots, replaced the inner sole with a gel inner sole			✓ Salomon Hiking Shoes		★★★★★	Swapped out my boots for Salomon hiking shoes. Waterproof, supportive and not so heavy. Perfect			✓ Soap	100	★★★★			
✓ Dr Scholl Insoles		★★★★★	Have a spare pair, great for the knees									✓ Toothpaste	100	★★★★			
<b>Clothing</b>						<b>Clothing</b>						<b>Clothing</b>					
✓ Flip Flops	222	★★★★★	Cheap pair for the showers and toilets			✓ Flip Flops	100	★★★★★	For the showers. Enough said			✓ Cotton Buds		★★★★			
✓ Trainers	608	★★★★	Ditched my lightweight pair half way through. Just additional weight that you can do without			✓ Trainers	430	★★★★	Light weight ones to rest your feet in the evening			✓ Tissues	45	★★★★			
✓ Sun hat	40	★★★★★	Baseball cap, saved the hairless head from the fierce sun			✓ Beanie	65	★★★★	For early starts			✓ Anti-bacterial Handwash	50	★★★★	Essential, particularly if using loo roll mentioned above		
✓ Beanie	55	★★★★	The mornings were sometimes a little chilly but really not needed			✓ Buff	36	★★★★★	Perfect for cold, or sun or keeping dirty hair hidden away			<b>Eating on the go</b>					
✓ Buff	36	★★★★	Used mainly to protect the back of the neck. Other wise not needed			✓ Gloves	45	★★★★	Only used twice at high elevation. Could skip depending on time of year			✓ Lunch box	20	★★★★	Useful for carrying food, like cheese, fruit		
✓ Gloves	60	★★★★	Lightweight pair good for those chilly mornings			✓ Columbia Long Trousers	230	★★★★★	Adjustable waist, for when the kgs drop off. And they do			✓ Knife	40	★★★★	To prepare your snacks		
✓ Eddie Bauer Guide Pro Trousers x1	290	★★★★	Expected to use these more than I did. These are travel trousers so pretty lightweight			✓ Nike Dry Fit Leggings	160	★★★★★	Good alternative for hiking and sleeping in if cold.			✓ Sporks	18	★★★★	Great for eating on the go		
✓ Shorts x2	465	★★★★★	Spent 90% of my time both walking and whilst resting in shorts. Love the ones with lots of pockets so you can stash camera, wallet etc			✓ Shorts	160	★★★★★	Good for hiking. Think quick dry and lightweight			<b>Foot Care</b>					
✓ Icebreaker Fleece	430	★★★★★	Great Kiwi Brand. Lightweight merino, mostly used in the mornings			✓ Icebreaker Vest	87	★★★★★	Perfect for layering or sleeping in			✓ Vaseline	250	★★★★★	You will need lots of it! Take with you as can be expensive/hard to find in Spain		
✓ Icebreaker T-shirts x3	480	★★★★★	Lightweight merino, doesn't smell too bad even after 2 days wear			✓ Icebreaker Fleece	382	★★★★★	Merino, make the best fleeces			✓ Foot Cream	120	★★★★★	A thick foot repair cream. Apply at night		
✓ Icebreaker Long Sleeve Shirt x1	195	★★★★	Layer up with t-shirts and fleece			✓ Icebreaker T-shirts x2	140	★★★★★	Two is enough as you wash daily. Doesn't smell and dries quick			✓ Medical Tape	40	★★★★★	For covering 'hotspots' to avoid them turning into blisters		
✓ Icebreaker Undies x3	130	★★★★★	No commando here			✓ Icebreaker Long Sleeve T-Shirt x1	120	★★★★★	As above			✓ Compeed Blister Plasters	20	★★★★★	Steve swore by Compeed plasters		
✓ Socks x3	240	★★★★★	Great SmartWool socks, additional thickness around heel and toes			✓ Undies x 3	75	★★★★★	Three are enough			<b>First Aid Kit</b>					
✓ Sleep gear - shorts	0	★★★★	Lost mine after a couple of weeks, undies do the same job			✓ Bras x 2	140	★★★★★	Two. One to wash, one to wear			✓ Small Bandages	15	★★★★★			
						✓ Socks - long x3	195	★★★★★	Three so you can swap out during the day or sleep in if cold			✓ Sterile Wipes	10	★★★★★	First Aid Kit. Best to be prepared		
						✓ Socks - short x1	35	★★★★★	For trainers			✓ Plasters/Pads	15	★★★★★			
<b>Toiletries</b>						<b>Toiletries</b>						<b>Toiletries</b>					
✓ Towel	100	★★★★	Smallest microfibre towel I could get away with			✓ Towel	170	★★★★★	Keep it small and lightweight			<b>First Aid Medications</b>					
✓ Toothbrush	25	★★★★★	Leave the electric one at home			✓ Toothbrush	25	★★★★★	Leave the electric one at home. That goes for hairdryers and straighteners too			✓ Paracetamol	15	★★★★★			
Deodorant	N/A	★★★★	Skip it! No one cares. And you won't either			✓ Eyedrops & Lip Balm	40	★★★★★	Must have items for me			✓ Ibuprofen	15	★★★★★			
✓ Razor	25	★★★★	Started out with the view of not shaving for the whole walk, then the thought of shaving it off and being left with a crazy suntan mask did not appeal			✓ Shampoo & Conditioner	93	★★★★	Try Lush solid Shampoo & Conditioner to save weight and space			✓ Imodium (for diarrhea)	17	★★★★★	First Aid medicines. Best to be prepared		
✓ Inhaler	30	★★★★	Very mild asthma but ended up not needed it at all. More of a security blanket			✓ Razor	25	★★★★	Only used a couple of times week. No one cares!			✓ Antihistamine	20	★★★★★			
						✓ Comb/Hair ties/ Clips	10	★★★★★	Essential			<b>Other Bits and Pieces</b>					

Steve						Julie						Joint								
Items	Weight (grams)	Useful?	Comments	Image		item	Weight (grams)	Useful?	Comments	Image		item	Weight (grams)	Useful?	Comments	Image				
					<input checked="" type="checkbox"/>	Moisturiser x1	95	★★★★•	Used infrequently but couldn't do without		<input checked="" type="checkbox"/>	Needle & Thread	10	★★★★•	Needle for blisters as well as on the go repairs					
					<input checked="" type="checkbox"/>	Tampons & Sanitary Pads	40	★★★★★	Not always easy to get the ones you prefer. So best to be prepared		<input checked="" type="checkbox"/>	Small Scissors	6	★★★★•						
					<input type="checkbox"/>	Deodorant	N/A	★★★★•	Skip it! No one cares. And you wont either		<input checked="" type="checkbox"/>	Nail file & Clippers	55	★★★★•	Keep those toenails in check for happy feet					
<b>Other Bits and Pieces</b>						<b>Other Bits and Pieces</b>						<input checked="" type="checkbox"/> Tweezers 12 ★★★★★								
<input checked="" type="checkbox"/>	Head Torch	60	★★★★★	Essential for early starts		<input checked="" type="checkbox"/>	Head Torch	60	★★★★★	Essential for early starts		<input checked="" type="checkbox"/>	Pegs	42	★★★★•	Surprising useful to hang out washing at albergues				
<input checked="" type="checkbox"/>	iPhone 6 (now using iPhone 7 Plus) + headphones	160	★★★★★	Headphones because sometimes it's nice to listen to music during the tough bits. The iPhone was also our only camera for the walk		<input checked="" type="checkbox"/>	iPhone 6 + headphones	160	★★★★★	Headphones because sometimes it's nice to listen to music during the tough bits. Only camera too		<input checked="" type="checkbox"/>	Gaffer Tape/Duct Tape		★★★★★	Useful for a million things. Patching boots, bags or anything really. Wrap around your poles to save space				
<input checked="" type="checkbox"/>	Passport	42	★★★★★	Needed for checking in at albergues		<input checked="" type="checkbox"/>	Passport	42	★★★★★	Needed for checking in at albergues		<input checked="" type="checkbox"/>	Safety Pins	5	★★★★•					
<input checked="" type="checkbox"/>	Eyemask & Ear Plugs	20	★★★★★	Essential for shared dorms		<input checked="" type="checkbox"/>	Eyemask & Ear Plugs	20	★★★★★	Essential for shared dorms		<input checked="" type="checkbox"/>	Travel Washing Liquid	100	★★★★★	For hand washing, obviously				
<input checked="" type="checkbox"/>	Sunglasses	40	★★★★★	To look cool and for sunny days		<input checked="" type="checkbox"/>	Sunglasses	40	★★★★★	To look cool and for sunny days		<input checked="" type="checkbox"/>	Plastic Bags (especially ziplock ones)	5	★★★★★	For organising, rubbish. Anything				
<input checked="" type="checkbox"/>	Reading Glasses	30	★★★★★	Blind as a bat without them which makes it tricky to read the Brierley Guide book		<input checked="" type="checkbox"/>	Journal & Pen	95	★★★★★	To record your memories and feelings. Keep it small. Caminoteca store in Pamplona does a cute journals and pens		<input checked="" type="checkbox"/>	Laundry Scrubba Bag	100	★★★★★	This speeds up hand washing. We have used it for over 2 years. Doubles as a wet bag to keep stuff dry when needed				
<input checked="" type="checkbox"/>	Journal & Pen	100	★★★★★	Small notepad for daily thoughts and rating accommodation																
<b>Water and Food</b>						<b>Water and Food</b>														
<input checked="" type="checkbox"/>	Water	750	★★★★★	750ml is generally enough as plenty of water stops along the way		<input checked="" type="checkbox"/>	Water	750	★★★★★	750ml is generally enough as plenty of water stops along the way										
<input checked="" type="checkbox"/>	Food	500	★★★★•	Good to carry snacks. Only on very few occasions are you very far from a store of some description		<input checked="" type="checkbox"/>	Food	300	★★★★•	Good to carry a few snacks										
<b>TOTAL WEIGHT</b>		8947					<b>TOTAL WEIGHT</b>		7527					<b>TOTAL WEIGHT</b>		1741				
Weight as % of Steve		<b>9.7%</b>					Weight as % of Julie		<b>11.8%</b>					Weight as % of Steve		<b>1.9%</b>				