



# WILD WOMEN

EXPEDITIONS

## The Camino de Santiago Hiking Adventure Packing Checklist

 **Trip Prep Tip:** Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans.

 **Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

 **Gear Tip:** On the Camino, your socks and hiking shoes or trail runners will be your best friends. Invest in the very best (socks and friends) and make sure your footwear is well-loved before your trip. Merino socks (like Smartwool, Darn Tough) will be essential to your happiness in blister prevention. These wool socks are quick-dry and come with a stink-free guarantee! If you plan on washing socks during your Camino, pack two diaper pins so you can attach damp socks to your pack to dry as you walk. Alternatively, you can use the cinch features on your backpack in the same way.

 **Luggage Notes:** Checked luggage can get lost or delayed on the way to any destination. Prepare for this possibility by wearing items that are essential to your Wild Women Expeditions adventure. In your carry-on, pack a light jacket, change of clothes, snacks, toiletries, water bottle, medications, camera, and all paperwork. All of this can stay in the support vehicle while you're hiking. Depending on group size, luggage space in vehicles can be limited - please use a small-medium sized suitcase or duffel on rollers, and do not pack more than you can carry.

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

## Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation
- Daypack: Choose one with supportive shoulder straps and a waist-strap. It should be large enough for a water bottle, packed lunch, raincoat, fleece and camera/phone. Recommended size: no larger than 20L. A rain cover for your pack is recommended too—make sure it's of the appropriate size and fits snugly. 20L is the maximum size bag you can take into the cathedral on the last day
- 1 pair of tried-and-true hiking boots/trail runners/runners that are well-loved and broken-in (if you prefer the ankle support). Lightweight and breathable footwear are key (bring a pair of spare laces too). KEEN, Merrell, Vasque and Salomon brands are popular for good reason. Trail runners like La Sportiva or HOKAs are a great alternative as well.
- Hiking socks for each day of your hike or you can rewear wool pairs easily. Or, hiking socks and toe liner socks if blisters start forming. (Darn Tough or Smartwool are recommended brands)
- Rain gear: a lightweight poncho or waterproof hooded windbreaker and waterproof pants
- Water bottle (1-2 L) with a carabiner (to attach to your pack) or other hydration system (Camelbak, Playtypus)

## Recommended packing

- Hiking poles (Highly recommended—you will have to pack these in your checked luggage).
- Depending on the time of year, you may wish to bring a light pair of gloves for sun protection and blisters if using poles!
- Quick-dry pants or sport leggings for hiking
- Shorts for warmer months (quick-dry)
- An extra pair of shoes or sandals/flip flops to wear in the evening, around town, on your way home
- Compression socks (if you have and wear them regularly while hiking or at the end of the day for recovery)
- T-shirts to wear while walking, adjust number based on your comfort level (quick-dry is best)

- Swimsuit (recommended for warmer months) if you want to take a dip in a river along the way
- Underwear and bras as desired
- Lightweight pajamas
- Long sleeve shirt(s)/baselayer(s) for the hike, it can be cool in the mornings.
- 1 fleece jacket, pullover or vest
- Clothes to wear when you're not hiking and clean travelling clothes for the flight home, if you wish (like a pair of jeans and clean shirts)
- Brimmed sun hat or baseball cap
- Bandanna/buff for sun protection
- Sunglasses
- Sunscreen & lip balm (SPF 15+)
- Toiletries
- 1 washcloth (if desired, hotels in Europe generally do not provide them)
- Blister kit:
  - Suggested items: 2nd Skin, Compeed gel plasters (these are game changers and can be purchased along the route), Vaseline etc. Toe second skin bandages work well
- Personal first aid kit
- Ziploc baggies of various sizes for waterproofing stuff (especially your Camino passport)
- Ear plugs (recommended for shared rooms)
- Smartphone & charger (and maybe portable battery for charging phone)
- Adapter plug/power converter

## Optional Items

- Snacks (if you have faves you like to travel with, there will be snacks provided!)
- Electrolyte drink mix (to aid in rehydration)
- Reading material
- Pencil and notebook/journal
- Camera and accessories, with extra batteries

## Essential Documents

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved for easy access on your phone)
- Any entry visas or vaccination certificates as required

💡 Note: Pack photocopies of travel documents separate from originals (or save to your phone) in the event that your baggage is lost or delayed.

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!

🧰 **Gear tip:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!