

Packing Checklist

Camino to the Coast

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.

Hot tip: Before your trip, become well-acquainted with your gear—especially your hiking 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!

Required Items

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase or backpack with small padlocks or combination locks.
- 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: 30 litres (2000 cubic inches). A rain cover for your pack is recommended too—make sure it's of the appropriate size.
- 1 pair of tried-and-true hiking boots that are well-loved and broken-in (if you prefer the ankle support). Lightweight and breathable footwear with rugged soles 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 are a great alternative as well.

- Rain gear: a lightweight poncho or waterproof hooded windbreaker and waterproof pants
- An extra pair of running shoes or sandals/flipflops to wear in the evening
- 1 pair quick-dry pants, jeans or leggings
- 2 pairs of shorts (quick-dry)
- 4 pairs of socks (Darn Tough or Smartwool are recommended)
- 2 t-shirts (quick-dry is best)
- Swimsuit
- Underwear and bras as desired
- lightweight pajamas
- 1 long sleeve shirt/baselayer
- 1 fleece jacket, pullover or vest
- Brimmed sun hat or baseball cap
- Sunglasses
- Toiletries (ideally biodegradable): toothbrush, toothpaste, soap, lip balm small travel towel, prescription medications (bring in duplicate and pack separately), glasses/lenses, feminine hygiene products
- 1 washcloth (if desired, hotels in Europe do not provide them)
- Blister kit: 2nd Skin, Compeed gel plasters (these are game changers!), [hike-goo](#), Vaseline etc.
- Sunscreen (SPF 15+)
- Ziploc baggies of various sizes for waterproofing stuff (especially your Camino passport)
- Ear plugs (recommended for shared rooms)
- Small flashlight or headlamp
- Travel alarm clock/watch (smaller inns won't have wake-up call service!)

- Adapter plug/power converter (for more info, visit this link: [MEC Adapter & Converter](#))
- Alcohol-based sanitizer and face masks
- water bottle (1L) with a carabiner (to attach to your pack)

Optional Items

- Pencil, notebook/journal/sketchbook
- iPod/phone
- Book/Kobo/Kindle
- Energy snacks and drinks: while snacks will be provided, you may wish to bring your faves
- 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 if using poles!)
- Cell phone and charger
- Portable charger or spare battery for electronics
- Bandana/Buff
- Camera, memory cards, batteries/charger
- Personal first aid kit: for any essential items that you know you'll need (e.g. motion sickness pills, blister kit). Your guides will carry a group first aid kit.
- Small calculator for currency conversion

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Money: euros, credit/debit cards with pin number for cash withdrawals

- Air tickets and itinerary, insurance information
- Copies of passport, flights, insurance info (store separately from originals)
- Negative Covid-19 PCR test results (if applicable)
- Approved Covid-19 vaccination certificate and/or QR code (if applicable)

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your adventure (like your hiking boots!). In your carry-on (daypack), you should bring a full change of clothes, your waterproof jacket, toiletries, medications, camera and all paperwork.

Your main luggage **must weigh less than 30 lbs** and be packed in a soft-sided duffel bag or backpack. This bag will be transported by a van each day.

Resources for Buying Outdoor Gear & Clothing

- **Mountain Equipment Co-op, SAIL, REI, Sportchek, Atmosphere**
- **Borrow:** Why buy when you can borrow from a friend?!
- **Variety/Value Village, Goodwill, Salvation Army and online swap sites** are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Re-wear!