

PACKING LIST – CAMINO

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your Camino adventure. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

The weather should be sunny and pleasantly warm during the day and cool at night, although the weather can be unpredictable, with cool and rainy weather one week and temperatures in the 80s the next week. The average low is around 55°F and the average high is 70°F.

Luggage Restrictions

You are allowed one checked bag with a maximum weight of 50lbs and you should carry a day pack. The best clothing for the Camino is made of wicking materials which dry quickly, such as synthetic materials or merino wool. Avoid cotton as it takes much longer to dry and does not wick sweat away from the body.

Don't Forget...

In addition to the items below, a good pair of broken-in hiking shoes or boots are a must as well as rain gear (poncho or rain jacket and pants), sun protection (hat and sunscreen), water bottle(s), and a good supply of hiking socks (one for each day and some extra in case they get wet). Please bring blister relief, such as Band-Aids and Moleskin. You'll also want to bring a small jar of Vaseline to help with chafing and blisters.

PACKING CHECKLIST

Clothing & Gear

- 1 small suitcase/duffel bag
- 1 day pack with rain cover
- 1-1.5 liter water bladder or two water bottles
- Medium-weight, waterproof hiking boots or shoes (make sure they are broken in!)
- 5-7 pairs wool hiking socks
- Optional 3-4 pairs Hiking Sock Liners (to help with hot spots for blisters)
- 2-3 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 2-3 pairs of pants (quick-dry recommended for hiking) / Pro tip: zip-off pants that can turn into shorts are a great option!
- 1 pair of shorts (quick-dry recommended)
- 1 GoreTex, waterproof rain jacket
- 1 pair GoreTex, waterproof rain pants
- 1-2 sets of nicer clothes for Dinner
- 1 pair of comfortable shoes for the evenings
- Sleepwear
- Optional pair of slippers

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- Optional 1 bathing suit (please note that hotel pools are weather dependent and may not be open)
- 5-7 pairs underwear (quick dry recommended)
- Optional Trekking poles (must be in checked baggage on flights, so be sure they collapse and fit into your luggage)

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s)
- Power bank (optional)
- Sunglasses, case and strap
- Hat for sun protection
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: (most accommodations provide shampoo and body wash) - soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs – we recommend silicone earplugs
- Optional assorted stuff sacks and bags – consider bringing nylon or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Vaseline for anti-chafing and to help with blisters
- Personal epi pen – if you need one, don't forget to pack it!
- Seasick/airsick medication (if prone to airsickness)
- Bandages, gauze, ace bandage, blister prevention (blister pads, moleskin and Compeed work well)
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- OPTIONAL Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.