

PACKING LIST FOR PILGRIMS /1

carrying their own pack

Weight: 6 kg

A tailored packing list by Yolandi Wirth, pilgrim in 2018.

Her tip "There are laundromats along the route, so you are able to reuse clothing."

Clothing

- 2 x Shorts
- 1 x Tracksuit pant
- 1 x Long skipant
- 2 x Short sleeve shirts
- 1 x Long sleeve thermal shirt
- 1 x Fleece jacket
- 1 x Thin rain/wind jacket
- 1 x Hiking boots OR tekkies + gel innersoles
- 1 x Shower sandals
- 1 x Hat (cowboy hat with string recommended)
- 2 x Thin socks
- 2 x Thick socks
- 3 x Underwear
- 1 x Swimming costume
- Loose sleeves (for wind & sun)
- 1 x Buff
- 1 x Beanie

Medication

- Headache tablets
- Motion sickness tablets (Stugaron)
- Small Deep Heat / 15ml Arnica gel
- Allergex tablets
- Plasters
- Rehydrate

Luxuries

- Cappucino sticks (1 p/day)
- Oatso Easy (1 p/day)
- Far Bar/Bar One/Peanut butter tube (1 p/day)

Toiletries

- Deodorant
- Roll on
- Toothbrush
- Small Toothpaste
- 2 in 1 Shampoo / Conditioner (50ml for 5 days)
- Hairbrush / Comb & accessories
- All purpose cream (face/body)
- Sunblock 50+
- Microfibre Travel towel
- Tissues / Wetwipes
- Liquid soap (travel size)
- Razor
- Waterless Hand sanitiser
- All in one vanity bag (that can hang in shower)

Camino Bag & Other

- Cellphone
- Cellphone charger & earphones
- Small cellphone tripod (trigger recommended)
- Pilgrim passport
- Trail Moonbag (instead of purse)
- Proof of payments on phone
- Emergency contacts on phone
- 35L Hiking bag + bag raincoat
- Water Bottle (1L)
- Sunglasses
- Headlight
- Duct tape (fixes blisters & bags)
- Small Bible & Pen
- Pocket knife
- Ziplock bags (to pack everything into)
- Small foldable backpack (for evening outings)

Bear in mind these are very thorough packing lists and many pilgrims have walked with much less.

PACKING LIST FOR PILGRIMS /2

carrying their own pack

A tailored packing list by Phil Dubert, pilgrim and Cape Camino Ambassador in 2018.
His comment "This is a modified Camino de Santiago List."

Camino Bag & Other

- 35L backpack (Osprey - good quality, with rain cover)
- 2 x 500ml plastic water bottles
- Pair of sunglasses (in my case: flip-ons)
- Smart phone (loaded with app mapmywalk)
- Phone charger & plug adaptor (2 EU pin & USB to RSA 3 pin)
- Small backup battery for phone (with USB cable)

- Money pouch (straps around waist)
- Cash & credit card
- CC passport
- CC directory
- Slingsby map
- Accommodations reservations
- CC logo key chain (hung on backpack)
- Small abalone shell (hung on backpack)

- Big plastic trash bag (inner liner for backpack)
- Many ziplock bags (everything goes into ziplock bags)
- Small pocket knife
- Interesting book
- Pen
- Handkerchief

Clothing

- Trail runner shoes (Salomon - good quality)
- Sandals (Hi-Tec - man-made material: beach, shower, backup shoes)
- 2 x sets of paired socks (inner polyester, outer wool)
- Set of hiking poles
- Long pants (polyester)
- 2 x short underwear (polyester)
- Long underwear (polyester)
- Short sleeve t-shirt (high percentage polyester)
- Long sleeve t-shirt (high percentage polyester)
- Baseball cap
- Rain jacket (used as windbreaker)
- Rain pants (used as extra layer for cold & backup)
- Long pants
 - Long sleeve fleece top (thin)
 - Long sleeve fleece top (thick)
- Shorts (after shower wear & swimming)
- Pair of fingerless gloves

Toiletries

- Toothbrush
- Toothpaste
- Dental floss
- Shampoo,
- Washing soap powder
- Skin lotion(for feet)
- Razor
- Toilet paper

Medication

- Lip balm
- Vitamins
- Painkillers
- Arnica oil (massage)
- Oregano oil (antibiotic)
- Plasters
- Small scissors
- Small roll of "second skin"

Luxuries

- Sugar satchels
- Milk powder
- Tea bags
- Mix of salt & pepper, spicy powder
- Matches
- 2 x instant noodles packets
- Nuts & dried fruit

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