



A good example of a packing list. Ensure your pack is as light as possible as you are going to carry it across Spain! Quick-dry and lightweight is the best way.

CLOTHES

Comfortable hiking boots or shoes
 Lightweight Socks x 3 (I have chosen Bridgedale Speed Demon Socks)
 3 pairs of underwear (again quick dry)
 Sandals - to wear when not walking
 Convertible zip trousers
 Long-sleeve shirt (quick dry – Craghoppers are great)
 1 or 2 t-shirts (merino preferably)
 Lightweight Fleece – for those cold mornings
 Hat or Cap for shade
 Altus Poncho
 Goretex Rain Pants

ELECTRONICS w/ dry sack

Phone for blog / photos
 Charger and adapter
 Sleeping Bag / Silk Liner

BLISTER KIT / FIRST AID / TOILETRIES w/ dry sack

Selection of Compeed plasters
 Bodyglide anti chafing stick for feet
 Needle and Thread
 5-10 tablet Ibuprofen
 Sunscreen
 All in One Soap for Skin / clothes / hair (Dr. Bronner is great)

OTHER

Quick dry towel
 Headlamp
 Snacks for breakfast on your first morning
 Earplugs
 Clothes pins to hang clothes
 Guidebook
 Walking poles
 Credencial
 Passport