



Packing list for Camino Frances 2018

Backpack - [Lowe Alpine 35litre Trail](#)
 Trail Shoes - [Meindl Philadelphia GTX trail shoes](#)
 Something for the rain - [Berghaus rain jacket](#) and [Columbia rain trousers](#)
 Contigo [720ml water bottle](#)

Clothes:

[Columbia zip off trousers](#)
 Socks - 2 pair of [Quechua socks](#) (bought in Decathlon, Vigo) and 1 pair of [Smartwool](#)
 Underwear - 3 pair of Under Armour
 Baseball cap - [Jack Wolfskin](#)
 Buff - Random buff I bought in Santiago in May
 Sandals - A cheap pair useful for airing the feet in the evenings
 Craghoppers long sleeve shirt
[Helly Hansen t-shirt](#)
 T-shirt purchased in Santiago in May
[North Face fleece](#)
 Towel - 1 quick dry Microfibre towel
 Sea to Summit - [Silk liner sleeping bag](#)

First Aid & Blister Kit:

Blister kit with a selection of compeed and plasters
[Gehwol 75ml Foot cream](#)
 Deep heat
 Earplugs, perfect for those noisy albergues!
 Hand cream
 Wash kit including [All purpose soap 100ml](#)
 Safety pins for hanging up laundry
 Toothpaste
 Toothbrush

Electronics:

Phone & charging cable
 Plug adaptor
 Fitbit & charging cable
 Small over-the-shoulder bag
[Wise Pilgrim guidebook](#)
 Passport
[Pilgrim passport](#)

