

Backpack and rain cover - Lowe Alpine		
Light sleeping bag and cover	1	
Water bottle - 1L	1	
Shoes - Jack Wolfskin	1 pair	
Sandals	1 pair	
Light fleece - Helly hansen	1	
Marmot precip jacket	1	
Main Bag - Clothes & Electrics		
Phone and charger - Electrics	1	
European plug - Electrics	1	
Fitbit charger - Electrics	1	
Fitbit - Electrics	1	
Short sleeve tech shirt - Columbia	1	
Short sleeve tech shirt - HellyHansen	1	
Zip off long trousers	1	
Socks 1000 mile	2	
Underwear	2	
Lightweight towel	1	
Shorts - north face	1	
Neck buff	1	
Hat	1	
Bag One - Small Blister Kit		
Compeed (Selection)	Yes	
Gauze	Yes	
Pen knife with scissors	Yes	
Antiseptic wipes	Yes	
Needle and thread	Yes	

Bag Three - Others / Bits and pieces		
Spork	1	
Snacks	Need	
Safety Pins - 5	5	
Zip lock bags	2	
To buy		
Food / Snacks		
Bus ticket Bilbao to Belorado		
Walking pole - get in Burgos		
Deep Heat		
Nurofen		
Deodorant		
Important and Carry on me at all times		
Passport	1	
Credential	1	
Money	1	
Phone	1	
Bag Two - Toiletries		
Cotton buds	Yes	
Deep Heat	Need	
Nurofen	Need	
Deodorant	Need	
Prescription meds	Yes	
Washing liquid - all purpose	Yes	
Toothbrush and paste	Yes	
Suncream	Yes	
Bodyglide for feet	Yes	
Gerhwol foot cream	Yes	

