

Camino de Santiago

Basic Gear List

As you prepare yourself for this trip it is imperative that you choose the right gear, as the wrong clothing or equipment can make for a miserable experience. The good news is we won't be far from civilization and can make a store run for small items. PLEASE bring the proper footwear and backpack! Break in the shoes before the pilgrimage!

If you do not have a particular item listed below you can find these items for purchase online or at your local outdoor retailer. As a less expensive option, REI offers many of the large items (backpack, sleeping bag, etc) for rent. After making a down payment on the selected gear, you pay a small daily fee for each day you will be using the item. This is an option for those who do not want to invest in equipment. You can find the nearest REI at: <http://www.rei.com>.

Passport

Check now that your passport is up to date and will not expire until January 2020 (check the 6 months validity rule).

<https://travel.state.gov/content/travel/en/passports/apply-renew-passport/faqs.html>

Footwear

- Hiking shoes
 - The roads are mostly paved. You may want to use a shoe with ankle support but something not as stiff as a hardcore hiking boots.
- 1-3 pairs wool/synthetic socks (cotton is fine but wool/synthetic will dry faster)
- optional: 1-3 pairs liner socks
- optional: Tennis shoes
 - In case you have problems with your boots and/or to change into after dropping packs at the hostel to walk around town
- optional: Shower shoes (such as flip flops)
 - Strongly recommended due to using public showers

Hiking Backpack

- Maximum recommended is 55 L capacity (or large enough to hold all your personal gear and daily food). Somewhere between 30-40L would be ideal.
 - If you can pack everything into a smaller backpack, that is fine

- Make sure to leave room for souvenirs!
- Can have internal or external frame
- Recommended:
 - Hip straps
 - Pack Rain Cover (may be built into backpack or purchase separately)
 - 2 Heavy black garbage bags for waterproofing
- *Example brands: Osprey, Deuter, Gregory*

Sleeping Bag (optional)

- The hostels will have sheets and pillows. The average low temperature in June is in the mid 50s F and average high is mid to high 70s F. It is your decision to bring a sleeping bag or sleeping bag liner. It does not need to be too bulky or thick. The hostels will have sheets and pillows.
 - Sleeping Bag guide: <https://www.rei.com/learn/expert-advice/sleeping-bag-backpacking.html>
 - Sleeping Bag Liner example: <https://www.backcountry.com/sleeping-bag-liners>
- If you bring a sleeping bag, the preference is **synthetic** rather than down because if down gets wet it will no longer insulate and can take a long time to dry. Sleeping bag should compress relatively small so there is space for other items in your bag. You should have a compression stuff sack to aid in this.
 - Compression Bag example: <https://www.backcountry.com/stuff-compression-sacks>

Bed Bugs

- You can buy sleeping bags, backpacks or sheets that have been pre-treated against bed bugs
- Get silk liners as bedbugs have a difficult time penetrating silk
- Spray your equipment with permethrin based products. **Follow instructions because this product can be toxic**
 - <http://sectionhiker.com/treating-your-clothes-with-permethrin/>
- <https://www.csj.org.uk/question/bed-bugs-on-the-camino/>

Clothing (Top Layers)

- 1-3 Non-Cotton T-Shirts (you may bring cotton but synthetic dries faster)
 - You may bring sleeveless shirts. However, make sure you have at least one shirt with sleeves and/or a sweater to enter the churches

- 1 Fleece Sweater/Jacket
- 1 Water**proof** Rain Jacket (hood recommended)
 - Cheaper, but less reliable, option: You can bring a poncho that will also cover your backpack. If you choose this, you won't need a rain fly for your backpack.

Clothing (Bottom Layers)

- 1-3 pairs Underwear
- 1-2 pairs of Hiking Pants and/or Hiking Shorts (preferably non-cotton because it will dry faster)
 - Please bring at least one pair of below the knee shorts, pants or, women, long skirt to enter the churches
- optional: Rain pants

Clothing (Other)

- Hat
 - Baseball Cap or Hat with Brim
- 100% UV-Protection Sunglasses
- Swimsuit
 - Please remember we are walking with priests and plan on a modest bathing suit or wear a shirt over it.

Small Items

- 1-2 one Liter Water Bottles (Nalgene or Camelbak are best)
- 1 Small Bottle of Sunscreen
- Chap stick – SPF 15 important in the wind and sun
- Hand Sanitizer (3 oz.)
- Toiletries (suggestion: all items should be travel size – 3 oz)
 - Toothbrush, toothpaste
 - Shampoo
 - Conditioner
 - Soap
 - Razor
 - Shaving Cream
 - Deodorant
 - Comb/Brush
 - Feminine Products

Optional

- Base Layer: Long-sleeve shirt and long underwear (i.e. long johns)
 - If you tend to get cold easily
- PJs x1
 - You don't need separate PJs because you can also sleep in your spare shirt and shorts/pants
- Container for Lunch Food (we will provide zip-lock bags)
 - Plastic Bowl with a Lid
 - Spoon, Fork
- Pocket Knife
- Quick Dry Towel (Camp Towel)
 - Most of the hostels offer towels for a fee (around 1 Euro)
- 1 or 2 Bandanas
- Trekking Poles
- Headlamp or Flashlight with extra batteries
- Laundry detergent
 - You can bring a small amount (3 oz bottle or small bag of powder). Don't bring more because it will just make your pack heavy. You can also purchase along the way.
- Camera (suggestion: bring plastic bag or waterproof bag to store camera)
- Pocket Bible
- Pocket-Journal and Pen

NOTES

How Much to Bring

Except for the passport, shoes, and water, everything on this list is a suggestion. This is your pilgrimage and part of what makes the Camino de Santiago unique is you need to decide what you are going to carry with you on this journey. As you decide what to bring, keep in mind that you will be carrying everything in a backpack over 100km. Even though a few extra ounces here and there sounds light, ounces make pounds and pounds make pain. The majority of the places we will be staying have a washer and either a dryer or a clothesline. Some pilgrims will only bring two shirts, one to two pants/shorts, two socks, and two undergarments. They will wash their dirty clothes every evening and rotate the two outfits.

Money

Some of the meals are on your own (please see "What's Included and What's Not" for details). Other than that, once you arrive in Porto, the only money you will need are for souvenirs, snacks/coffee along the way, any extra activities (such as Finisterre), etc.

There are ATMs in the towns. Most larger stores accept credit cards but the small shops typically only accept cash.

Point People

There will be two people leading the pilgrimage along with the priest and two sisters. These two point people will be carrying basic first aid and blister care supplies such as Tylenol, Ibuprofen, Band-aids, and Moleskin. You do not need to bring your own supply of these items. If you would like an entire list of what they will be carrying, please contact us at quovadisjourneys@gmail.com

Footwear

Taking care of our feet is critical for a successful hike. If we can't walk, we won't get very far! Wear comfortable shoes that are **well broken in**, and have good socks to avoid blisters. You might consider wearing a light nylon or silk sock inside of a pair of light socks.

Weather

We may have beautiful, dry, sunny days while we're hiking or we may have downpours the whole week, so the best thing is to be prepared. Make sure the rain jacket is listed as "waterproof" rather than simply "water-resistant." Look for jackets made with materials like Conduit Silk or Gore-Tex; most major outdoor companies (Patagonia, Mountain Hardware, Outdoor Research, The North Face, etc.) will sell you a high-quality jacket for a reasonable price. **Rain pants are optional for this trip, but they're nice to have when it's raining hard.**

<https://weatherspark.com/y/32567/Average-Weather-in-Santiago-de-Compostela-Spain>

Layering

Check out this website for more information: <http://www.rei.com/learn/expert-advice/dress-layers.html>

Tips:

For footwear: <http://www.theroadtosantiago.com/the-right-footwear.html>

For gear, <http://www.sierratradingpost.com> has great sales and deals. They have frequent sales and free shipping offers. Avoid "Sierra" brand for rain gear. Also check thrift stores, garage sales, or craigslist, or try borrowing from friends.