

Packing List

Clothing:

I planned to wash every second day. The cost of laundry or use of the facilities at an Albergue is between €7 and €10. Generally, the washing machine and drying machine costs are separate. This is helpful if you prefer to hang your clothes in the afternoon.

All clothing should be lightweight, regardless of the time of year, you might be walking. This makes the clothing easy to wash and quick to dry if you need to handwash, or if there are no drying facilities close at hand.

To Pack	Comments	Packed
3 t-shirts	Lightweight; quick-dry; 2 short sleeves; 2 long sleeve	
3 pants	Lightweight; quick-dry; able to remove bottoms to make shorts	
3 underwear	Bra's for the ladies (or the men if they so choose 😊) underpants - comfy!	
3 socks	If I am walking in winter or cooler conditions, I pack 4 pairs	
1 fleece	Layering is a good way to keep warm, a good fleece works well with a t-shirt	
1 pant	Lightweight; long; to wear to bed at night	
Jacket	Lightweight	
Poncho	Great for those rainy days, which goes over everything and your pack	
3 buffs	Versatile to wear around your head, neck or wrists	

Toiletry Bag:

To Pack	Comments	Packed
Toothbrush	No need to cut off the long handle, not much weight is saved doing so	
Toothpaste	A small tube will last for the entire journey	
Soap	A multi-use bar is useful to wash your hair and body	
Sunscreen	A good one, which you can use as a moisturiser	
Vaseline	To use on your feet before your shoe up in the morning	

General Items:

To Pack	Comments	Packed
Earplugs	For those busy evenings in the Albergue	
Towel *	Athletic towel; quick dry	
Raincover	If your backpack does not come with one, buy a good cover	
Gloves	For those chilly mornings, and most definitely in April over the Pyrenees	
Sleeping Bag *	Lightweight and weather dependant	
Walking Poles	A personal choice	
Boots/Shoes	For your daily walking	
Sandals	For your shower, and to wear at the end of the day to air your feet	
Headlamp	A personal choice, but your light on your cell phone will work well too	

Albergues will generally not supply towels, and some might have blankets, but not all *

Medical Kit:

To Pack	Comments	Packed
Plasters	A few in case you pick up a scratch here and there	
Blister pack	If you are prone to them	
Pain medication	Ibuprofen, paracetamol, or your choice of these. I generally use anti-inflammatories to ease my hips after a long day of walking.	
Tummy	There is a change of water, and the food is very tasty so I carry a small dose of a good probiotic, to keep me regular and to deal with any issues	
Flu	In case the sniffles grab you and to help keep you in tip-top shape so that you are not kept from your pilgrimage	
Prescriptions	If these are applicable	
Sanitising Wipes	In the event there is no loo paper, I use these. I choose a multi-use type; Great to keep hands clean, wiping the face, dusting off electronics, etc	

All along the route, you will find pharmacies where you can stock on items that you might need. The pharmacists are also very helpful and will support your request, with care.

Hardware:

To Pack	Comments	Packed
Mobile phone	While it is good to disconnect, I use my phone to log my day, keep soft copy notes of the planning I have done and keep soft copies of all important documents	
Phone Charger	Albergues are well equipped with power points	
Adaptor	Check your countries requirements to enable existing plugs you have	