

Essential Packing List for Camino De Santiago and Galicia Spring Packing List

by <https://WhereintheworldisKate.com>

1 pair of Asics Nimbus 20 or hiking boots what ever is best for you (try them out before you go)

2 hiking pants

2 sports bras

1 compression leg sleeve set (one for each leg)

2 fast dry tee shirts

1 fast dry long sleeve shirts

1 32 degrees lightweight Waterproof jacket, in case rain drenches

2 lightweight wool long sleeve shirts - for layering

1 fleece, amazon basic

Extras - Essential Packing List for Camino de Santiago

Galicia Packing List Extras for Variable Weather

1 neck scarf that can be a hat or face cover

1 baseball cap - folding with a big bill to protect against the sun

1 rain poncho that will cover your back pack

pj's

bathing suit

sleeping bag liner - in case you need clean sheets

Hiking Tools for 'The Way' of St James

1 set carbon fiber trekking poles

backpack bladder

40-liter backpack = this is needed to carry all your gear

headlamp

Snacks in 'The Way' of St James Packing List

hydration pills

fiber pills

ibuprofen

epi pen if you need one

medicines you take regularly

Benadryl – relieves sunburn, stings, allergic reactions and bug bites, check with dr. to make sure

first aid kit with KT tape

Electronics - Camino de Santiago Packing List

cell phone – charger – adapter if you are from the USA

small canon point and shot camera

journal

Noise canceling headset wired or wireless for the airplane and to get away into your music

Toiletries

1 Clothing soap

1 microfiber quick dry towel

1 earplugs

3 travel size toilet paper

2 travel size tissues

1 tennis ball and golf ball to massage your feet and legs

plastic bag to take out what you bring in :) its also saves storage space

Travel tips: Check out the hikes in your area to practice on. Buy and use these before 'The Way' of St James.

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