

CAMINO
WAYS.COM



Camino Packing Guide

Packing for the trip of a lifetime!





Welcome

After talking to walking enthusiasts and working with Camino de Santiago pilgrims for many years now we know that it is hard to decide what to pack and what not to bring when you embark on such an epic journey.

This ebook is designed to help you prepare for your Camino trip. Whether you decide to walk or cycle one or all of the sections you should always research the basic packing requirements for your route.

All of the 6 sections in this ebook are designed to help you choose the right clothing, pack carefully for the road ahead and detail the extra items that will make your journey more comfortable.

Print out the free packing checklist at the end of the guide and begin to tick off the items as you get organised.



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About Us

CaminoWays.com is a walking and cycling holiday specialist with in depth knowledge of the Camino de Santiago, the Way of St.James across France, Spain and Portugal. Our experienced team builds your holiday around you.

Our alternative and active holidays break away from the usual beach and resort trips, giving you a real opportunity to experience the local culture.

In addition to the Camino we organise walking holidays on the Camino to Rome: the Via Francigena (from Caterbury to Rome) and St Francis Way (from Florence to Rome) at FrancigenaWays.com as well as exciting walking and cycling holidays at IrelandWays.com and European adventure trails at RusticRambles.com.

Contact Us:

info@caminoways.com

int. +353 1 5252886

Ireland: 01 5252886

UK: 0203 4681516

USA: 646 801 7951

Spain: 923 990672



CaminoWays.com

IrelandWays.com

FrancigenaWays.com

RusticRambles.com

WHAT TO BRING ON YOUR CAMINO JOURNEY

Deciding what to pack for the Camino de Santiago pilgrimage is not an easy task. We have designed a detailed packing guide with tips and advice from our Outdoor Clothing friends and partners to help you to prepare.



1. Camino Weather Prep

Overview of what type of weather you can expect on the main Camino de Santiago routes.

2. Packing for Your Camino Walk

All of the clothes, cosmetics, undergarments and day to day accessories you will want to bring when walking one of the Camino routes.



3. Packing for a Camino Cycle

What you need to bring with you when cycling one of the Camino de Santiago routes.

4. Essential Clothing

There are too many items of clothing to choose the perfect outfits everyday but there are certain items of clothing that are must-haves on the Camino.



5. Top 10 Packing Tips

Some tips to help you get started: Make the most out of your backpack space, only pack the essential items, and have a checklist.

6. Protection Plan

What you need in your backback to avoid or/and treat blisters, bites and burns.



1. Camino Weather Prep



The weather on the Camino de Santiago will depend on the season, country and the region you choose to travel. Some parts of Spain can reach very high temperatures during Summer, but from Autumn to Spring you will find colder days, even very cold ones. The landscape, climate and weather on the Camino de Santiago is very varied, not just from one country to another, but also from one city to the next, even between places not that far from each other.

Do your weather research a week prior to your departure. Some people automatically picture sunny skies when they think of Spain, but this is not always the case. Remember to always make sure that you check the forecast before leaving for your Camino holiday and check our list of what to bring with you.

* Check our interactive weather map at:
caminoways.com/weather-on-the-camino-de-santiago





Spring

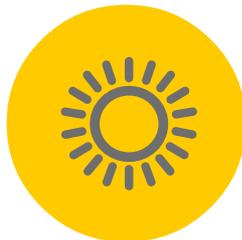
(March - April - May)



The weather on the Camino de Santiago starts to get milder in Spring. Although nights and early mornings can still be pretty cold and rainy, especially on the coast, the mountains and northern Spain in general. It is a popular time to walk, but you could experience days of light rainfall. The great thing about opting to walk the Camino in the Springtime is that it is less crowded than peak times during the summer months.

Summer

(June - July - Aug)



The warmest months enjoy much longer days, rain is infrequent and temperatures are higher. The weather is mainly dry and warm most of the way, apart from the North West corner with its Atlantic climate. In the North of Spain, it is not unusual to get some rainy days in the Summer also. Keep in mind that some days can be very hot and sun protection is vital. Also during the night you might suffer from very warm temperatures.

Bear in mind some sections might be too hot for walking in July and August, for example, the Via de la Plata in Andalucía and Extremadura.





Autumn

(Sept - Oct - Nov)



September and October are very popular walking months. Most regions enjoy dry, summer weather. You can still enjoy pleasant temperatures in October. Rain will be more likely in November. Also, the days are shorter and you will need to pack for colder weather.

Winter

(Dec - Jan - Feb)



Depending on the section of the route, some hotels may be closed during the winter months so it is important to be organised. Flights and ferries operate less frequently than in the warmer months. Also, section 1 in the french Pyrenees may experience heavy snowfall. Daylight hours are also reduced, so you will need to adjust and manage better the daily distance you want to cover.





2. Packing for your Camino Walk



Deciding what to pack before walking the Camino can be a daunting task and planning is key. You should have a detailed list of what to bring on your walking holiday and just as important: what not to bring.

Tip 1. Bring Foldable Clothing

Try to bring a jacket that is foldable, rainproof and easy to pack. Follow the 'onion' advice: layering your clothing. Wear your different layers for warmth when it's cooler and take layers off as the day gets warmer.

Tip 2. Stay Comfortable

Remember the type of holiday that you are about to embark on. You want to be comfortable while you are walking so glamorous outfits are unnecessary. Also, avoid any clothing that will irritate your skin. You need a soft fabric, suitable for long distance walking and relaxing in the evenings. For the long-haired men and women, don't forget some hair bands or a bandana to help keep your neck cool.

Tip 3. Backpack

In addition to your main suitcase you should take a small backpack (for people travelling and getting your luggage transferred with CaminoWays.com). A small day bag will be enough to carry your water, wallet, a few nuts and snacks and a bandana will prove to be key on those hot days of walking.





Tip 4. Sunscreen and Sunglasses

Bear in mind wind can be just as damaging as the sun to the skin. A high factor sunscreen lotion will help to infuse moisture into dried out skin and protect against sunburn. Apply the cream generously each morning and make regular top-ups during the day. In addition to sunscreen buy or borrow a good pair of sunglasses. These will protect your eyes and help you to keep on track if the sun is blinding.

Tip 5. Take care of your toes

The right pair of walking shoes and hiking boots can be the difference between an enjoyable walking holiday and a nightmare of a trek across Europe. Be sensible when it comes to your shoe choices. The most important things to remember when buying a new pair of walking shoes is to make sure that they are waterproof and to break them in before your Camino de Santiago journey. Cheap shoes and socks will fall apart with daily wear and tear. Walking boots will give you better ankle support than walking shoes and of course, walking sandals.

Tip 6. Bring a book

A book is a great companion for the walk if you need to take a quick rest, turn off the thinking switch from the day or if you are walking the route solo.





3. Packing for your Camino Cycle



Don't underestimate the preparation required for cycling the Camino. The following pieces of equipment are chunky and the prices can be a bit cheeky but they will make your Camino journey safe and far more enjoyable:

A

Bike helmet - A no brainer!! Protecting your head must be made a priority!! Helmets these days are lightweight and well ventilated, and can literally save your life.

B

Cycling shorts – Make sure that your cycling shorts are seamless and chafe-free, this will help prevent soreness from repeated rubbing whilst cycling.

C

The Basics (included in your package if renting a bike as part of your trip with CaminoWays.com)

- A puncture repair kit & pump

- A spare inner tube

- Knowledge on how to change a tyre and mend a puncture

N.B. Sunglasses are must for your Camino, they will help you by:

1. Keeping dust and flies out of your eyes

2. Cutting out glare and reflections

3. Sharpening your vision in low light conditions if you buy a pair with interchangeable lenses.





4. Essential Clothing



The Camino de Santiago is a big adventure and needs to be taken seriously. There are certain items of clothing that are essential to any Camino journey at any time of the year.

Shoes & Socks

Remember your walking shoes are the most important part of the gear. Make sure they are comfortable before you go to avoid blisters. A common mistake is purchasing new footwear and taking it to the Camino before 'breaking them in'. Please note that change of clean socks (wool/cotton looped variety) each day can also make a huge difference.

Foldable Raincoat

Even if you decide to walk the Camino in Summer the weather can be unpredictable so a light, windproof raincoat that you can stuff into your backpack is always handy to have.

T-shirts & Pants

The type of material for the clothes that you wear is an important factor to consider before purchasing any new items to take on a walking, hiking or cycling holiday. Light weight, soft fabric pants and T-shirts will help to prevent chaffing and skin irritation when walking long-distance journeys.





5. Top 10 Packing Tips



1. Check your luggage allowance
(20kgs per bag per person with CaminoWays.com)
2. Create a check-list
3. Fold, Roll or Bundle
4. Check the weather forecast
5. Personalise your suitcase (Add our luggage tags...)
6. Keep Valuables in your hand luggage
7. Make use of empty spaces (inside shoes...)
8. Use small bottles for toiletries
9. Painkillers, plasters and insect repellent are necessary for any long walking holiday.
10. Don't forget your toothbrush and camera





6. Protection Plan



When you go on any holiday you need to protect your skin from any extreme weather conditions, prepare for any travel sickness that may occur during your trip and look after your health first and foremost! This is especially true when you decide to book an adventure travel experience like walking the Camino.

- Anti-inflammatory cream
- Plasters
- Blister Plasters (i.e Compeed)
- Suncream and Aftersun cream
- Painkillers such as Aspirin and Paracetamol
- Anti-histamine tablets for allergies

In addition to these items we recommend that you carry a bottle of water at all times. Sport drinks and water will keep you hydrated during your travels. Remember, don't wait until you get thirsty to take a drink. By the time you feel thirsty, you are already dehydrated!
Drink frequently!

Tip:

Straw coloured urine = you are well hydrated

Darker coloured urine = you need to drink more





Your Packing Checklist



- Walking Shoes
- After hiking shoes (i.e sandals)
- Socks for walking & others for evenings (Merino Wool is best – light, no odour, reduced irritation)
- Hiking Pants (no jeans)
- Short sleeved t-shirts (light wool)
- Long sleeved shirt
- A Fleece
- Underwear
- Sun hat or cap
- Sunglasses
- Toiletries
- Water bottle
- Walking Poles/Sticks (these are widely available in towns along the way so only bring them if you really want to)
- Day bag (if you have booked luggage transfers with us)





Your Packing Checklist



- Flashlight – With batteries
- Camera
- General painkillers
- Snacks
- Books – to read while you relax during siesta time and after day walking
- Toilet paper – You will generally find cafes en-route, but toilet roll is not always available
- After sun lotion
- Antihistamine tablets
- Blister Plasters (Compeed)
- Safety pins, needle and thread
- Plastic bags
- Binoculars – Spain is one of the best countries for birdwatching



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Thank You for downloading your Camino Packing Guide!

Our dedicated Travel Specialists
are on hand to answer all of
your Camino questions!

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