

Camino de Santiago Equipment list

- Comfortable and water-resistant walking shoes (good quality, not new).
- Backpack of 50-60 liters, comfortable and customized for body structure.
- Sandals or breathable shoes for foot ventilation after walking.
- Foot balm to prevent blisters (at least give it a try).
- Warm, lightweight sleepwear (most accommodations have heating).
- Two pairs of pants (at least one convertible).
- Two moisture-wicking shirts.
- Long-sleeved shirt.
- One set of evening clothes (light).
- Light but warming jacket or top.
- Thin and warming fleece.
- Hat with neck protection.
- Warm hat (not wool, not too thick) available at Decathlon stores.
- Gloves.
- Muscle warmers for legs (can also be used for hands).
- Rain poncho is a must (preferably with sleeves).
- Hat for sun protection + sunscreen, sunglasses.
- Lightweight trekking poles (preferably carbon with shock absorbers).
- Comfortable padded walking socks (not too warm) that absorb sweat (recommended to buy at a hiking store).
- Small first aid kit.
- A few antibiotic pills for emergency.
- Light daypack for daily essentials.
- Light and moisture-wicking underwear.
- Half-liter water bottle that can be filled anywhere.
- Small knife/multi-tool.
- Snacks for the journey.
- Essential documents: Passport.
- Cash.
- Credit card – a prepaid card is recommended.
- Mobile phone with a good camera and charger.
- Journal – highly recommended for those who want to document the journey.

Buen camino!