



LOTUSEATERS.TRAVEL

Camino de Santiago Packing List for Men

Item	Optional (O) or Required (R)	Quantity
Backpack	R	1
Quick Dry Shorts	R	2
Quick Dry T-Shirts or sleeveless gym tops	R	2
Underwear	R	3
Socks	R	3
Swimming trunks (If walking the Norte, Finisterre or Portuguese Coastal)	O	1
Trail shoes, trainers or hiking shoes	R	1
Pajama or something to sleep in	R	1

A change of clothing and shoes for the evening (flip flops) - lightweight shorts, shirt and a sweater (weather dependent)	O (but recommended)	1
Hat	R	1
Sunglasses	R	1
A windproof/rainproof layer	R	1
A rainproof bag cover	R	1
Sunscreen	R	1
Insect repellent	O	1
First aid kit including painkillers, required	O	1

medication and blister plasters		
Water bottle or reservoir	R	1
Trekking Poles	O	1
Toiletries – deodorant, razor, shampoo/ soap bar, dental care (pick travel sized bottles and lightweight items)	R	1
Something to wash laundry with (see note on laundry below)	R	1
Phone charger with adaptor (for Europe) and ideally a long cable	R	1
Power Bank/ Battery Pack	O	1

Trek Towel	R	1
Sleeping Bag Liner or Sleeping Bag	O	1
Face Mask and Ear Plugs	O	1
Other miscellaneous items (deck of cards, travel journal, kindle, sandwich bags, wet wipes, bottle opener, clothing pegs.)	O	1
Plastic bag (to keep soiled clothing separate)/ Packing cubes are also helpful	O	1
Passport	R	1
Mobile phone and headphones	R	1

Cash and ATM Card	R	1
Pilgrim Passport/ Credential	R	1