



LOTUSEATERS.TRAVEL

Camino de Santiago Packing List for Women

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
Sports Bra	R	2
Evening Bra	O	1
Socks	R	3
Swimsuit or bikini (If walking the Norte, Finisterre or Portuguese Coastal)* a bikini top can double up	O	1

as an evening bra if needed		
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 - a lightweight dress or jump suit is ideal	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 medication and blister plasters	O	1
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
A fanny pack or canvas bag to keep your belongings in on evenings out	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