



Printable checklist

Pack-light guidance

2026 edition

# Camino Packing List

A packing-specific brochure built from the Camino Maps app checklist, with printable checkbox pages and practical guidance on pack weight, gear choice, and personalizing the kit to your route and body.

**4**

packing sections

**38**

core checklist items

**3**

guidance pages before the checklist

## What this is for

This is designed to help a first-time pilgrim leave with less, not more. Treat it as a printable decision tool: keep what solves a real on-trail problem and cross out what is just fear in backpack form.

# How heavy should your pack be?

The right answer is personal, but the pattern is simple: lighter makes the Camino easier. Think of 20% of body weight as the limit, not the goal.

## Comfortable target

**10% - 12%**

A strong default for many first-time pilgrims, especially if you are smaller framed, older, or still building walking fitness.

## Workable range

**12% - 15%**

Often manageable once you are trained, but it still asks more from your feet, hips, and recovery.

## Hard ceiling

**20% max**

This matches the app guidance. If you are anywhere near this line, keep looking for items to remove.

## Quick body-weight guide

These ranges count the pack you are carrying on trail, not the empty bag at home. Include water, power bank, toiletries, and all the little extras.

You weigh	Good target	Upper end	Hard ceiling
50 kg	5-6 kg	7.5 kg	10 kg
60 kg	6-7.2 kg	9 kg	12 kg
70 kg	7-8.4 kg	10.5 kg	14 kg
80 kg	8-9.6 kg	12 kg	16 kg
90 kg	9-10.8 kg	13.5 kg	18 kg

### Practical rule

If you are new, smaller framed, older, or managing pain, aim at the lighter end. It is much easier to add one item later than to drag a too-heavy bag for 30 days.

## What usually makes a pack too heavy

- Clothes for too many identities: walking clothes, evening clothes, backup evening clothes, and a just-in-case warm outfit.
- Toiletries in full-size bottles instead of tiny decanted amounts.
- Bulky shoes, heavy towels, or multiple comfort items doing the same job.
- Packing every fear before you know whether it is a real problem on your route.

## Fastest way to lighten it

- Cut duplicate clothing before cutting useful foot care or sun protection.
- Choose one evening footwear option, not several.
- Move 'might need it' items into a buy-later list instead of your bag.
- Do one trial pack, weigh it, then remove the easiest 1 kg before departure.

### Best Camino mindset

Carry the lightest version of the Camino you can comfortably repeat tomorrow. The pack has to work on your tired days, not only on your motivated ones.

# Choose gear that earns its place

The best Camino gear is not the most technical. It is the kit that feels boringly reliable after repeated walking days.

## Shoes

### Best default

Trail runners or light hiking shoes you have already walked in are the safest first choice for many pilgrims.

### Be careful with

Do not buy stiff boots for a summer Camino just because the internet says 'hiking' should look serious.

- Test them on tired legs, not only on a fresh short walk.
- Break-in is about pressure points, not just mileage.
- If your feet swell, leave room in the toe box.

## Backpack

### Best default

A 25 - 35L pack with a comfortable harness is enough for most Camino setups.

### Be careful with

A larger bag invites 'just one more thing' decisions that you then carry across Spain or Portugal.

- If the bag is not comfortable at 5 - 7 kg, it will not improve later.
- Hip belt fit matters more than extra pockets.
- Pack the heaviest items close to your back and mid-height.

## Rain and warmth

### Best default

One rain layer plus one light warmth layer usually covers a lot more than people expect.

### Be careful with

Do not build a full mountain-weather system unless your season and route genuinely call for it.

- Ponchos can reduce weight, but only if you will actually use one.
- Evenings and early mornings still need something light and dry.
- A dry bag or liner often helps more than extra outerwear.

## Sleep and recovery

### Best default

A liner, light sandals, towel, and a couple of tiny comfort items often matter more than a pile of backup clothing.

### Be careful with

The trap is carrying a whole bedtime identity you only use for 20 minutes before sleep.

- Earplugs and a sleep mask are high-value for shared rooms.
- A liner is usually enough in warmer months.
- Choose the smallest comfort items with the biggest payoff.

# Pack for your body, season, and route

A useful packing list should change around the person walking. Use broad advice as a starting point, then personalize it for the realities you already know about yourself.

## Pack for your body

### If you menstruate

Bring the products and pain-relief setup you already trust. Long walking days are not the time to test a brand-new system.

### If you deal with chafing or need chest support

Treat anti-chafe, tested bras, or support layers as essentials, not optional extras. Small comfort problems become big walking problems fast.

### If you are older, injury-prone, or managing joint pain

Aim for the lighter end of the weight range, be conservative with stage distance, and use poles only if you already know they help you.

### If you take medication or rely on glasses / contacts

Split vital items across bag and valuables pouch, keep medication names accessible, and carry enough to cover travel-day disruption.

## Pack for your conditions

### Summer and exposed routes

Prioritize shade, sunscreen, lighter fabrics, and enough water capacity. Heat management matters more than backup clothing.

### Norte or wet shoulder-season weeks

Accept that things dry slower. A spare pair of socks and a real rain system may matter more than an extra town outfit.

### Cold starts or higher exposure

Add one honest warmth layer and protect dry clothes carefully. Usually you still do not need a bulky cold-weather wardrobe.

### First week nerves

Do not add gear just because day one feels important. Conservative mileage and a lighter pack help more than extra equipment.

## Best personalization rule

Add the items that solve real problems you already expect. Leave out the generic online fear-packing. Camino gear gets better when it becomes more specific to you, not more numerous.

# Apparel checklist

Pack for a laundry rhythm, not for the full length of the Camino. Most first-timers do better with a small rotation they will actually wear.

## Printable checklist

- Backpack**  
25 - 35L. Treat 20% of body weight as the hard ceiling, not the target.
- Socks**  
Bring spares. Merino or toe socks are common pilgrim defaults.
- Shoes**  
Trail runners or light hikers you have already tested are the safest default.
- Flip flops / sandals**  
Useful for showers and evenings. Keep them light.
- Hat**  
A real brim helps more than a stylish cap on exposed days.
- Underwear**  
Fast-drying pairs are easier to wash and rotate.
- Shorts / trousers**  
One walking pair plus one backup is enough for many pilgrims.
- T-shirt**  
Lightweight sports tops dry quickly and reduce laundry stress.
- Light rain jacket / comfort wear**  
One layer that works for rain and cool evenings.
- Sunglasses**  
Especially helpful on exposed or reflective stages.
- Umbrella**  
Optional and season dependent, not an automatic essential.
- Cotton sleeping liner**  
Often enough in warmer months; a full bag is usually too much.

## What matters most

- Choose layers you have already walked in.
- One walking outfit, one drying, one spare is usually enough.
- Quick-drying fabrics beat heavy comfort items almost every time.

## Easy overpacking trap

- Too many tops
- A second warm layer you never wear
- Heavy evening clothes

# Toiletries checklist

This section gets heavy surprisingly fast. Decant, simplify, and assume you can restock basics on the route if needed.

## Printable checklist

**Suncream**  
Do not skip this on exposed routes or summer starts.

**Toothbrush & toothpaste**  
Keep it simple and travel sized.

**Soap**  
A multi-purpose bar can replace several bottles.

**Shampoo / conditioner**  
Bring only what you truly need.

**Hairbrush**  
Choose the smallest version you will still use.

**Moisturiser**  
Aftersun is worth considering if you burn easily.

**Nail clippers**  
Small item, high value on a long walk.

**Tampons and other care**  
Pack the system you already trust on tired walking days.

**Towel**  
Microfibre is the easiest default.

**Tissues / wipes**  
Useful, but do not turn this into a giant hygiene kit.

## Good defaults

- Microfibre towel
- Multi-use soap bar
- Small suncream, not a family-size bottle
- Only the skin and hair care you actually use

## Worth deciding early

- How you will wash clothes
- What helps with sunburn or dry skin
- What can be bought after arrival

# Medical checklist

Medical gear should solve known problems, not imagined disasters. Feet, hydration, and the basics matter first.

## Printable checklist

**Compeeds**  
Useful if they are already part of your blister routine.

**Water bottle / bladder**  
Around 2L is a common upper carry, but adjust by heat and services.

**Painkillers**  
Only what you normally use and tolerate.

**Band-aids / plasters**  
Small cuts and friction happen.

**Arch support insert**  
Useful if you already know you benefit from it.

**Allergy medicine**  
Especially relevant for hayfever or dust sensitivity.

## Think in advance

- How you handle hotspots or blisters
- How much water you comfortably carry
- Whether you need insoles, allergy care, or personal medication

## Do not forget

- Daily medication
- Prescriptions or medication names
- A foot-care plan you know how to use

# Personal checklist

These are the small admin and comfort pieces that quietly make the trip smoother. Keep them deliberate.

## Printable checklist

**Passport / identification card**  
Carry the documents you need for check-in and travel days.

**Phone & phone charger**  
Still the core admin tool for most pilgrims.

**Rechargeable battery pack**  
Optional, but useful on long days or older phones.

**International SIM card**  
Or a clear roaming plan before arrival.

**EU plug converter**  
Easy to forget, annoying to replace at the last minute.

**Hiking poles**  
Useful if you already like them, especially for descents or stability.

**Clothes pegs**  
Helpful for drying gear when accommodation does not provide them.

**Cash and cards**  
Carry both. Some places still prefer cash.

**Earplugs**  
Tiny item, huge value in shared rooms.

**Sleep mask**  
Another small win if light disturbs you.

## Best use of this section

- Protect the essentials first: ID, money, phone, charger.
- Add comfort items only if they solve a problem you already know you have.
- Split crucial items so one lost pouch does not wreck the trip.

## Custom item prompts

- Prescription glasses or contacts
- Sports bra or anti-chafe system
- Compression or support gear
- Journal, e-reader, or other true must-have

### Add your own items

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Use these for route-specific, body-specific, or medication-specific items that belong in your version of the...

# Keep the checklist in Camino Maps

Print this PDF if you want, then use the app to keep the same packing list attached to your actual route plan, accommodation decisions, and stage build.

## Everything for your Camino de Santiago



## Know what's ahead

See every coming hill, plan your next coffee, find your next stay ☕

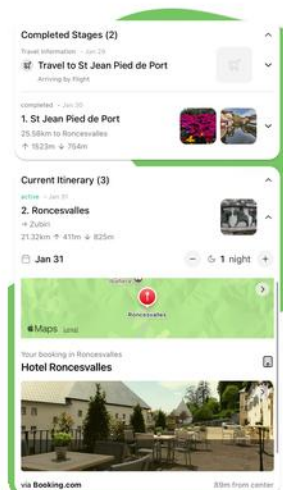


## Route Profiles

To-the-metre elevation and distance profiles for 100% accuracy 📏

## Build your Itinerary

Plan your stages, accommodation, routes



## Memory Album

Choose Photos & Videos to remember each stage on your Camino



## Camino Rewind

Relive your Camino with a personalised reel and stats

## Why finish the decision-making in the app?

- Keep your checklist beside the route and stages you are actually walking.
- Adjust pack decisions once accommodation, distance, and weather feel real.
- Reduce overpacking because the trip context is visible in the same place.
- Use locality and stay info when you realize you can buy or skip items.
- Carry the same list on your phone instead of relying on a single printed copy.
- Move from preparation into route planning without switching tools.

Camino Maps app

Start on the web: <https://caminomaps.org>

iPhone: <https://apps.apple.com/gb/app/camino-maps/id6449408666?uo=4>

Android: <https://play.google.com/store/apps/details?id=org.caminoapp>