



## WHAT YOU SHOULDN'T LEAVE AT HOME

These are the things you will need and may not find on the way when going on the Camino.

Our backpack should include only the most basic and essential items, without overloading it:

- Espadrille, flop-flops or trainers for the moments of rest
- Boots
- Underwear and seamless cotton socks, as well as woolen socks
- Two pairs of trousers
- Two T-shirts
- Two sweaters or sweatshirts
- A hat or a cap
- A sleeping bag
- A toilet roll and tissues
- A canteen or a reusable water-bottle
- Sun block
- A small first aid kit, with the most essential items: regular and gel band aids, tweezers, hypodermic needles, skin disinfectant, painkillers, anti-inflammatory drugs.
- Documents and credit cards (it is not recommended to carry large amounts of cash).
- Mobile phone and charger
- The scallop shell

The following items are optional, however, they may turn out to be useful to have:

- Ear plugs
- A torch
- A swimsuit
- A headscarf
- Basic cooking equipment
- Washing-up soap
- A lighter

## Recommended personal equipment

Very few clothes, adapted to the season and weather forecast, including warm clothes, hats all year round (either for sun or for the cold) and a walking stick.

The clothing should be adapted to the weather conditions corresponding to the time we have decided to walk as well as the characteristics of the chosen route. Some parts will lead through mountainous areas, at an altitude of approximately 1000 m above the sea level, which is a very important factor to bear in mind.

Excessive layering is not recommended – it is more important to wear one **warm layer** over the body, which will keep a thin layer of warm air between the skin and the top layer to avoid cooling down. For the hot season, breathable fabrics are recommended. And one waterproof coat or cape will be useful at any time of the year while walking on the **Camino**.

Since most of the time you will be exposed to direct sunlight, you will need **a hat or a cap** in order to avoid a sunstroke, overheating, etc. In colder seasons the hat will protect you from the cold, especially in the higher altitudes.

Another very useful item, especially when crossing a rocky terrain, will be **a walking stick**, which is also one of the typical items by which the pilgrims can be recognised.