

This is a listing of recommended equipment. I usually source my equipment from outdoor camping websites :

[www.rei.com](http://www.rei.com)

[www.llbean.com](http://www.llbean.com)

Hiking equipment can be expensive if purchased all at once. Best to sign up with these 2 retailers and keep a watch out for sales. Both of these retailers may have store locations where you can check equipment out and measure sizing.

Backpacks - ideal size is 55 to 65 Ltrs. Front & top loading is a convenient feature. You will need a rain cover. Some backpacks have rain covers included. Brands - Gregory, Osprey, REI, LL Bean. An extra small foldable day pack ( not more than 10 - 13 Ltrs ) is useful to carry belongings, camera when you leave the albergue / hostel. A few extra zip locks to protect electronic equipment - phones etc.

Compass - good to have for tracking direction. Check REI.

Small flashlight - with AA battery size - no rechargeable models, I have never used a head flashlight. May need to check Amazon for this item. Take few extra AA batteries.

Medical supplies - ziplock bag with band aids, gauze pads, roll of adhesive waterproof tape, triple antibiotic ointment. One small 8 oz Arm & Hammer Pier Baking soda - for skin cuts, foot blisters ( soak foot in water & baking soda & thick rock salt ) use as a toothpaste, use for skin sunburns & other uses. In Spain they have a product which is iodine in a paste ( Pasta de Yodo ) - in a yellow tube that can be purchased at a pharmacy. Very good for foot blisters, about \$ 5.

Medical Rx - I always take a small bottle of Bayer ( real one ) aspirin, antibiotics - Zythromax 250mg paks (2 Z paks ). As usual, check with your medical doctor. Use a zip lock bag to protect.

Blisters - I take sewing needles & thread. If you have foot blisters then pop the blisters with the sewing needle, drain the blister, and with a sewing needle & thread run the thread through the blister and leave the thread - cut the tread with a fingernail clipper, then use the triple antibiotic or the iodine paste on the blister and cover with band aid or gauze. The thread will drain the blister. Clean daily. Note: I do not recommend the

Compeed bandaids for blisters sold in pharmacies. These will not eliminate blisters, nor dry them out and may cause an infection if used for a prolonged time. These Compeed bandaids will also tear your skin. Many villages in Spain have sewing stores that sell sewing needles & thread. Blisters are manageable if treated on time. Don't use Compeed bandages. These are a clever marketing program but they are not for blister treatment.

Sleeping bags - I have never taken a sleeping bag. I usually sleep with the same clothing I will use the next day. If I need a cover, I use my Army style coat made of cotton as a bed sheet. It serves as a blanket and as a coat.

Sunglasses - good to have in the Camino for sun protection. Polarized are preferred. If you have a Costco close to where you live, they have a good vision store department. Otherwise REI & LL Bean carry these products.

Cotton Bandana - a 24 x 24 min size, 25 x 25 " - REI. Go for the deep liquidation sales. REI - \$ 6 / each. Buy a few of these.

Sun Hat - light foldable in either cotton or polyester. Sometimes referred to as Boonie hats ( REI ) . Look for a brim protection of at least 3 inches. These hats can be machine washed. If they turn color, simply machine wash. Check sizes well and read the comments section. If the size seems a little tight then go for the next larger size.

Walking sticks - have never used these in the Camino.

S-Biner - these are slide locks that look like the number " 8 " Useful for securing items in a backpack, including water bottles. Try REI.

Water Bottle - stainless steel - 21 oz size. Don't use plastic water bottles. They degrade very fast and leave plastic residues in your body. Try LL Bean - hydro flask & REI. When traveling by plane or train, make sure there is no liquid, They normally tend to leak sideways & this is not a mfg. defect. I never use plastic water pouches for backpacks.

Travel Neck Wallet - of the size to accommodate your passport & a small wallet. Try LL Bean , REI for these items.

Adapter Plug - Europe / Asia. This is a 2 prong electrical adapter for electronic products. Take several. After use, make sure you have the prong. They tend to remain in the outlet after use. Closely inspect. These are easy to loose. They are available at REI - \$ 4.

RFID Credit Card & Passport sleeves - provide some additional protection for these items. Check REI.

Field Watch - These are the classic watches which have both the military (24 hr) as well as the 12 hr. The white background is better than the black background. I have purchased several of these throughout the years from LL Bean. They are Swiss made and last forever with good care. They are also quite discreet. You don't want to be flashing a fancy Rolex or Omega in the streets or in the Camino. LL Bean also replaces batteries and watchbands ( nylon better ). These have gone up in price, so If you want a real cheap one try REI. Make sure the watch has the 24 hr on the dial before buying.

Gloves - try for a pair of open finger style - bike gloves. Good protection for the hands. Try LL Bean or REI .

Small inflatable pillow - I have a good small lightweight inflatable pillow - one with a kidney shape from REI.

Flip Flops - definitely important. These have become so expensive. I have to watch for the sales and discontinued flip flops. These are only for indoor use. Don't use flip flops for the outside. Lightweight & one size larger than normal. See clothing equipment sheet for hiking shoes.

Small notebook to record events & information. Take at least one pen - say a Pilot G2 and 1 Sharpie. Zip lock bags for this one.

Wine Bottle opener - buy a small pen knife size bottle opener in Spain or France. Remember the Swiss knife with the bottle opener ? Sold at tourist type shops that sell wine. Can't take these on the plane. Price around \$ 5 made in China.

Cigars - nothing like a cigar after a long walk to sit down and watch the Pyrenees mountains. Take a few along for the trip. Try. [www.cigarsinternational.com](http://www.cigarsinternational.com) The best are from Honduras, & Central America. Some go for \$ 2 / cigar. Take a few in zip lock.

Travel clock - small AA Battery travel clock. Very dependable. Braun model with white background for easy view, check these at Amazon.

Travel Towel - these are microfiber towels that are super absorbent & dry fast. Try a large size 50 " x 25 ". Check REI , LL Bean.

#### Personal Hygiene - ziplock bag

Toothbrush - take a couple. Don't forget the zip lock bags. Baking soda = toothpaste.

Travel size soap - small bottles of soap / shampoo. L 'Occitane. They have these shops at the larger cities Madrid , France. A small bar - L Occitane soap - 3.5 oz 100g, . I found a lightweight aluminum soap travel case for this size at L 'Occitane for under \$ 4. These

items tend to get lost in the showers, so make sure you secure them Place them in zip lock bags and take the zip lock bag to the shower & back.

Deodorant - try the solid Arm & Hammer deodorant - free from aluminum. Supermarkets.

Dry skin - try L 'Occitane Shea Butter 25% in a small tube. There is also a small round container with 70% Shea Butter of 2.3 oz - 125 ml. Hand Creme - L Occitane Lavande 2.6 oz - 75 ml.

Shaving creme - I use a solid round L Occitane shaving creme directly applied. I slowly peel away the packaging as needed . It will last forever - about \$ 15. In Spain I can buy a similar solid shaving product made in Spain in a smaller size for about 3 euros.

Shaving Blades - Gillette Sensor 2 or 3 - 5 pak disposable. Cheap & disposable.

Vitamins - good to take along. I found a good & well balanced vitamin at Costco. Kirkland Organic Multivitamin - 80 tablets.

Wipes travel pak - small travel size. & Q Tips - Supermarkets / pharmacy.

As you can see, the list is fairly detailed. This is my usual consistent personal list of equipment. For educational purposes. 4 Pages