

Camino de Santiago

Summer packing list - man

	grams	Comments
Backpack	1300	50 L
Sleeping bag	700	From mid of July until end of September liner is enough (290 g)
Clothes		
Hiking shoes	800	
Poncho	216	Poncho covers your body and your backpack
Trekking socks (2 pairs)	200	With Coolmax material
Flip-flops	175	For the shower
Fleece	370	
Technical t-shirt (2 pieces)	300	For walking
Cotton t-shirt	138	After walking & for sleeping
Underwear (2 pieces)	130	
Zip-off trousers	314	
Short trousers	220	
Backpack raincover	120	
Jacket	500	Light rain jacket
Sandals	400	After walking, or in easier stages for walking
Belt	62	
Safari cap	90	
Bandana	30	
Swimming trunks	100	
Equipments		
Headlamp	120	
Spork	9	
Pocket knife	94	
Skin moneybelt	45	
Drinking bottle	133	800 ml
Ear plugs	10	
Notebook + pen	133	
Sewing kit	37	
Guidebook	300	Caminoteca tip: John Brierley Camino Guide
Trekking stick (2 pieces)	388	
Safety pins	0	
Clothespins (6-8 pieces)	28	
Mobile	80	
Charger for mobile	160	
Passport, tickets, money	200	
Personal care		
Quick-dry towel	70	40*90 cm
Foot cream	86	For hydration after walking
Special Foot cream	104	Vaseline based cream before walking
Multi use soap	100	For body, hair and cloths in one
Deo mini size	42	
Shaving gel or foam mini size	80	
Toothpaste mini size (2 pieces)	52	
Toothbrush	15	
Muscle rub	40	
Suncream small size	80	
Basic medical kit	68	
Nail clip	40	
Blister plaster	25	Moleskin