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This packing list, together with my book, are the result of many kilometers walked, in all seasons, on European pilgrimage routes, countless packed and unpacked backpacks and many hours of work to put both my experience as a pilgrim and as a hospitalera (volunteer) in a easy to read form. I hope it will help many future pilgrims to pack a smaller backpack and to walk a lighter pilgrimage. ¡Buen Camino!

Tips for editing and filling in this packing list:

- **Delete first, all items from this list that you surely will not need. For example, winter gloves if you plan to make your pilgrimage in summer. Don't pack everything from this list in your backpack!**
- Read the corresponding chapter in the book and think especially about "multiple use" and "smaller / lighter version". Make notes about what item can replace which.
- Note, for each item, number, actual weight and calculate the total weight. This way you will easily find out where you can or need to save weight. The lighter your backpack becomes, the lighter your Way will be!

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Pilgrim Gear - What every pilgrim needs:				
Item	Number	Weight/ Piece	Total Weight	Notes
Camino Guide				
Credencial (Pilgrim Passport)				
Passport / Identity Card				
European Health Insurance Card (EHIC) and / or Travel Insurance Documents				
Travel Tickets				
Other Documents				
Waterproof Bag for Documents				
Cash				
ATM Cards				
Wallet				
Backpack				
Carry Bag				
Sleeping Bag				
Water Container				
Multipurpose Soap				
Toothbrush				
Toothpaste				
Comb / Brush				
Sun Protection / Cream				

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Foot Cream					
Nail Scissors / Nail Clipper					
Deo					
Shaving Gear					
Rubbish Bag					
Walking Boots					
Shoes / Sandals for Refugio					
Rain Poncho					
Waterproof Trousers					
Gaiters					
Socks					
Underwear (pants)					
Bra					
Walking Trousers					
Skirt					
T-Shirt Long Sleeves					
T-Shirt Short Sleeves					
Jumper					
(Windproof or Fleece) Jacket					
Hat / Cap / Buff					
Gloves					
Pareo / Sarong					
First Aid Kit					

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Wound Dressings					
Sport Tape					
Elastic Bandage					
Disinfection Liquid or Alcohol					
Sterile Compresses					
Pain Relief Tablets					
Medication you take regularly & their Prescriptions					
Re-Hydration Sachets					
Sterile (Injections-) Needles					
Syringes filled with Iodine					
Compeed					
Silicon Gel Toe Caps					
Toilet Paper					
Pocket Knife					
Safety Pins					
What some pilgrims need:					
Sleeping Pad					
Ear Plugs					
Anti Bed Bug Sheet					
Sun Glasses					
Glasses / Contact Lenses / Care Products					

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Walking Stick(s)					
Needle and Thread					
Duct Tape					
Clothes Line					
Useful, but NOT essential:					
Cellphone / Mobile					
(Universal-) Charger					
Camera					
Netbook / iPad					
Diary, Pen, Scrapbook or Drawing Material					
Scallop Shell					
Stone					
Torch					
Songbook					
Musical Instrument					
What most pilgrims do NOT need:					
Tent					
GPS					
Maps					
Vitamins, Minerals& Supplements					
Cooker & Pans					

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