

@jorgiandkate's
camino checklist

sleeping:

- ☐ 1 x sleeping bag
- ☐ 1 x pillow case
- ☐ 1 x pair of silicone ear plugs

clothing:

- ☐ 3 x underwear (plus 2 x bras for the ladies)
- ☐ 5 x pairs of socks
- ☐ 2 x shorts
- ☐ 1 x pants (incl. leggings)
- ☐ 3 x t-shirts
- ☐ 1 x sweater/hoodie
- ☐ 1 x rainproof/windproof jacket
- ☐ 1 x cap
- ☐ 1 x neck buff
- ☐ 1 x rain poncho

footwear:

- ☐ 1 x hiking/walking shoes/runners
- ☐ 1 x thongs (flip-flops)

toiletries (all liquids and aerosols less than 100mL):

- ☐ 1 x deodorant
- ☐ 1 x toothbrush
- ☐ 1 x toothpaste
- ☐ 1 x shower gel
- ☐ 1 x shampoo
- ☐ 1 x hand sanitizer
- ☐ 1 x moisturizer
- ☐ 1 x nail clippers
- ☐ 1 x face scrub/wipes (optional)

miscellaneous:

- ☐ 2 x reusable bags (one for clean clothes, one for dirty clothes)
- ☐ 1 x clothes line
- ☐ 1 x phone charger
- ☐ 1 x european power adapter
- ☐ 1 x pair of earphones
- ☐ 1 x plastic container (for food)
- ☐ 1 x drink bottle
- ☐ 1 x first aid kit (incl. extra bandaids and ibuprofen)
- ☐ 2 x pack of compeeds (blister pads)
- ☐ 3 x carabiner clips
- ☐ 1 x multivitamins
- ☐ 1 x foldable/small backpack
- ☐ 1 x small zip-lock bag of washing powder