

LIST OF EQUIPMENT FOR THE CAMINO DE SANTIAGO



CLOTHES

- cotton T-shirt and leggings instead of pyjamas
- 4× Merino wool socks
- 4× Merino wool knickers
- 2× Merino wool bra
- 2× Merino wool short-sleeved T-shirt
- 1× Merino Wool long-sleeve T-shirt
- 1× fleece jumper
- 1× Northfinder Kiera vest
- 2× hiking trousers
- 1× Columbia watertight jacket
- Ferrino Trekker poncho with special compartment (hump) for backpack
- Croc-type rubber shoes for showering
- Keen Venice H2 1012238 sandals
- MAJAS WO'S 79072-NA/SAP/LIME HI-TEC low-cut hiking shoes
- Keen Durand Mid Wp Gargoyle / Capri hiking boots
- cap
- woolen hat
- thin gloves
- sunglasses

COSMETICS

- toothpaste
- toothbrush
- interspace toothbrush
- body and hair shower gel
- micellar water face cleanser
- suntan lotion
- St. John's Wort Oil
- hair brush and hair bands
- washing line and clothes pegs
- travel washing powder
- quick-drying towel
- tissues
- sanitary towels
- cotton buds
- scissors
- nail file

MEDICATIONS

- disinfectant
- Brufen
- active charcoal
- probiotics
- herbal sleeping pills
- Espumisan
- blister cream
- insect repellent
- Hylak Forte
- Compeed plasters

FOOD

- water in a 1.5-l bottle
- sandwiches for a long plane and bus ride
- resealable plastic food bags from IKEA
- plastic cutlery
- pocket knife
- lighter

OTHERS

- McKinley cougar 40 rucksack
- passport
- insurance card
- travel insurance
- credit/debit card
- cash
- flight tickets
- diary
- pen
- headlamp
- sleeping bag
- shopping bag
- needle and thread
- safety pin
- mobile phone
- phone charger
- guidebook
- hiking poles
- spare rubber caps for hiking poles

