



EXAMPLE OF PACKING LIST: (10-day Camino)

- Ziplock bags
- Breakfast and lunch items
- First aid kit
- Needle
- Thread
- Scissors (not too small)
- Alcohol prep pads
- Syringe
- Zinc plasters
- Roll of plaster
- Mercurochrome
- Salt for feet
- SPF lip balm
- Bladder (optional)
- Toilet paper (2 rolls for 10 days)
- Face cloth
- Wet wipes
- Spray bottle
- Kaftan
- Hat (big enough)
- Vaseline
- T-shirts (6)
- Pants (6)
- Tights (6)
- Blister socks (8 pairs)
- Sandals (very handy)
- Black bins (2)
- Tent
- SPF cream
- Medication (chronic, Allergex, etc.)
- Bug spray
- Tissues
- Game sachets
- Arnica oil/deep heat
- Rehydration salts
- Slowmag (magnesium supplement)
- Allergy cream (very useful)
- Anti-inflammatory pills
- Sleeping bag
- Roll-up foldable mattress
- Pillow
- Fleece blanket
- Camping chair
- Head torch + extra batteries

- Yoga mat
- Tennis ball (to roll under the bridge of the foot)
- Washcloth
- Water bottle
- Straps for bins
- Tent light (to hang in the tent)
- Hand cream
- Plain socks (to relax)
- Small umbrella
- Chappies (lip balm)
- Long-sleeve shirts (3)
- Long pants (2/3)
- Underwear
- Warm jacket
- Windbreaker
- Comfortable clothes
- Beanie
- Buffs (3)
- Comfortable shoes (Crocs/slippers)
- Gaiters
- Backpack
- Foldable bucket (5 litres)
- Cutlery
- Fleece top/hoodie
- Coffee mug
- Sunglasses
- Toiletries (travel-size)
- Quick-dry towel
- Solar chargers
- Hot water bag
- Small shovel and broom
- Earbuds
- Journal and pen
- Patches (Tankwa Camino recommendations)
- Walking sticks (optional)
- Walking shoes
- Gaiters
- Groundsheet
- Instant oats
- Jelly babies
- Rusks
- Dried fruit
- Droëwors and biltong (South African cured meats)
- Melrose cheese
- Provitas (crackers)
- Bar ones (chocolate bars)
- Mixed nuts
- Pringles
- Wine (box/beer)

Please note that some items may be specific to the Camino or personal preferences, so adjust the list according to your needs.