

The Honest Camino Português Packing List

What you actually need for the Portuguese Way — and what to leave at home. The golden rule: your loaded pack should weigh under ~10% of your body weight. Everything below assumes you carry your own bag and walk spring-autumn.

The 10% rule: if you weigh 70 kg, aim for a packed bag under 7 kg (excluding water). When in doubt, leave it out — you can buy almost anything along the way.

1 On your feet

- 📁 **Trail shoes or light boots** — broken in, never new
- 📁 2-3 pairs wool/synthetic socks — no cotton
- 📁 Sandals or flip-flops — evenings + showers
- 📁 Blister kit — Compeed, tape, small scissors

2 The pack

- 📁 **30-40L backpack** — fitted to your torso
- 📁 Rain cover
- 📁 Dry bags / zip-lock bags — keep kit dry

3 Clothing — layers, quick-dry

- 📁 2 quick-dry t-shirts
- 📁 1 long-sleeve top
- 📁 1 fleece or light insulated layer
- 📁 **Lightweight rain jacket** — the Atlantic is wet
- 📁 1 pair hiking trousers / shorts
- 📁 2-3 underwear — quick-dry
- 📁 Sun hat + buff/neck gaiter

4 Sleep

- 📁 **Sleeping-bag liner** — for albergues
- 📁 Earplugs + eye mask — dorms snore

5 Toiletries & first aid

- 📁 Small travel toiletries — refillable
- 📁 Quick-dry travel towel
- 📁 Sunscreen + lip balm
- 📁 Ibuprofen + any personal meds
- 📁 Mini first-aid + blister care

6 Documents & money

- 📁 **Pilgrim credential (credencial)** — needed for albergues + your Compostela
- 📁 Passport / ID card
- 📁 EHIC/GHIC or travel insurance
- 📁 Debit/credit card + some cash

7 Tech

- 📁 Phone + charger
- 📁 Power bank
- 📁 EU plug adapter
- 📁 eSIM — data from the moment you land

8 Nice to have

- 📁 Trekking poles — save your knees
- 📁 Water bottle or bladder
- 📁 Headlamp + small padlock

✕ Leave it at home

- 📁 "Just in case" extras — you won't use them
- 📁 Jeans & cotton — heavy, slow to dry
- 📁 More than 3 days of clothes — you'll wash as you go
- 📁 Hairdryer, heavy guidebook — use your phone