



Backpack checklist

Northern Way · The real short list, after 60 years watching travellers

Essentials

- ☐ Pilgrim credential
- ☐ ID and bank card
- ☐ Phone + charger + power bank
- ☐ 1.5 L water bottle

Feet and body

- ☐ Vaseline or anti-chafing cream
- ☐ Technical socks (3 pairs)
- ☐ Foot first-aid kit (plasters, needle, tape)
- ☐ Sunscreen and cap

Clothing

- ☐ Waterproof raincoat or poncho
- ☐ Light fleece
- ☐ 2 changes of walking clothes
- ☐ Flip-flops for the shower

Extras worth having

- ☐ Earplugs
- ☐ Waterproof bag for documents
- ☐ Pegs and a clothesline
- ☐ Headlamp or small torch

Golden rule: your backpack shouldn't exceed **10% of your body weight**. If you're unsure whether to bring something... don't bring it. The Camino has shops, pharmacies and washing machines (ours included).