Camino de Santiago Packing List

Ultralight • Albergue-based • Late spring to early fall

Everything in your pack, with nothing you do not need. No tent and no cooking gear — you will sleep in albergues and eat along the way. Tick each item off as you pack it.

8 lb 15.1 oz	143.1 oz	Under 10 lbs
TOTAL BASE WEIGHT	ALL CARRIED GEAR	GOAL — WITH MARGIN TO SPARE

Base weight is everything in your pack, excluding worn clothes, food, and water. About 1 lb 1 oz of margin remains under 10 lbs.

Pack and Sleep — 52 oz

☐	Ultralight backpack, 30-35L	**28 oz**
☐	Pack liner / dry bag	**1.5 oz**
☐	Lightweight quilt, ~40°F	**16 oz**
☐	Silk sleeping bag liner — required by many albergues	**4 oz**
☐	Inflatable pillow	**2.5 oz**

Carried Clothing — 34 oz

☐	Extra merino T-shirt	**5 oz**
☐	Extra underwear	**2 oz**
☐	Extra merino wool hiking socks, 2 pairs — worn pair is merino too	**4 oz**
☐	Light puffy jacket	**8 oz**
☐	Rain jacket	**6 oz**
☐	Rain skirt	**2 oz**
☐	Sleep clothes — light top + shorts	**6 oz**
☐	Buff	**1 oz**

Footwear, Hygiene, and First Aid — 21 oz

☐	Light camp sandals	**7 oz**
☐	Toiletries kit — toothbrush, small toothpaste, soap sheets, small sunscreen	**6 oz**
☐	Microfiber towel	**3 oz**
☐	Toilet paper, small roll	**1 oz**
☐	First aid / blister kit — see Blister Prevention System below — no Compeed	**4 oz**

Blister Prevention System — No Compeed

- **Anti-friction balm** in a small container — apply to known hot spots before you start walking each day.
- **Pre-cut Leukotape strips** — apply at the first sign of a hot spot. Dry the foot first, then tape directly to skin.
- **Small piece of moleskin** for backup, plus ibuprofen and any personal medications.

The routine matters most: tape early, change into dry merino socks at midday, and air your feet at breaks.

Electronics — 16.5 oz

☐	Phone	**6 oz**
☐	Charger	**2 oz**
☐	Cable	**1 oz**
☐	Power bank, 10,000 mAh	**6.5 oz**
☐	Headlamp	**1 oz**

Miscellaneous — 19.6 oz

☐	Empty Smartwater bottles, 2 x 1L — 1.3 oz each empty	**2.6 oz**
☐	Carbon trekking poles, pair	**10 oz**
☐	Passport, pilgrim credential, cards, cash	**3 oz**
☐	Sunglasses	**1 oz**
☐	Stuff sacks	**2 oz**
☐	Earplugs + eye mask — essential in albergues	**1 oz**

Worn — Not Counted in Base Weight

☐ Hiking shoes	**worn**
☐ Hiking shirt	**worn**
☐ Shorts / pants	**worn**
☐ Merino wool socks, 1 pair	**worn**
☐ Underwear	**worn**
☐ Sun hat	**worn**

Wear your heaviest clothes on travel days rather than packing them.

Consumables — Not Counted in Base Weight

☐ Water, about 1 liter in your Smartwater bottles — refill along the way	**2.2 lbs**
☐ Snacks for the day	**varies**

With 1 liter of water, your skin-out weight — pack, worn clothes, and consumables together — is roughly **11-12 lbs**, which is still very light for the Camino.

Tips to Stay Under 10 lbs

- **One set of spares is enough.** One extra shirt, one extra underwear, and two extra pairs of merino wool socks — laundry is easy and frequent on the Camino.
- **Skip duplicates.** A rain jacket plus a rain skirt replaces a poncho, heavy rain pants, and extra layers.
- **Weigh your actual kit before you go.** Brands vary, and the margin above disappears quickly if individual items run heavy.
- **For colder months,** swap the 40°F quilt for a warmer one and add a warmer hat and gloves. Compensate by dropping the pillow — use folded clothes instead — and switching to a smaller power bank.

Before You Go

Pack once, then walk around the block with the full pack, water included. If anything rubs, chafes, or feels unnecessary after that short test, fix it or leave it behind — the Camino is long, and a light pack you trust is worth more than one extra just-in-case item.