

Camino Decision-making Tool: Items to Take and Purchase

Item	Some Considerations	Your Reflections
1. Camera equipment	A digital camera is very handy. Buy a European plug adapter and use your battery charger in Europe.	
2. Coat	A water resistant coat is practical for all weather.	
3. Soap towel, etc.	Weight, cost, hand sanitizer?	
4. Foot care products	You might need a comprehensive foot kit during the day.	
5. Footwear	Boots or track shoes? Sandals or flip flops?	
6. Hat	To keep the sun and light rain off your head. What type?	
7. Medical supplies	Antiseptics, bandages, hand sanitizer, pain relief, liniment, etc.	
8. Money pouch	A convenient way to store money but it will get sweaty.	
9. Other sleeping gear	Pillow, pillow case, sheet, pajamas?	
10. Pack	A day pack or an expensive trekking pack?	
11. Pants	Convertible? Two pairs? Rain pants?	
12. Polls	Two or one?	
13. Raingear	Poncho, umbrella, coat and pants, pack cover?	
14. Shirts	Shirts of tee shirts, what fabric? How many?	
15. Sleeping bag	Do you need it? If so buy a light one.	
16. Soap	Liquid, solid?	
17. Socks	Two or three sets/pairs? Inner and outer socks?	
18. Underwear	Expensive quick dry?	
19. Water holder	Nalgene bottles. Bladder Needs to be washed	
20. Flashlight	When you walk in the morning and to go to bathroom at night.	
21. Foam mattress	To sleep on when there is no bed.	
22. Stuff sacks	Keep you items dry in your bag on rainy days.	