

Camino Adventure – Equipment Checklist

Essential Items		
1	Backpack 60 litre capacity or a maximum of 75 litre (limit packed weight to 10-13kg)	
2	Water Carriers 1 x 2-3 Litre Backpack Bladder /Bottles. Your choice of water bottles or water bladder, you will need easy access to bottles. 1 x Water bottle (for mixing supplements)	
2	Dry bags, waterproof bags or heavy duty bin liners can be used to waterproof your clothes inside your backpack while trekking then one to store your boots upon return	
1	First Aid Kit	
Optional Items		
1	Daypack (for personal use). You do not need a daypack if you are carrying your own pack	
1-2	Walking poles (optional)	
	Camera, spare batteries, Spare memory card Note: Cameras and video recorders cannot be charged on the track as there is no electricity	
1	Diary and pen	
1	Extra garbage bag (in case 2 main bags become ripped or torn)	
2	Bandana	
1	TREKKING GEAR REPAIR KIT (for broken bags, boots) Can be shared amongst a group.	
Clothing		
1	Walking boots and spare boot laces	
1	Crocs or Sandals – adventure style with good grip for evening wear	
1	Long cotton pants or equivalent and long shirt / thermal (for night time)	
1	Rain jacket	
2	Shirts for trekking	
1-2	'skins' style sports clothing shorts / 2XU sports clothing (highly recommended, great to reduce chafing)	
2	Walking shorts or walking pants	
3-5	Pairs of silver, merino woolen hiking style socks	
4	Comfortable underwear / bras	
1	Hat / cap	
1	Microfiber Towel	

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1	Face washers	
1	Plastic Poncho (recommended for use during rain periods)	
Toiletries		
1	Toothbrush	
1	Toothpaste	
1	Roll on deodorant (deodorant fragrance has been shown to attract mozzies)	
1	Razor	
1	Roll Toilet paper or wet wipes/baby wipes	
1	Antibacterial Hand Gel (small bottle)	
2	Small soaps (small soaps are best in case you lose one in the fast flowing rivers)	
1	Small bottle of Shampoo & Conditioner (green friendly)	
1	Hair Brush/Comb	
1	Ladies hygiene products	
1	Hair ties	
Personal Medical Kit		
	Medications as Prescribed by your Doctor (anti-malaria, antibiotics for wounds and infections, anti-inflammatory, anti-vomiting, epi-pen etc...)	
12	Gastrolyte Sachets (must have) Or endure Opti with magnesium	
1	Headache Tablets	
1	Strong Pain Relief	
1	Diarrhoea Tablets	
1	Travel Calm Tablets (if you get travel sick)	
1	Anti-Inflammatory medications (eg. Ibrufen, Voltaren, Nurofen)	
1	Antihistamines (e.g. Telfast, Phenergan 10mg)	
1pkt	Blister Pads	
1	Roll of strapping tape	
1	Vaseline small (for blisters)	
2 pkts	Large size band-aids (Elastoplast)	
1	Knee and/or ankle guards (if needed)	

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1	Antiseptic lotion/cream	
1	Papaw ointment	
1	Sunscreen (always keep it on)	
1	1 X 50g tubes of 'Bepanthen' nappy rash cream- for your feet!	
	Scissors, tweezers, and safety pins	



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