MTSE 2024 Camino de Santiago Personal Equipment / Clothing List

A note about equipment / clothing: function is always more important than fashion. Name brands can be more expensive, so prioritize materials and use over the specific brand. Borrowing items (either from friends/family or the Outdoor Program at Westminster) is always a great option to save money but still use high quality equipment and clothing. Thrift stores (e.g. Goodwill, Deseret Industries) may also be a good option to find items economically.

If you have questions about items on this list, or things to bring/not-to-bring, please reach out to Kellie, Deya, or Jeff.

Item	Description	Packed? (yes/no)
PERSONAL ITEMS		
Valid Passport	Make sure your passport is valid at least 6 months after our designated departure date.	
Cell Phone	We may not always have reception, but they're good for cameras and emergencies. Contact your cellular provider ahead of time to determine what type of international calling/data plan is best for you. **NOTE** you must have a plan other than connecting to WIFI (e-SIM, etc.)	
Power bank or other charger	While many of our facilities may have USB compatible chargers, most of Spain's outlets are Type F, so you may want to consider a converter and/or packing an external power bank or USB charging stick.	
Personal toiletries	Soap, toothbrush, paste, hair comb, deodorant, etc. Pack only what you need—you have to carry everything you bring! Some of this may be able to be purchased in Spain.	
Medications	Any prescription medications you'll need during the trip. It is also a good idea to bring a paper copy of your prescriptions in case you lose something and need to get it refilled in-country.	
Personal First Aid Kit	Each student is required to carry their own personal first aid kit. Basic first aid supplies (bandaids, moleskin, diphenhydramine, etc.). Here is the recommended list (link)	
Cash	For personal spending. There will be ATMs available in country, so don't pack all of your cash at once – carry small amounts	
Debit/Credit card	For emergencies or for paying for items in cities and towns.	
Sun protection	4 items: - Sunscreen - Sun hat or ball cap - Sunglasses - Lip balm	
Personal Journal/Pens	Your instructors will provide you a journal for assignments, but you may want to consider a small lightweight personal journal for notes, personal writing, etc. Bring multiple pens.	
Quick-dry towel	These lightweight, microfiber quick drying towels are great for travel. Here's an example (link)	
TREKKING EQUIPMENT		
Water containers	Water is key to a successful trek! You need to pack 2 water containers (in case one is lost or broken) and one of these needs to be a hard container (not a bladder because they can break/puncture).	
Backpack	Lightweight, comfortable backpack (w/rain cover or w/plastic bag inside) preferably one that rides high with a waist/chest belt (like an avalanche pack that works well to keep it high and off of the small of the back) with a built-in water bladder and rain guard to keep things dry. Ideally, something that holds 45-65 lbs. If you're unsure of what to use, visit the Outdoor Program for advice (and you may be able to rent a backpack for a small fee).	
Lightweight sleeping bag	The *albergues* are usually cozy and warm so you do not need anything heavy. Temperatures on our route range, on average from **55 – 75** degrees F (avg 61 degrees). A 30-40 degree bag should be fine. If it does get cold,	

	blankets and extra bedding may be found.. If you're unsure of what to use, visit the Outdoor Program for advice (and you may be able to rent a backpack for a small fee).	
****Optional**** Silk or cotton sleeping bag liner	Weight 4.5 Ounces – Well worth it. Keeps your sleeping bag clean and provides extra insulation for minimal weight.	
Bandanas (1-2)	Bandanas are great multi use items. Can be used as a towel, as a buff (to protect from sun/heat), and even to fix a broken backpack strap.	
Headlamp	A lightweight headlamp and extra batteries (can be purchased in Spain) will be very handy on this trip. Cell phone flashlights are okay, but they'll drain your battery quickly.	
Small package of tissue or toilet paper w/trash sack	You never know when you'll need to go or what condition the public services will be in. Remember you'll need to pack out your toilet paper if there isn't a garbage can, so bring some small trash sacks!	
CLOTHING AND FOOTWEAR		
Comfortable CLOSED TOE hiking boots or shoes	Comfortable, broken-in hiking boots or hiking shoes [waterproof boots not recommended]. Check with the Outdoor Program if you have questions about what types of footwear to purchase. Note: Chacos/Tevas are NOT appropriate hiking shoes for this journey. Your feet are important and are group gear! If your foot gets cut and infected while walking, it can drastically negatively impact your experience and the experience of the group. Save your sandals for the evening when we are done walking.	
Flip Flops or Sandals	Flip flops or other sandal/light shoes for evening. Consider sizing up as your feet may be a little swollen at the end of the day. A pair of Keens would be beneficial for a change of shoes at the end of the day, they aren't too heavy and are good for the showers, which are all tiled so you need something to keep you on your feet. There is a new meaning to "slippery" when you're wet in the *albergue* showers. In addition, you want to avoid athlete's foot.	
Hiking socks (2-3 pairs)	Try to avoid cotton as they don't dry well. Lightweight wool socks are great! One of your 3 pairs will be an emergency pair that never gets wet!)	
Pants (2 pair)	You'll want one pair of lightweight, synthetic "hiking' style pants that can dry quickly. Comfortable pair of fleece or yoga pants/joggers for evening, Please note that hiking in shorts is not advised as you may be exposed to sun (burns) and/or terrain that can scratch your legs. Jeans are also not recommended as they do not dry quickly and are heavy to carry.	
Underwear (3-4 pairs)	Synthetic material and dark colors recommended. We recommend boxer briefs with the longer, tight fitting legs (could be spandex style boxer brief with the longer legs) especially if you lose weight and your pants start rubbing from side to side – chafing in the leg region is not pleasant. . Bike shorts: not recommended, as they are difficult to get up and down on the trail especially when it is raining)	
2-3 shirts	Lightweight, synthetic material that dries quickly is recommended. Sun hoodies are strongly recommended! Of your 3 shirts, we would recommend that at least 1 has long sleeves	
Rain Jacket	Note the difference between "water resistant" and "water proof." You want to purchase a water PROOF jacket with a hood!	
Light extra layer	Again, keep in mind that avg temps will be 55 - 75 degrees, but if you're someone that runs cold, you may want to bring an extra long sleeve layer (something light) that you can wear on the airplane, at night, etc.	
Sleepwear	Tanktops/shorts recommended, but we wouldn't recommend "short shorts"	
OPTIONAL ITEMS		
Trekking poles	Lightweight, collapsible poles that can fit into your backpack or the group's checked bags.	
Gloves	Lightweight gloves in case your hands get cold easily. Gardening gloves work great!	

Extra trash bags	For personal trash and/or trail clean up	
Small paperback book	For downtime. Or a Kindle!	