

<u>CLOTHING & FOOTWEAR</u>	NUMBER	CHECK	<u>GEAR, ACCESSORIES & MISC. ITEMS</u>	CHECK
* Walking boots or shoes (main pair)	1 pair		*Sunglasses with retainer *Spare glasses (prescription)	
* Spare pair of more comfortable walking shoes	1 pair		* Water bottle / canteen (1 + Litre)	
*Thick or medium weight hiking socks (wicking wool / polypropylene blend is best)	3 pairs		*Sunscreen *Lip Protector	
*Medium or heavyweight fleece sweater or jacket	1		*Small daypack/rucksack (CAMINO DE SANTIAGO) - big enough to carry water, rain jacket, insulating layer, sunscreen, snacks etc.	
Lightweight wool or polar fleece sweater	1		*Small to Medium sturdy daypack/rucksack (MOUNTAIN TRIPS) - big enough to carry water bottle, rain jacket, insulating layer, sunscreen, snacks etc.	
*Waterproof jacket and pants (Breathable-GoreTex or similar is best)	1 set		* sturdy overnightpack or mid-size rucksack (45-55L)(ONLY if your trip includes an overnight stay in a mountain hut, as you'll need more clothing, personal items, etc.)	
Cagoule / RainSlicker / Poncho to go over you and your pack (very useful on the Camino de Santiago)			*Small flashlight/torch with spare batteries (we recommend the "headlamp" style as it leaves your hands free)	
Collapsible umbrella (very useful on the Camino de Santiago)			*Health Insurance Card	
*Polypropylene or similar (wicking) long-sleeve shirt	1		*Small personal first aid kit	
*Polypropylene or similar (wicking material) short-sleeve T-shirt	1		*Money	
*Warm long-sleeve shirt (flannel, etc) to wear after exercise or in evening	1		*Spare boot laces (important on mountain trips!)	
*Warm fleece or wool hat (Mountain Trips)	1		*Quart size Ziplock bags (for wallet, toilet paper, etc) * Litre-size Ziplock bags (for maps, or notebook,etc.)	
*Fleece, wool or other "thin but warm" gloves (all trips) NOT SKI GLOVES!	1 pair		*small plastic bags of any kind (for carrying own trash to civilization)	
*Widebrimmed Sun/Rainhat	1		Small Towel (for overnights in mountain huts only)	
*Long walking pants - loose-fitting quick-dry material is best. Denim "blue" jeans are not appropriate for walking	1		*a sewn travel sheet or bag liner (silk, cotton or mix) - on trips with overnights in mountain huts.	
Walking shorts				
Cotton T-shirts (casual wear)			Washing Kit / toothbrush, etc.	
*Polypropylene or similar (wicking) long underwear to wear during cool weather exercise or overnight (MOUNTAIN TRIPS WITH HUT OVERNIGHT)			Reading Material Notebook / diary w/ pencil or pen	
Fleece or other warm long pants to wear in evening (Mountain Trips)			*Passport	
*Comfy sports sandals - to rest feet after day's walking.			Camera	
Mid-weight socks (cotton OK)			Binoculars	
Underwear			Pocket knife or multi-tool (do NOT carry in check-in luggage!!!!)	
Casual Wear			Bandana	
Pyjamas			Universal electrical adapter	
Long-sleeved shirts			Small sewing kit	
Swim suit (in summer only, especially useful in Sierra de Gredos)			*toilet paper/tissues (small emergency supply)	
Gaiters (useful on hiking tours in Spring/Autumn)			Moisturising cream Wetwipes -moist cleaning tissues	
			Scissors (do NOT carry in check-in luggage!!!!)	
			*Emergency whistle (for self-guided mountain trips)	
			Emergency blanket or bag (on self-guided	

			mountain trips - lightweight reflective material packs down no bigger than a fist)	
			*Compass (very important on self-guided mountain trips. NOT necessary for the Camino de Santiago)	
			*Ear Plugs (for trips with overnights in mountain huts only!	