



GLOBAL CAMINO CHALLENGE

Together Every Step of the Way

Campaign Week 03-11 October

WHAT TO PACK IN YOUR KIT

Register today to walk in Spain or from home.

**WALK THE CAMINO.
JOIN THE MOVEMENT.**



GLOBAL CAMINO
CHALLENGE

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GLOBAL CAMINO CHALLENGE CHECKLIST ✓



WHAT TO PACK: CLOTHING

Think in terms of comfort, layering, and simplicity. You will be wearing the same core items repeatedly, so choose pieces that feel good and perform well.

- Lightweight, breathable walking tops
- Comfortable walking trousers or shorts
- A warm layer (such as a fleece or light jumper)
- A waterproof jacket (essential)
- Comfortable underwear suitable for walking
- Sleepwear
- A hat or cap for sun and/or rain
- A buff or scarf for warmth and versatility

Try to keep clothing minimal. Laundry opportunities are not always available along the route, but most items can be worn more than once.

FOOTWEAR ESSENTIALS

Your footwear can make a significant difference to your experience.

- Well broken-in walking shoes or trail shoes
- Comfortable, moisture-wicking socks
- A spare pair of socks for daytime changes
- Flip-flops or sandals for evenings (optional but often appreciated)

If there is one area not to compromise on, it is comfort for your feet.

BACKPACK NECESSITIES

Your backpack should feel manageable and well-organised. Aim to carry only what you need.

- Backpack (comfortable and properly fitted)
- Rain cover for your bag
- Reusable water bottles or hydration system
- Snacks for walking days
- Basic first aid kit
- Blister care supplies (plasters, tape, etc.)
- Sunscreen and lip balm
- Phone and charger/power bank
- Small towel and toiletries

Keep frequently used items easy to access. This makes your day smoother and avoids unnecessary unpacking.

PERSONAL & PRACTICAL ITEMS

These are the smaller details that often make a big difference day to day.

- Travel-sized toiletries
- Any personal medication
- Earplugs and/or eye mask (for shared accommodation)
- Lightweight laundry supplies (optional)
- Reusable bag for laundry or organisation
- Notebook or journal (optional, but meaningful for many walkers)

