

## Torben's ultimate camino packing list for men

My camino packing list works for temperatures ranging from 7-37 degrees Celcius (45-97 Fahrenheit) and is suitable during the months of April, May, June, July, August, September and October in Spain

### What I'm wearing:

- Woolen mid layer cardigan
- Woolen trekking socks
- A pair of underwear
- Long trekking pants
- Trekking shoes
- An outdoor shirt with short sleeves

### What I carry in my backpack:

- Three pairs of underwear
- An extra pair of thin woolen trekking socks
- Two pairs of outdoor shorts with pockets
- An extra outdoor shirt with short sleeves
- Two outdoor shirts with long sleeves
- A woolen vest
- Long johns and shirt in heat tech as pajamas
- A thin outdoor cap
- Turkish bath towel
- Silk mummy liner
- Fleece plaid
- Trekking poles
- Buff
- Rain poncho with space for the backpack
- Toothbrush and mini toothpaste
- Mini shampoo
- Deodorant
- Plaster (Leukoplast) for blisters
- Compeed plaster for blisters
- Cell phone, power bank and charger
- Paper and pen for diary
- Passport and credential
- Health insurance papers