**Suggested Packing List**

**Tips**
- Pack lightly
- No jewelry or tight fitting accessories; hands/feet swell during long periods of activity
- Trail staff can procure urgent items upon request
- Medical personnel on-site for pre- and post-walk blister care, taping, wraps, etc.
- Bring your own specialty snack items; favorite protein bars, energy supplements, etc.

**Apparel (non-cotton)**
- Shoes: two pairs of broken-in walking shoes. Wear one pair on days 1 and 3 and the other on day 2 if blisters start to develop. Utilize shoes one half to one size larger than usual due to swelling.
- Flip-flops and comfortable change of shoes for evenings
- Socks: runners, non-cotton, moisture wicking
- Clothing: breathable, light-colored, high visibility, SPF, wicking material, non-cotton
  - T-shirts / tank tops
  - Running pants / capris / compression shorts
  - Light waterproof jacket or long sleeve apparel
  - Hats or visors
  - Summer casual attire for evening masses and dinners
- Sleepwear
- Underwear

**Toiletries**
- Sunscreen
- Deodorant
- Glasses / contact lenses and solution
- Toothbrush and toothpaste
- Shampoo and conditioner
- Comb or brush
- Body soap or gel
- Body lotion
- Cleansing face wipes
- Razor / shaving cream or gel
- Hair ties
- Hand sanitizer
- Body glide / anti-chafing stick
- Foot glide
- Feminine care products

First Aid
- Blister bandages
- Insect repellent
- Epsom salt
- Antacid
- Pain reliever (NSAIDs)
- Muscle/pain topical gels
- Prescription medications
- Lip balm with sunscreen

Miscellaneous Supplies
- Cell phone; optional battery-pack case with water protection
- Portable phone charger and cords
- Hydration system pack or hydration waist belts
- Electrolyte supplements
- Additional fanny pack, spibelt and/or phubby
- Rosary / pocket rosary
- Sweatbands
- Sunglasses
- ID, insurance card, and credit card (leave other valuables at home or at the hotel)
- Ear plugs
- Prayer card or other inspirational items

Provided Onsite
- Pilgrim Passport
- Journal
- Supplemental first-aid items (sunscreen, insect repellent, athletic tape, gels, anti-chafing sticks, pain relievers, blister bandages, gauze, topical treatments)
- Snacks (variety of fruit, protein and energy bars, nuts, chips, energy supplements, etc.)
- Water refills and hydrating electrolyte beverages
- Basic toiletries (wipes, feminine care, deodorant, mouthwash, washcloths, antibacterial soap)
- Ponchos
- Safety vests