

# 2023 group tour suggested packing list

DECEMBER 8, 2022



## 2023 group tour recommended packing list



*This comprehensive packing list is designed to help be well-prepared for a great pilgrimage hike experience. Participants must be prepared for rain, blisters, bugs, sun and potential emergencies. We ask that you carefully prepare yourself by going through this list in detail well before departure, and then bringing along each item.*

- **Your suitcase and day pack** — Since we'll have baggage service to carry our possessions from one place to the next, plan to bring a small, carry-on size suitcase and a small day pack.
  - Suitcase – We ask all participants to limit ourselves to a 40-lb (18 kilo) maximum suitcase weight. This is important for our baggage handlers, and since our baggage service is “lobby-to-lobby” it makes it easier to get your suitcase to your room when you arrive at each afternoon’s destination
  - Day Pack — For comfort’s sake, your pack should have a chest strap and waist strap, as well as shoulder straps. For hot days it should have some kind of ventilation that allows airflow on your back. A maximum size of 20L is more than adequate, and an internal rain cover is helpful. We recommend Osprey brand, which has a 24L series for men and women that is just right.

- **Outdoor clothes and shoes/boots** — The first rule for outdoor clothes is: no cotton which is cold when wet and dries slowly after washing. The second rule is layer your clothes for warmth — add and subtract clothes when cold or hot. The third rule is to be prepared for rain.
  - Hiking shorts (at least 1 pair) — poly material, lightweight and quick-dry, with zip pocket for money. Stretchable, breathable material is best.
  - Long pants (1 pair) — Again, lightweight poly material is best. Quick drying feature allows these to be used as rain pants.
  - Short sleeve running/hiking shirts (2 shirts) — These are sometimes called “technical t-shirts” and should be in a lightweight wool or poly material. On warm days it’s great to have one of your shirts be very light and breathable in a light color.
  - Long sleeve running/hiking shirt (1 shirt) — This is primarily a base layer for cold or wet days, but can also be good as a sun layer when it’s sunny but not too hot.
  - Underwear (3 sets) — As always, poly material for quick drying. Very lightweight for coolness. Why three? One set is worn during the day, one set is to change into after hiking, one stays in your day pack in case you need a change while hiking.
  - Socks (3 pair) — We recommend lightweight, wool trekking socks, but snug, wool biking socks are even better. The goal is a very tight fit to keep your foot from moving around inside your sock. One pair stays in your day pack in case you need to change them on a wet or sweaty day.
  - Trail runners or hiking shoes (1 pair) — Whether you choose a hiking boot or shoe is personal preference, but we strongly recommend choosing the thickest, most cushioned sole available with a very “toothy” tread for steep, gravelly inclines. Trail runners are make a great choice since they’re cool. Sandy wears Altra Olympus 5 shoes, which offer a wide toe box, grippy sole, and lots of cushion for long days.
  - Rain jacket — This important item should be breathable material e.g. GoreTex, with sealed seams. As well as protecting from rain, this jacket is your wind-proof layer, so it should always be in our pack in order to provide a quick warm-up in a chill wind.
  - Warm layer fleece jacket or down sweater — This doubles as a mid-layer and as a sweater for cool evenings.
  - Sun/rain hat — You’ll want a hat with a wide brim to protect your face, ears and neck from sun exposure. It’s also useful on cold and/or rainy days for warmth and rain protection.
  - Sunglasses
  - CamelBak or other water storage — Good hydration is vital, so plan ahead for plenty of capacity. While there are some fountains along the way we should each plan to carry about 1.5-2 liters with us.
  - Sunblock lotion — The all-day varieties are simplest to use.

- Insect repellent — Drop this into your day pack for the occasional use. In general, mosquitoes are not a big problem on our summer trips, but it's wise to be prepared.
- **Smartphone** – Bring a smartphone with GPS (they most all have that feature) that's been loaded with two apps — RideWithGPS or Galileo Pro and WhatsApp. RideWith GPS and Galileo Pro are mapping apps in case directions are ever an issue. The WhatsApp app allows you to text our guide with your location in case there is any problem.
  - Small plastic bag for smartphone in case of rain
  - Smartphone charger, power cord, and Euro plug adapter (if you're from off the continent)
- **Blister kit** – blisters need prompt attention since nothing can end a walk faster than painful feet. Your blister kit should include:
  - Band-Aids or other self-adhesive bandages in assorted sizes
  - Paper surgical tape or duct tape
  - A few small packages of gauze
  - Vaseline or Glide lubricant (Sandy uses HikeGoo)
  - Alcohol/iodine bottle or antiseptic pads
  - Small pair of scissors (put these in your clear 'liquids bag' for check-in at the airport)
  - Compeed or similar medicated pads for pre-blister hot spots
- **Optional: Hiking poles** — These are a must if you have knee or hip problems and can be very helpful if you don't. If you are flying with only carry-on baggage plan to bring a shipping tube for your telescoping poles so you can check them since not all security checks at airports allow them in the cabin.
- **Optional: Camera, camera pouch, charger and plug adapter** – You may already have this covered if you're bringing a smartphone with an internal camera. If you're particular about your photos, a small camera can meet your needs.
- **Toilet paper roll and plastic bag** – just in case nature calls while you're on the trail
- **Camp shoe (1 pair)** — These comfortable shoes are for evenings and walking about town. Some use Crocs or Teva sandals for this. Another great choice is for your camp shoe to be a hiking sandal so you can alternate these with your hiking boots/shoes.
- **Toiletries** – toothbrush, toothpaste, deodorant, soap, shampoo, medicines. You may want to buy liquid consumables when you arrive in Europe rather than trying to pass liquid containers through security check at the airport.
- **Clothes pins and travel clothesline** – While we'll occasionally be near laundromats or sometimes will ask our hotel to clean our clothes, most often we'll do our laundry in hotel sinks. For that reason it's great to have a 3-4 meter hiker's clothesline and 6-8 clothespins for hanging up wet laundry.
- **Dinner attire** – Nothing fancy, but after each day's hike you'll want to have something comfortable to wear about town and at dinner. It's nice not to have to wear sports gear, so a shirt/pants outfit or a simple dress works great.

- **Swimsuit** — There are a couple of options to swim, so bring your suit if you want to take a dip.
- **Documents and cards** – including
  - Passport and passport photocopy — Make a copy and put it in your suitcase so you have an extra just in case.
  - Airline/flight info — Bring copies of your reservation information so you easily can find confirmation numbers, flight times, etc.
  - Waterproof document bag — Your passport should be with you at all times, along with your credential (supplied at the start of our trip by Pilgrim Paths) while you're hiking. Keep these items dry in a waterproof document bag you'll stow in your backpack while walking
  - Pen and paper – Always have a pen with you on the airplane so you can fill out Customs forms before landing.
  - Debit card(s) and credit card(s) and copies — Breakfast and most dinners are part of your package, but lunches are “on our own.” Many cafes, food stores and restaurants in rural Europe are “cash only,” so you’ll want to bring your debit card for use at ATMs. No need to buy Euros before your arrival; it’s easiest to get them from an ATM upon arrival in Europe. Make certain you’ve contacted your banks so they know you’re traveling and won’t cancel your card as a caution against fraud. Having a second ATM/Debit card is a good failsafe in case one is lost or not functioning. Credit card — Carry one for emergencies, and again, contact your bank in advance. Copies of your cards — Bring a photocopy of the fronts and backs of any cards so you have the customer service phone numbers available in case of loss or theft.
- Guidebook – If you don’t have one already we’ll supply with one.

## **Your day pack packing list — When we leave the hotel each day this is what you'll want to have in your pack:**

- Sun/rain hat
- Sunglasses
- Extra pair of socks and sock liners
- Water storage and water
- Documents including passport and pilgrim credential in a waterproof bag
- Sunblock
- Insect repellent
- Blister kit
- Toilet paper in plastic bag
- Credit/debit card(s) and cash
- Snacks and lunch — in some cases we will bring lunch with us, in other cases we’ll stop in a village for lunch
- Charged smartphone/GPS with Galileo Pro and WhatsApp
- In case the weather includes a chance of rain:
  - A complete change of clothes including pants, shirt, underwear and socks
  - Your rain jacket

- Backpack rain cover
- Mid-layer fleece or down sweater
- Plastic bag for smartphone
- Optional: Hiking poles
- Optional: Camera