

IBERIAN ADVENTURES

Web: <http://www.iberianadventures.com>
Mobiles: 620 939 116 / 630 540 213

SUGGESTED CLOTHING & EQUIPMENT PACKING CHECKLIST FOR NON-MOUNTAIN TRIPS SUCH AS CAMINO DE SANTIAGO:

Introduction

This document provides you with important information on varied aspects of your active tour with Iberian Adventures. Please read it and all included information carefully, as it could make all the difference between a holiday that is enjoyable and one that is not.

What you need to provide: Your personal equipment and clothing - see our recommendations - and a positive attitude!

Participants in Iberian Adventures Walking trips along the **Camino de Santiago and similar non-high mountain trips** must be prepared for a wide range of possible weather and temperatures, especially in early Spring and late Fall. In particular, rainy weather is a possibility at any time of year in Northern Spain. Those doing the **Camino Primitivo** route should take into account that some stages take place in mountainous environments, often in sub-alpine zones over or near 1500 m (4900 ft) elevation (this also applies to those on the **French Way who do the stages between St. Jean Pied de Port and Roncesvalles**), where exposure to severe weather conditions with little shelter is a real possibility.

Makers, brands, etc.

In such environments, the most important factors for choosing clothing and gear are utility (quick drying, multi-purpose, useable in a wide temperature range), comfort and protection against possible bad weather. Although we do not promote one over another, in the outdoor adventure industry it is accepted "fact" that specialist outdoor brands such as Rab, Mountain Hardwear, Marmot, Patagonia, Berghaus, North Face, Lowe Alpine, Millet, Haglöfs, Mountain Equipment, ArcTeryx, REI, and many others generally do a better job – and will last longer - than famous brands of "street", "casual" or even "sport" clothing.

What clothing to bring

In such environments, weather can vary greatly during the course of a single day. We stress the need to dress in "layers", as this will enable you to adapt more easily to the range of conditions possibly encountered. By layers we typically refer to the following 3:

- **a thin "wicking" layer next to the skin, especially for the torso.** Wicking materials are those that draw moisture from the skin and allow it to evaporate, dry quickly and insulate even when wet. This layer can be vital in keeping you warm, because wet garments in contact with the skin cause 25 times more heat loss than dry ones. These fabrics are usually based on a synthetic polyester or polypropylene material and can be found under many brand names. **EXCEPT IN SUMMER, COTTON IS NOT GOOD AS A FIRST LAYER NEXT TO THE SKIN.** It absorbs water, dries slowly and loses its insulating qualities when wet. Wearing cotton in exposed cold, wet and/or windy environments is **DANGEROUS** and can lead to hypothermia.
- **Warm insulating layer(s)** - this can be heavyweight long underwear (not cotton), wool shirts or sweaters, or synthetic fleece shirts or jackets. Down is very warm and light but is expensive, loses all its insulating qualities when wet and dries slowly. Synthetic fleece is probably the best choice for outdoor activities in most climates. In cold weather, more than one insulating layer may be necessary.
- **Shell Layer** - the shell should provide protection from wind and rain which can cause heat to be drawn away from the body at an alarming rate. The ideal shell is un-insulated, windproof, completely

waterproof and completely breathable. While there is no single garment which can achieve all these objectives, there are various strategies that come close. The most popular approach nowadays is to have a single multi-functional shell layer, such as Gore-Tex (or other waterproof/breathable fabric) rain pants and rain parka. Another strategy is to carry two interchangeable shell layers: a breathable layer of wind gear plus a non-breathable layer of rainwear. This last method can be cheaper, but is heavier and more uncomfortable in rainy conditions. Make sure that your shell layer is big enough to allow for additional insulating layers underneath. A good hood is essential and should be big enough to wear a hat underneath.

NOTE on SoftShells – since the mid 2000's, this new type of hybrid layer filling the “market gap” between fleeces and waterproofs has taken the outdoor clothing industry by storm. Comfortable to wear, more water-resistant than fleeces, and most are more breathable than waterproof hard shells. Soft shells are usually highly wind-resistant, and generally warmer than waterproof hard shells as they often have some form of air-trapping weave to provide insulation, but they are not as warm as fleece.

What Footwear to Bring – at least two (2) pairs of footwear are required:

This is a very personal matter, but no matter what, comfort and support are key. Keep in mind you'll be walking 5 or more days consecutively. Also, mud and water may be present on any of the trails, so Gore-tex or a similar breathable waterproof membrane is recommended, at least for the main pair. In addition, we recommend a second lighter-weight, more breathable pair of footwear for walking on dry days or if you have a blister. Some models of sport sandals can fill this role.

Lastly, make sure your main pair are well-broken in or you'll be asking for blister trouble!

Flat-soled tennis /basketball /skateboard sports shoes/sneakers are inappropriate for our trips.

Our general footwear recommendations for Camino de Santiago trips are: lightweight walking/hiking boots or shoes of the waterproof/breathable cordura/leather variety with stiffened vibram-type soles, for protection against the elements and comfort over a wide range of environmental and trail conditions. For most people, a high level of ankle support is not so important on the Camino as trail conditions are relatively easy and you will not be carrying much weight.

The following list of clothing and equipment is fairly comprehensive, and applies to year-round activities. If you come in mid-winter, extra items are necessary, while in summer you might eliminate the warm long pants and the gloves – for example. Naturally, there is room for personal choice and experienced travellers/trekkers/bikers may take a good deal less than we recommend or other items we have not included. Items which we regard as essential or at least **highly recommended** are marked in **bold with an asterisk(*)**.

We have provided the list in checklist format to help you in supervising the packing process. Please ask us if you have any queries about clothing and equipment.

Suggested Clothing & Equipment Checklist for the Camino de Santiago & similar “non-mountain” trips

<u>SPECIFIC CLOTHING FOR OUTDOORS</u>	<u>NUMBER</u>	<u>CHECK</u>	<u>SPECIFIC EQUIPMENT FOR OUTDOORS</u>	<u>CHECK</u>
* Hiking/walking boots or shoes	1 pair		*Sunglasses with retainer Spare glasses	
* Spare pair of more comfortable hiking/walking shoes	1 pair		* Water bottle / canteen (1 +Litre)	
*Thick or medium walking or hiking socks (wicking wool / polypropylene / cotton blend is best)	3 pairs		*Sunscreen (water/sweat resistant) *Lip Protector	
*Medium or heavyweight fleece sweater or jacket	1		*Small to medium (20-30l) daypack / rucksack - big enough to carry water bottle, rain jacket, insulating layer, camera, sunscreen, snacks etc.	
Lightweight wool or polar fleece sweater	1		*Small flashlight/torch/batteries	
*Waterproof jacket and pants (Breathable-GoreTex or similar is best)	1 set		*Health Insurance Card	
*Cagoule / RainSlicker / Poncho (very useful on the Camino de Santiago)			*Small personal first aid kit	
* Collapsible umbrella (very useful on the Camino de Santiago)			Notebook / diary w/ pencil or pen	
*Polypropylene or similar (wicking) long-sleeve shirt	1		*Money	
*Polypropylene or similar (wicking material) short-sleeve T-shirt	1		Spare boot laces (important on hiking tours!)	
*Warm long-sleeve shirt (flannel, etc) to wear after exercise or in evening	1		*Quart size Ziplock bags (for wallet, toilet paper, etc) * Litre-size Ziplock bags (for maps, or notebook,etc.)	
*FALL, WINTER & SPRING: Warm fleece or wool hat	1			
*FALL, WINTER & SPRING: Fleece or other warm gloves	1 pair		Towel Washing Kit / toothbrush, etc.	
*Widebrimmed Sun/Rainhat	1		Reading Material	
*Long walking pants - loose-fitting cotton or blend is best. <u>Denim "blue" jeans are not appropriate for walking</u>	1		*Passport	
Walking shorts			Camera Binoculars	
Cotton T-shirts			Pocket knife or multi-tool (not in carry-on bag!)	
*WINTER Polypropylene or similar (wicking material) long underwear to wear during cool weather exercise			Bandana	
*WINTER: Warm long pants to wear after exercise			Universal electrical adapter plug	
			Small sewing kit Scissors	
OTHER CLOTHING ITEMS			*toilet paper/tissues (small emergency supply)	
*Comfy sports sandals – to rest feet after day's walking.			Moisturising cream Wetwipes -moist cleaning tissues	
Swim suit (in summer only)				
Underwear				