

Packing List – September 2017

Wearing

- Salomon shoes
- Socks 1000 mile
- Craghoppers Zip off long trousers
- Under Armour Underwear
- Long sleeve tech shirt – Craghoppers
- Light fleece – North face
- Fitbit

Over the shoulder bag

- Passport
- Credential
- Money (up to €50 at a time)
- Phone
- Debit card
- Earphones
- Flight details from Dublin
- Bus ticket Madrid to Burgos
- Pocket tissues

In Backpack - Lowe Alpine Pack w/ Rain cover

- Silk liner
- Sandals
- Berghaus rain jacket
- Colombia rain pants
- Shorts
- Hat & Neck buff
- Helly Hansen Short Sleeve t shirt x 2
- Socks 1000 mile
- Socks Bridgedale
- Under Armour Underwear x2
- Water bottle – 1L
- Lightweight towel

Electrics

- Samsung plug and charger
- European plug
- Fitbit charger
- Phone external charger

Footcare kit

- Compeed (Selection)
- Scissors
- Antiseptic wipes
- Selection of plasters
- Compeed Anti Blister Gel
- Toe tube
- Gehwol footcream
- Needle and thread

Toiletries

- TeePee flosser
- Razor & Shaving oil
- Roll on Deodorant
- Cotton buds
- Prescription meds
- Deep heat
- Toothbrush and paste
- All purpose soap

Others / Bits and pieces

- Spork
- Ear plugs
- Breakfast Bars / Snacks
- Safety Pins – 10
- Zip lock bags
- Wet wipes

Folder in Backpack pocket

- Rother guidebook
- Copy of prescription
- Notebook and pen
- Travel Insurance
- EHIC
- Money