

NATHEN'S CAMINO GUIDE

inner prep

Why do you want to walk the Camino?

Make it personal (set intentions, take requests from others)

outer prep

santiago.ca (CCoP) - credencial

caminodesantiago.me

*****buy shoes (NO movement inside shoes), break them in!*****

*****pack (1/10th of body weight; upper limit, 22 lbs)*****

dates

season: fall

transportation

plane: skyscanner.ca, flighthub.com

Vancouver (1:30 PM) -> Biarritz (3:45 PM [+1]) - \$556 Cdn

taxi: (15 min) to Bayonne train station - \$20 Euros

train: <https://www.raileurope.ca/train-tickets/journeys/article/>

[bayonne-st-jean-pied-de-port](#)

Bayonne (6:26 PM) -> SJPdP (7:33 PM) - \$19 Euros

plane home: SdC -> Vancouver - \$1,445 (more direct - worth it!)

accommodation

“A Pilgrim’s Guide to the Camino de Santiago” (Camino Francés)

- John Brierley (caminoguides.com) / (same, maps-only version)

(some other books are available in e-versions)

p. 17 - 6 categories of albergues, plus hotels

gear

backpack (Gregory, 35L)

3 dry bags (Nano3D, 10L)

green:

(in 1 pouch and 3 freezer bags)

towel (PackTowl), facecloth

soap + bag, deo, funnel, teeth (3), razor,

moisturizer/sunscreen, waterproof band aids, needles,

nail clippers, scissors, tweezers

tp, wipes

ibuprofen, magnesium supplement, adjustable brace, ear

plugs

blue 1:

lululemon shirts (2), fleece (2), windbreaker, poncho

headlamp, hat, gloves, sunglasses, sarong, buff

shorts, belt, kilt?, bathing suit, underwear (2)

socks (2), shoes, rain covers, flip flops

long underwear (2)

mesh laundry bag

blue 2:

bedding (single fitted sheet, single sheet, single pillow case)

black:

bank book, travel docs

phone + cord + adaptor (2), ear buds, charger + cord, 2 USB

(lyrics), keyboard (Logitech K380), flash drive, journal, pen

top of backpack

water bottle, spork, plate, knife, plastic bags (2)

bungie cords, clothespins, opener?

waist pack

guide book(s), phone/SIM card (for navigation and calls) /
maps.me, passport, credencial, money purse/cash
cards, keys, stone

walking stick/poles

guitalele + case

budget

travel - \$2K

gear - \$1.5K?

food and lodging - \$2.4K (\$1.6K Euros - 40 days x 40 Euros)

living expenses - \$4.5K (two months)

time

- Brierley: 33 days

- do a portion of the Camino, go back again and continue

- bus/taxi to preferred portions

- walking the last 112 Km (Sarria to SdC) qualifies you for a
Compostela

signs

excellent, MOST of the time (use maps and GPS, be patient, look
around, follow others)

backpack transport

jacotrans.es/en/, caminofacil.net

food

when in Spain... / remember your budget!

laundry

washers, some dryers, washing by hand / laundry line - privacy
“tent” around bunk with bungee cord(s)

bed bugs

A skin cream containing hydrocortisone (Cortaid), or an oral antihistamine, such as diphenhydramine (Benadryl) / wash in hot water, dry on highest setting / buy new clothes

SdC - Cathedral

NOT open at this time! No pilgrims’ mass, no incense thurible (“Botafumeiro” - Galician for “smoke expeller”). Create another experience to mark the end of your journey.

language

learn some Spanish before you go!