JMJ TOURS

Camino de Santiago Pilgrimage

August 31 - September 11, 2025

CAMINO CHECKLIST

Essential Travel Documents

- ☐ **Passport – Valid for at least 3 months after return date (make copies & store separately)**
- ☐ **Flight Itinerary – Iberia group flight details**
- ☐ **Travel Insurance Policy – Printed and digital copies**
- ☐ **Hotel List & Contact Info – Provided at final meeting**
- ☐ **Pilgrim Credential ("Credencial") – Will be issued at start of walk**
- ☐ **Emergency Contacts – Personal & JMJ Tours contacts**

Walking Gear

- ☐ Comfortable Walking Shoes/Hiking Shoes – Well broken-in (no new shoes)
- ☐ Lightweight Daypack – With padded straps & hip belt
- ☐ Refillable Water Bottle – 1–1.5 liters minimum capacity
- ☐ Trekking Poles – Adjustable, with rubber tips for pavement
- ☐ Moisture-Wicking Socks – Several pairs (plus liner socks if preferred)
- ☐ Blister Kit – Moleskin, Compeed, tape, antiseptic wipes
- ☐ Rain Gear – Lightweight rain jacket/poncho
- ☐ Sun Protection – Hat, sunglasses, SPF 50+ sunscreen
- ☐ Light Layers – Quick-dry clothing suitable for layering
- ☐ Lightweight Gloves & Buff/Scarf – For cool mornings
- ☐ Small First Aid Kit – Bandages, pain relievers, personal meds

Clothing for Evenings & Non-Walking Days

- ☐ Casual Comfortable Clothes – Modest for visiting churches
- ☐ Light Sweater or Jacket – For cooler evenings
- ☐ Comfortable Shoes/Sandals – For post-walk comfort
- ☐ Laundry Supplies – Small detergent packets for handwashing

Health & Safety

- ☐ Prescription Medications (in original bottles, with copies of prescriptions)
- ☐ Personal Health Items (e.g., knee/ankle braces)
- ☐ Copies of emergency contacts and insurance info in daypack
- ☐ Snacks for walking days (nuts, dried fruit, energy bars)

Electronics

- ☐ Mobile Phone & Charger
- ☐ Plug Adapter (Type C/F for Spain)
- ☐ Portable Power Bank
- ☐ Camera (optional)
- ☐ Earbuds/Headphones

Provided by JMJ Tours

- ☑ Two expert guides (walking & non-walking support)
- ☑ Daily luggage transfer between hotels
- ☑ Daily breakfast & selected group meals
- ☑ Group transportation when needed

Tips for the Camino

- Break in shoes now – Wear them on walks before departure.
- Train with your daypack – Practice carrying the weight you'll have on the Camino
- Hydrate regularly – Carry and refill your water bottle.
- Pace yourself – Walk at a speed comfortable for you; enjoy the journey
- Listen to your body – Take breaks when needed; guides will assist if you can't complete a day
- Respect local customs – Modest dress in churches, courteous interactions
- Use the Pilgrim Credential – Get stamps at churches, cafés, and hotels each day