

# The Knapsack Collective

## Some information about our Santiago trip:

Weather	We hope to walk in a pleasant 20 degrees Celsius during the day, and have 13 degrees at night (however, the weather is always unpredictable of course).
Food/drinks	There are many places to fill up your water bottle or your belly, so you don't have to carry a lot of food or drinks.
Knapsack	Take a bag that fits your back and has a strap around your hips, so you carry the weight mainly on your hips. Around 38L should be fine.
	Take a rain cover for your backpack.
Knapsack Weight	Try to carry no more than 10% of your body weight in your knapsack, or maximum 10kg. Make sure everything is lightweight!
Organize with plastic/nylon	Use smaller bags to put all your stuff in your backpack, your stuff will be dry and organized!
Clothing	Only take clothing that dries quickly and is light weight (so preferably no cotton). You will have to do some laundry daily or every other day. Also after laundry it's very pleasant if your clothing dries quickly.
Shoes	You do not need heavy mountain shoes, but light hiking shoes, preferably a (half) high model. Make sure they are not too small (rather a bit too big!).
	Bring teva's, slippers, ultra-light running shoes, crocks, toms or something alike for the evenings.
Blister (prevention)	Ask your grandma what her secret is. Here's my grandma's tip: put glycerine/vaseline or something alike on your feet <i>prior</i> to your hiking session - this will prevent friction between your sock and foot. Also bring compeed or other things that can help you deal with (starting) blisters.
Sleeping bag	Bring a small sleeping bag, or if you don't get easily cold at night, a fleece sleeping bag liner or something alike. The albergues have clean sheets, but some of them do not have blankets.
Hiking sticks	It's up to you if you like to walk with hiking sticks. They can relief your feet, train your arms, and improve your posture. We think they're pretty useful, although they can look a bit silly...
Multipurpose	One pilgrim once told me he never takes anything that you can't use in at least two different ways.

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## What to bring:

This is just a guideline – don't worry if you want to take other stuff

Everything should be lightweight! Less is more!

Remember: You can buy things along the way if you forgot something crucial

CLOTHING	OTHER THINGS / ACCESSORIES
Socks for hiking (2 or 3 pair)	Light sleeping bag or something alike
Undies (2-4 pair)	Sports/hiking towel
Short (hiking) pants	Sunglasses and/or a hat
Long (hiking) pants (or a combo zip of)	Sunscreen
Some lightweight chill pants (evening)	Large safety pins or diaper pins (for hanging laundry)
Shirts (2/3 pair) short/long sleeve (thermo)	Sleeping mask / Ear plugs (for your snoring neighbor)
Fleece sweater	Water container / camel bag
Rain/wind coat or rain poncho	Compeed / or blister plasters
Pajamas (that you can also wear outside of bed)	Optional: hiking sticks (cheap ones worked fine for me)
	Optional: some first aid stuff
TOILETRIES	SHOES
Laundry detergent, shampoo, body wash (I use one piece of <a href="#">aleppo soap</a> for everything)	Your super hiking boots
Toothbrush + mini toothpaste	Something light to wear on your feet at night
Small tube of Vaseline/glycerin for your feet	