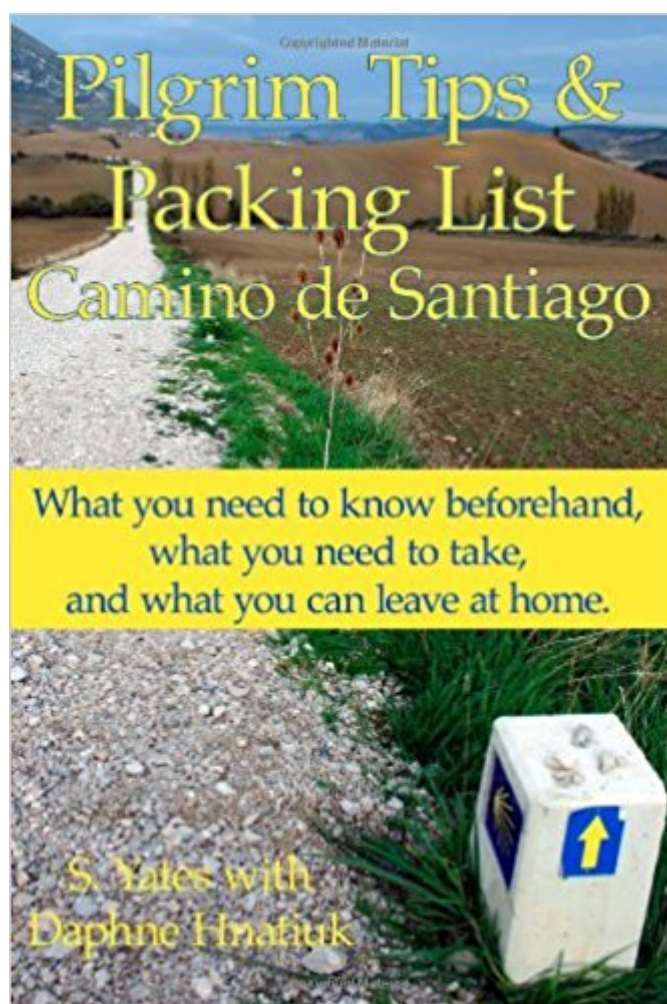


The book was found

Pilgrim Tips & Packing List Camino De Santiago: What You Need To Know Beforehand, What You Need To Take, And What You Can Leave At Home.





Synopsis

You have seen the movie, you have read all the novels, now you want to walk [The Way](#) yourself - the Camino de Santiago. But you have questions, many questions: What does the daily life of a pilgrim actually look like? How big should your backpack be and do you need xyz? What is the best time to walk the Camino? Is it dangerous to walk alone, especially as a woman? What about the dangerous dogs you have heard so much about? Are there gender-separated showers and toilets in the pilgrim hostels? And when nature calls when you are on the trail, will there be outhouses or not? How can you prevent blisters and other health problems? Will you find enough places to buy food from or restaurants to eat in? And what about if you are vegetarian [will you find adequate food to keep you going?](#) Do you need to speak Spanish to walk the Camino? Do you need to be religious and / or baptized to do The Way? Where does the Camino start and how long does it take to walk [The Whole Way](#)? And, and, and ... If these are your questions, then this book is for you. Read about what you need to know beforehand, what you need to take, and what you can leave at home - which is the most important bit! Read about how to prepare for the Camino de Santiago in a book written by two experienced pilgrims and hospitaleras that, between them, have walked more than 10,000 km / 6,000 mi on European pilgrimage routes in Spain, France and Italy and have looked after, over the years, ten thousands of pilgrims in over twenty different refugios (pilgrim hostels). Some of the many topics covered in this book are: Introduction into the daily pilgrim life [So that you know what to expect and what not.](#) Movies like [The Way](#) are not always true to reality ;-)
[Which way and when? - Choosing the right Camino for you, and yes, there is a choice!](#) And choosing the right time to go, plus many insider tips on how to experience a somewhat quieter Camino, even in the midst of the pilgrim season. A detailed explanation of the few things you need to take, where best to buy them and what to look out for when buying them. And a longer list of things you don't need to take and the reasons why. A lot of practical background information covering pretty much every aspect of the pilgrim life. Plus pilgrim stories out of our real life experience to make it a more entertaining read and a large appendix with many useful addresses and texts. Also included is a free download link to a template that will allow you to create your very own, personalized packing list for your very own Way. If you are still unsure if this is the book you are looking for [just use the "Click to look inside" function here on](#) to get a good impression of it. In all cases, we want to wish you a [Buen Camino!](#) - A Good Way! And yes, you will pick up a few essential Spanish pilgrim terms in this book also ...

Book Information

Paperback: 138 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (April 11, 2013)

Language: English

ISBN-10: 1484079841

ISBN-13: 978-1484079843

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 188 customer reviews

Best Sellers Rank: #98,593 in Books (See Top 100 in Books) #18 in [Books > Travel >](#)

[Specialty Travel > Literary & Religious](#) #89 in [Books > Travel > Europe > Spain > General](#)

[#206 in Books > Sports & Outdoors > Hiking & Camping > Excursion Guides](#)

Customer Reviews

S. Yates has not only walked more than 6,000 kilometres / 3,700 miles on European pilgrim routes in Spain, France, Italy and England, but has also helped pilgrims as a hospitalera voluntaria in more than 20 pilgrim refugios on the Way. She helped in Spain to train others for this task and providing continuous further training for them, especially with focus on First Aid, History of the Camino de Santiago, and Spirituality. Additionally, she has hands-on experience of renovating old houses into new pilgrim refugios and participated in "pilgrim preparation days" in England. She is, together with her husband Rev. Ricky Yates, a member of the Confraternity of Saint James (Great Britain). She walked her first Camino from Roncesvalles to Santiago in 1999 and in the following years made foot pilgrimages to Rome and Assisi as well as walking regularly the Camino in Spain and France and taking care of pilgrims as a hospitalera. She now lives in the beautiful city of Prague and looks forward to walk The Way (Camino de Santiago) this year yet another time. Daphne Hnatiuk walked the Camino Francés for the first time in 2003, where she met S. Yates in Spain, and was infected with the incurable "Camino and Hospitalera Bug". Since then, she has spent many months over the past 10 years in Spain as both a pilgrim and a hospitalera voluntaria. She has walked Camino routes north, south, east, and west in Spain as well as in Southern France and Northern Italy and can often be seen with her camera and pen and paper in hand, updating English language guide books / web pages and taking pictures while walking the Way. She cherishes and thanks all the pilgrims with whom she has shared the Way and feels very privileged that they in turn have shared their hearts and their stories with her. When not on the Camino, Daphne lives in Vancouver, Canada where she keeps her Camino connection alive by editing guidebooks and

answering the questions of future pilgrims.

This is a short, useful book with the occasional clever line or interesting anecdote to help you start preparing for your pilgrimage. Though the information could be found in forums or blogs, here it is gathered together for an easy read. A lot of the information is basic preparation for people who have never done or researched a long-distance hike before. If this is you, this book is for you, just don't buy the paperback like I did. Buy the cheaper kindle version. I do have one problem with the suggestions in this book. I have not hiked The Way before, but I disagree with the author's recommendation for footwear. Hiking boots are heavy! There are many who believe that the support that they provide actually increase the chance of injury from a fall because they restrict natural movement. Also, waterproof shoes never stay dry. They hold in water and sweat, then take forever to dry. This is why people who thru hike places like Pacific Crest Trail tend to wear trail runners now. These running shoes grip well, breathe, dry somewhat quickly, and are super light. The downside is that trail runners don't last as long, but they should last longer than the 780km of The French Way. Perhaps this form of shoe wear is just not popular in Europe yet or at the time the book was written (published in 2013). I'm currently deciding between trail runners and broken in hiking sandals for my walk this summer. This is just my opinion, as the saying goes "hike your own hike." Overall, I recommend that future pilgrims read this. Buen Camino! Update: I noticed on my Camino that most Americans under 30 were wearing trail runners, and were quite happy with them. My feet were happiest with socks and sandals. A great look I know, but hey I'm happy when my feet are happy. I suggest reading the book still. It was useful in prepping for my Camino, just remember to listen to your body and enjoy the journey.

I found this guide very helpful because it addresses how to pack, how to choose a backpack, footwear, clothing, and all the other items that will be necessary for the Camino de Santiago. It answers many questions that new folks that want to walk The Way would have, like myself. This is not a guide that will show you which route to take, there are many, or what the mileage is between stages but a more practical guide of "how-to" do the essentials, prepare the items that you will need, and what to expect as you walk. Myths are dispelled and a common sense approach is used throughout the book. I love the little anecdotes from other peregrinos (pilgrims) that are sprinkled though the book. It helps to drive the point home to use common sense and pack light. You could find this information in the many forums that are out there but this book makes it so easy to get that same information that I wish I would have had it when I first started researching. It would have

saved me a ton of time. Do yourself a favor and buy it. It makes for a great read as it is very informative but not in a dry manner, as sometimes guides can be. I would highly recommend it to anyone wanting to do their own Camino de Santiago.

reading for the second time. S. Yates has great insight and a honest concern for those with honest questions about walking across Spain. If after reading her book you still have questions, just ask on her forum. she will answer. If you are thinking of doing ANY overnight hiking, anywhere, READ HER BOOK.

The author herself mentions several times that common sense is the least common of all senses. And she should know about common sense, because her book is packed with it. If you've never done any hiking before, the book is more than worth the few bucks it costs to download it. It provides tons of common sense advice that an inexperienced hiker might not think of on his or her own. But if you've already done a hike that lasted three days, you've probably already figured out 95% of what's in this book. I'm tempted to reveal the remaining five percent, but I won't. There are a few really good pieces of advice about the Camino in particular that I hadn't thought of, and wish I had. Too late now. I'll remember for next time.

I found it very informative and helpful to know what to pack and what to leave home, including the tips for weight reduction of the backpack. Her book has answered many questions about when to pilgrimage, where to start, food to take or not take, safety, blister care and prevention, boots and backpacks. The book is all encompassing. She also includes where to apply for the passport for the Camino, and websites to best Camino guides. For me, the stress and concern of walking Camino de Santiago has been alleviated. I feel that I can be well prepared before hand.

I bought this thinking it would be a nice way to gather what I need for my Camino. While the authors give some decent advice, at almost every page there was at least one thing that made me shake my head. Suggesting that women begin taking hormonal contraception before the Camino to alter their cycles, stating that Spanish nuts and dried fruits are a good alternative to taking vitamin supplements, inferring that you could induce water intoxication in yourself simply by not getting enough salt. (Water intoxication doesn't just happen; it's almost always the result of water drinking

contests, hazing, torture, or other non-self regulated water consumption). Just remember, anyone can write a book, regardless of their expertise.

Common sense and practical information. Essential for first time pilgrim, or anyone hiking.

A concise, well thought out guide to assist with planning your Camino. I plan to start my walk in SJPP in September of 2017, so I am grateful for the down-to-earth advice from an experienced, compassionate pilgrim and Refugio volunteer. Dmall beefs: Despite the conversion tips, I would have appreciated seeing the mile ages and weights in Imperial as well as metric. Author avoids pitching brand names, but when she did call out an inexpensive product by name I found it very helpful.

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