



HOW TO CARRY YOUR STUFF

Alright, let's talk backpacks! I know, the idea of carrying all your...*stuff* can feel like a literal pain in the neck (and shoulders). But don't worry—we've got your back, *literally*.

Here's the deal: you need a pack with a capacity of **25–40 liters**. We're not venturing into the wild here, folks—no need to haul a week's worth of survival gear. We've got comfy beds, warm meals, and clean sheets waiting for us at the end of each day. The key here is to **pack smart, pack light**, and bring only what you need.

To help you out, here's a list of the most popular backpacks you'll see on the Caminos. Let's find the one that'll make you feel like you're *floating*, not hauling bricks.



1. Osprey

If backpacks were royalty, Osprey would wear the crown. Known for their innovative designs and top-notch craftsmanship, Osprey packs are everywhere on the Camino. Their 25–40 liter range comes with all the bells and whistles—adjustable harnesses, ventilated back panels, and pockets galore to keep you organized. It's like the Swiss Army knife of backpacks.

2. Deuter

These guys have been making backpacks since *forever*, and it shows. Deuter packs are beloved by trekkers for their smart design and comfort. Their mid-sized options are great for

The Camino Shell & the Cross of St. James



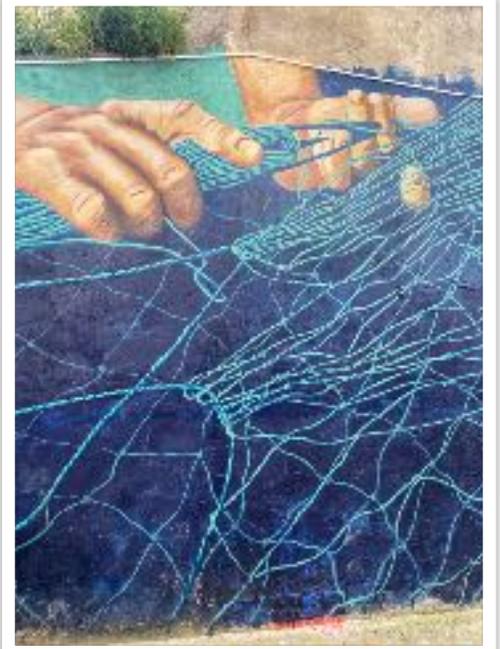
So here's the scoop on the famous Camino shell. Apparently, clergymen would give it to haggard pilgrims stumbling into Santiago de Compostela as proof of their triumphant journey's end. As a modern pilgrim, don't even think about buying one! This treasure must always be given, not purchased. Now a days, these shells are often adorned with the red cross of St. James, which goes all the way back to the crusades. And FYI, the red supposedly symbolizes the blood of Christ. Who knew the humble shell could be so fancy?



weight distribution, with ergonomic padding that'll treat your back like royalty. Bonus: easy-access points mean no awkward bag-digging when you need your snacks.

3. Gregory

Gregory packs are the overachievers of the backpack world—dependable, high-performing, and loaded with smart features. Their 25–45 liter options come with suspension systems that make your load feel lighter, plus adjustable harnesses to get that *just-right* fit. Basically, they're the “ahh, this feels nice” backpacks.



4. REI Co-op

If you're coming from the US or Canada, REI Co-op gear is a great option—reliable, functional, and kind to your wallet. Their mid-sized packs tick all the right boxes: solid comfort, smart design, and enough features to get the job done without overcomplicating things.

Pro Tip:

Your backpack should feel like an extension of *you*. Go to a store, try a few on, and walk around with some weight in them. Better yet, load it up with your gear and take it out for a hike before you hit the Camino. You'll want that pack to move with you—not fight against you.

With the right pack on your shoulders, you'll be ready to hit the trail for days on end, looking (and feeling) like a total pro. Now go forth and find your perfect fit—you've got kms to conquer!