

**For the day**

Small light rucksack with the following:

Your passport, ID

Cash

Credit Card

EU Health Insurance card

Mobile Phone

Waterproofs jacket and trousers, we recommend Gore Tex or other breathing fabrics

Toilet paper

Water for you and your dog

First aid (small basic)

Plasters. Ask in your pharmacy for special plaster for blisters. Very important

Healing cream

Anti inflammatory (Ibuprofen)

Jodine

(We will have a first aid kit in the car and with the guide)

Camera

Dry energy bars type food. (You will get a lunch packet from us)

Hat and gloves

Water container for dog to drink from

Suntan lotion, lip protection

Sunglasses

Penknife

**Please don't bring too much luggage, and don't use suitcases, bags are easier to store, we need to fit your bags in to the dog-boxes when you are walking. You have to take it with you to your accommodation at night.**

In your luggage you should have:

Sleeping bag (for -4°C), the most of the time we will have blankets, but they might be insufficient in some places and also for the unforeseen situations.

Pyjamas, it can get cold at night.

Towel

Small toilet bag. Make sure you bring suntan lotion and lip protection.

Underwear for 1 week (we will try to find a laundry place once a week, only for walkers who do more than 1 week).

Socks for one week.

3 pairs of loose and transpirable trousers, one for walking and one to wear after your shower in the evening and a spare one. Trousers that can be converted into Shorts (zipper) are very practical, we recommend cotton.

Same for T-Shirts and sweat Shirts.

Warm sweater and Jacket.

Hiking boots: Should be light and waterproof. Make sure they fit you well and are not too small (or too big). Buy a good pair, your feet deserve it! And use them well before, you should walk them in.

Shoes to wear in the evening (if you don't want to wear your hiking boots)

Slippers or sandals.

Bathing suite

Notebook and Pen

Flashlight

**Regarding the weather to expect:**

**It has rained a lot this winter, more then other years, so I hope the spring will be therefore very sunny, but it definitely will be very green!**

**We did a walk last year at the same time from Seville to Estepona, in Seville we had 29° C, in Gaucín rain and 10°. The mayor from Campobecerros (week 6) has told me that it still snows occasionally in the area at this time of the year. You better be prepared for all kinds of weather!**