



Medical Readiness Checklist

Health Planning and Safety Prep for a Resilient Camino Walk



Why This Matters

Walking the Camino is physically and mentally rewarding, but it's also demanding. A few simple steps before you go can help prevent injury, manage chronic conditions, and give you peace of mind. This checklist helps you think through **health routines**, not just **what to pack**.



1. Health Preparation Before You Go

- Schedule a **general medical check-up** and discuss your Camino plans
- Review **chronic conditions** (e.g., asthma, diabetes, arthritis) and how they may be affected
- Talk about **blister risk, joint strain, or prior injuries**
- Get necessary **vaccinations or boosters** (e.g., tetanus, COVID-19)
- Write a brief **medical summary**: conditions, allergies, medications, blood type
- Share your **emergency contact info** with a friend and carry a card in your daypack



2. Medication Plan

- Bring a full supply of **prescription medications**, ideally in original containers
- Request **extra refills** or a travel exception letter if needed
- Keep a **small supply in your daypack**, especially if separated from your main bag
- Carry **copies of prescriptions**, either printed or saved to your phone
- Know the **local name** of critical medications (some vary by country)



3. Foot Care & First Aid Habits

- Develop your **foot care routine** before you leave (test products on long walks)
- Learn basic **blister treatment and prevention** techniques
- Practice walking with your **actual shoes, socks, and daypack**
- Label your **first-aid kit** for easy group access (you may share supplies)
- Know when to **rest or adjust your pace**. Training helps you understand the difference between serious pain and short-term discomfort. Avoid pushing through serious pain





Medical Readiness Checklist

Health Planning and Safety Prep for a Resilient Camino Walk



4. Insurance & Emergency Protocols

- Understand the basic steps to follow if you **need medical care** on the trail
- Purchase **travel insurance** that covers medical, trip delay, and baggage loss
- EU residents: bring your **EHIC/GHIC card**
- Keep a copy of your **insurance details** in your daypack and on your phone (see download: Camino Emergency Information Card)
- Know the **local emergency number** (Spain & Portugal: 112)
- If you can't find a native speaker to help you call the emergency line, try saying:

English	 In Spanish	 In Portuguese
<i>Is there an operator who speaks English?</i>	¿Hay un operador que hable inglés ?	Há um operador que fale inglês ?
<i>I'm sorry, I don't speak Spanish. English, please?</i>	Lo siento , no hablo español. ¿Inglés, por favor?	Desculpe , não falo português. Inglês, por favor?



Pro Tips

- **Practice before you go.** Walk at least 2–3 hours with your real gear and test your foot care strategy.
- **Don't just pack pills—plan routines.** Set a reminder for meds and foot care each day.
- **Get travel insurance.** Delayed bags or twisted ankles are rare, but they happen.
- **Train with intention.** Walking with poles, stairs, and uneven terrain beats gym time for Camino prep.
- **For non-EU pilgrims:** Store a scan of your passport and insurance card in the cloud.

