

## ***How to become a pilgrim and prepare for the Camino de Santiago***

Becoming a pilgrim and preparing for the Camino de Santiago need not be a daunting task. Jane V. Blanchard, author of *Women of the Way: Embracing the Camino* says this checklist will help you get on your way.

### **1. Join a forum.**

The Camino de Santiago Forum (<https://www.caminodesantiago.me/community/>) provides resources and the opportunity to ask questions and speak with pilgrims and others preparing for their journey.

### **2. Order your credential (Camino Passport)**

The Credential is a document that is used to authenticate the journey by getting *sellos* (rubber stamps) from churches, museums, hostels, restaurants, etc along the way. It also allows the pilgrim to stay at *albergues* (hostels) and to receive discounts at restaurants and various places

The Credential can be ordered from American Pilgrims on the Camino, the Confraternity of Saint James, and other Friends of the Camino societies or bought at most *albergues* and some churches on the Way.

### **3. Checkout "Camino Tips" at the Women of the Way Website**

Jane V. Blanchard has compiled a list of 50 tips to help you prepare for your journey. Check them out at <http://womenoftheway2011.com/camino-de-santiago-tips-2/> or at the Pinterest board <http://www.pinterest.com/janevblanchard/50-camino-tips/>

### **4. Read book about the Camino**

To make this easy, Jane V. Blanchard has gathered 125+ books onto a Camino Book Pinterest Board. Check out <http://www.pinterest.com/janevblanchard/camino-books/>

### **5. Train physically**

Walk in hiking shoes while carrying the backpack. This should accustom the feet to walking, break in the shoes, and prevent blisters.

Many pilgrims start in Saint-Jean-Pied-de-Port in France, and then climb the Pyrenees to Roncesvalles, Spain. Training can help prevent leg cramps. If there are no nearby mountains to train, do squats with weights, leg workouts, and climb stairs.

"With a little preparation and training," says Jane V. Blanchard, "you can have a *Buen Camino*."

The paperback is \$17.95 and the ebook is \$4.95. Both are available at most online vendors. Order your autographed copy at <http://womenoftheway2011.com>

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