



Kayak School Packing List

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We ask everyone going to the Futaleufu Valley to bring ONE children's book in English or Spanish to donate to the local library or rural school near where we operate. If anyone has desire to donate additional items that could help a school please contact our office. We will donate the shipping.

Overview:

The Futaleufú valley is a mountain environment; storms can blow in quickly bringing with them cold rainy spells. Be prepared: Bring rain gear and an extra layer of warm clothes. The sun can be intense, so Sun block and Sun Glasses are essential.

Kayak students who stay at our Adventure lodge, or CondorNest ranch will NOT need camping gear. Those on our safari trip or who are staying at our eco camp Campo Tres Monjas will need only sleeping bag and pillow case. Those participating in the Argentina Week of Rivers will need sleeping bag, pad and tent.

If you are flying through Chaiten you will be flying on twin-engine prop planes, and they may charge excess baggage charges for baggage over 15 kilos per person. Excessive baggage can be a liability, especially if it won't fit on the planes. Please pack as lightly and tightly as possible. Laundry facilities are available. When flying in through Esquel, or Bariloche we fly only on commercial Jets but it is still best to pack light.

Label your bags with your name and the lost baggage address: YOUR NAME, Expediciones Chile, Gabriela Mistral 296, Futaleufú, Chile Fono (56) (65) 721-386

Print at the bottom of the tag in large letters: VIA PUERTO MONTT, or VIA ESQUEL or VIA BARILOCHE _choosing the gateway city that is your destination by commercial jet plane.

Gear Expediciones Chile Provides:

ACA-certified Whitewater Kayaking Instruction
 Kayak (with flotation and outfitting)
 Spray Skirt
 Helmet
 Paddle
 PFD (Personal Flotation Device)
 Paddle Jackets
 Wet Suit (farmer john type)
 Float bag for your kayak.

Gear You Provide

Camping Gear for Kayak students

If you are staying exclusively in the Adventure lodge or the CondorNest you do not need camping gear.

If you are staying at Campo Tres Monjas or are going on Safari trip you need to bring:

- Sleeping Bag (35 to 55 degrees F) (ExChile provides tents & sleeping pads at Campo Tres Monjas)
- Cotton Pillow Case (can be stuffed with fleece sweater at night) or Small Camp Pillow

If you are going on our Argentina Week of River's you will need to bring a sleepingbag, pillow case and:

- Waterproof Tent (Full Fly and Seam Sealed)
- ThermaRest Pad
- Tarp/ground cloth

General Clothing (some of these items can be worn to Chile on the plane.)

- Comfortable walking shoes or light weight hiking boots. (you can wear these on the plane)
- Sandals (for showering)
- Wool or fleece hat
- Baseball cap or Sun hat
- Warm socks (we recommend quick drying synthetic)
- Underwear
- Shorts (2)
- Long pants (1)
- Long Sleeved Capeline Shirt - underwear (1)
- Long Capeline Bottom - underwear (1)
- T-shirts (2)
- Long sleeved shirts (2)
- Water/windproof jacket
- Water/windproof pants (recommended, optional)
- Pile jacket or wool sweater (1)

Adventure Sports / Kayak Clothing

- Paddle Jacket/ Splash Jacket or Dry Top (optional, recommended)
- Capeline Long Sleeved Shirt – underwear (2)

- River shoes (neoprene booties with stiff soles, or kayak specific foot wear. Tennis shoes, strap-on sandals are ok to wear but will not fit in the new smaller kayaks.)
 - Swim Suit
 - Shorts you can kayak in. (nylon or synthetic)
 - Neoprene gloves (optional) for those with poor circulation or sensitive hands.
 - Noseclips (3 pair, or one pair with strap, speedo variety for swimming will work fine)
 - Swimming goggles (for roll practice, to see under the water)
 - Small personal dry bag (optional)
 - Water bottles (2-one full to drink on the flight)
 - Small dry Bags (for your personal stuff that needs to come with you on the river)
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MULTISPORT ACTIVITIES

If your kayak school week will include any multi sport activities we suggest that you bring the following items in addition to the above items. You can see the other multisport packing lists for further ideas and suggestions.

Mountain Biking:

- Biking shorts
- Biking gloves (optional)
- Camelbak type hydration system (optional), or the water bottles you have brought.

Canyoning:

- Closed shoes that you can hike in, and wear in the water (Super light-weight water shoes are NOT acceptable. Tennis or walking shoes are fine).

For Horseback Riding:

- Comfortable, long pants
- Sturdy shoes or boots
- Small fanny pack or back pack

For Fly-Fishing:

- All fly-fishing gear (see fly fishing packing list for details)
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Toiletries

- Towel (1)
- A small shower kit that hangs from a hook
- Hairbrush or comb
- Toothpaste (small travel tubes are ideal), toothbrush, dental floss
- Small biodegradable bar of soap & shampoo
- Antiperspirant/ Deodorant
- Skin lotion

- Insect repellent
- Extra contact lens and enough lens liquid and cleaning solution. Some people have found that wearing light-weight, sturdy, plastic glasses helps protect their contacts from being flushed out by the big waves.
- Tampons or sanitary napkins (enough for the entire trip)

Sun Protection

- Sunscreen (Waterproof 30 spf minimum)
- Sun block – zinc oxide
- Lip balm containing sun block
- Sunglasses (2)
- Retainer Leashes for Sunglasses, Floating (2)
- Pogies/Sun Shades - People with sensitive or light skin may want to bring pogies, or neoprene sun-shades, to protect their hands from the sun. (The sun is very intense in Patagonia)

Documents

- Photocopy of Airline ticket and Passport. Pack these separately in case you lose the originals (also leave a copy at home with a friend or family member).
- Photocopy of Travel insurance plan.

Medical

We have taken all precautions with food, water & sanitation conditions to prevent illness. We have had excellent results. The drinking water for our Adventure Center lodge, CondorNest Ranch and our Campo Tres Monjas comes from pure closed mountain springs. This will be the best water you will have tasted. On our wilderness trips the water is clean but we have water pumps and treat or boil all water. However, elsewhere in Chile and Argentina we recommend bottled water and to wash your hands as often as possible.

We recommend coming prepared with a small **personal first aid kit** that includes:

- Your own prescription medications
- Aspirin or Ibuprofen
- Antihistamine for anyone with allergies
- Vitamins if you take them
- Anaphylaxis kit if you have severe reactions to bee stings
- Decongestant
- Band-Aids
- Antibiotic Ointment
- Adhesive Tape (for blisters)
- NuSkin (optional, for blisters)
- Antibiotic Otic Solution (optional, if you are susceptible to swimmer's ear infections)

Medications for traveler's diarrhea (TD):

- Peptol Bismol (bottle or tablet)
- Imodium (loperamide). Loperamide is an over-the-counter anti-motility agent.
- As an extra precaution, you may choose to bring a prescription antibiotic. Ciprofloxacin and loperamide are effective against the bacteria, E.Coli, the most common cause of TD. Consult your doctor to obtain antibiotics.

Optional Extras

- Money belt (worn around waist or around neck)
 - Spanish dictionary, maps, books, journal and pens
 - Camera or Video Camera. Go digital.
 - Ray o Vac 5 minute rechargables batteries. Ray O Vac sells a small travel charger good for 110 or 220 volts. We also have the Ray o Vac 5 minute rechargers at all our properties.
 - Flashlight or Headlamp
 - Sewing kit (optional)
 - Travel Alarm Clock (optional)
 - Favorite snacks. Power Bars are not available in Patagonia
- A current newspaper or magazine. After spending weeks in the frontier, your guides will greatly appreciate any news from home.

BAGGAGE TAGS

You can cut out and use these baggage labels for your luggage. They will fit into your baggage tags or can be taped to your baggage with clear packing tape. To make them waterproof you can use clear packing tape or laminate them.

#1 Print your name on the tags

#2 Print at the bottom of the tag in large letters VIA PUERTO MONTT, or VIA ESQUEL or VIA BARILOCHE choosing the city that you will fly through by commercial jet plane.

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