



Mountain Biking Packing List

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We ask everyone going to the Futaleufu Valley 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.

Guests who are doing day rides and returning to our ranch or lodge every night can scale back the packing list as they see fit. Laundry service is available.

If you are flying through Chaiten you will be flying on twin-engine prop planes, and they may charge excess baggage charges for 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 Jets but it is still best to pack light.

Gear Expediciones Chile Provides:		
<ul style="list-style-type: none"> ·Mountain Bikes (Specialized) ·Repair Kits ·Helmets ·First Aid Kits 	<ul style="list-style-type: none"> · Windproof Waterproof Matches · Gas Stove MSR · Gas canister · Water Filter Katydin · Small table GSI micro table · Small Grill 15"X 11" · Fire Blanket (optional) · Java press coffee maker (GSI glacier stainless steel) · Saucepans, fry pan 7 pc cook set Texsport · Plate bowl combo GSI stainless 1 per person · Utensils stainless coleman 1 per person · Spatula- bigger spoon big fork Tex Sport utensil set · Cheese Grater GSI · Sharp knife 	<ul style="list-style-type: none"> · Cork screw can opener · Measuring cup · Cutting Board · Small spice kit · Bio-degradable Dr. Bronners detergent · Food · Egg protection tray · First Aid Kit

Gear You Provide

Camping Gear (Lodge based or CondorNest based trips do not need camping gear)

If you are Lodge based but want to have the option of visiting eco camp at Tres Monjas you will need to bring:

- Sleeping Bag (35 to 55 degrees F)
- Cotton pillow Case (can be stuffed with fleece sweater at night) or Small Camp Pillow

If you are on Camping Biking trip you will need to bring the above sleeping bag and pillow case listed above and the following:

- Waterproof Tent (Full Fly and Seam Sealed)
- Therm-a-Rest Pad
- Tarp/ground cloth
- Plastic Bag: large size, heavy duty, in case of rain. (2)
- Backpack

For all trips:

- Camelbak (mandatory)
- Head Lamp (or Flashlight)
 - Spare Bulb (1)
 - Spare Battery (1)
- Small Day Pack

Cycling Clothing:

- Cycling Shorts (3) - You need a fresh pair each day and they take 2 days to dry completely.
- Cycling Jersey (2) - You need a fresh one each day and they take a day to dry.
- Head Sweat Bands (2)
- Glasses (2) - sunglasses
- Cycling Shoes - with adjusted clipless pedal attachments
- Pedals (you may bring your own clipless pedals to attach to our mountain bikes, we have basic flat pedals without clips)
- Cycling Socks (3) - they take 2 days to dry after washing
- Cycling Helmet (ExChile has them but you may prefer your own)
- Helmet Cover (waterproof, breathable in case of rain)
- Gloves - padded cycling gloves
- Gloves - full finger, bricklayer's gloves work well
- Cycling Tights
- Cycling Jacket
- Arm Warmers

- Leg Warmers
- Long Underwear Pants - synthetic, you don't want cotton
- Long Underwear Shirt - synthetic, you don't want cotton
- Sneakers / light weight trekking boots
- Sandals - for wearing in showers and on warm days
- Jacket - Gortex, for rain or cold
- Pants - Gortex, for rain or cold
- Fleece Camp Clothing - clothes to wear around lodge or camp so you can get out of your cycling gear
- Shorts - light nylon athletic shorts work well, can double as swim suit
- Sports Bra - if applicable

General Clothing:

- Comfortable walking shoes or light weight trekking boots
- Sandals, for the shower and warm days
- Wool/pile hat
- Baseball cap or Sun hat (for UV protection)
- Socks (4)
- Underwear
- Shorts, nylon or synthetic (can double for swim suit) (2)
- Long pants (1 pair)
- Long Sleeved Capeline Shirt - underwear (2)
- Capeline Bottoms – underwear (1)
- T-shirts (2)
- Long sleeve shirts (1)
- Pile jacket or wool sweater (1)

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 (one sample/travel size bottle is perfect for a week of biking)
- Small packages of bio degradable laundry soap
- 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

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 camping trips the water is clean but we have water pumps or use bottled water. 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
- Chamois Cream (optional)
- Adhesive Tape (for blisters)
- NuSkin (optional, for blisters)

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.
 - Sewing kit (optional)
 - Travel Alarm Clock (optional)
 - Favorite snacks. Power Bars are not available in Patagonia.
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- 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.

NAME: Expediciones Chile Gabriela Mistral 296 Futaleufú, Chile Fono (56) (65) 721-386 VIA:	NAME: Expediciones Chile Gabriela Mistral 296 Futaleufú, Chile Fono (56) (65) 721-386 VIA:
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