



## Sea Kayaking Packing List

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We ask everyone going to the Futalefu 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.

The Espolon lake trip requires no camping gear. You will stay at a remote ranch. The Andes to the Ocean trip does require camping gear.

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.. Paddling gear, sleeping bags, and tents can be bulky so please pack as lightly and tightly as possible. We provide the kayak, paddles, spray skirts, pump, life jackets, all food, hotel at the start of the trip, hotel at the end of the trip, all required transportation round trip from Puerto Montt. On our guided trips we provide cooking community gear. When flying in through Esquel, or Bariloche we fly only on Jets but it is still best to pack light as you can.

<b>Gear Expediciones Chile Provides:</b>	
<ul style="list-style-type: none"> <li>· Windproof Waterproof Matches</li> <li>· Gas Stove MSR</li> <li>· Gas canister</li> <li>· Water Filter Katydin</li> <li>· Small table GSI micro table</li> <li>· Small Grill 15"X 11"</li> <li>· Fire Blanket (optional)</li> <li>· Java press coffee maker (GSI glacier stainless steel)</li> <li>· Saucepans, fry pan 7 pc cook set Texsport</li> <li>· Plate bowl combo GSI stainless 1 per person</li> <li>· Utensils stainless coleman 1 per person</li> <li>· Spatula- bigger spoon big fork Tex Sport utensil set</li> <li>· Cheese Grater GSI</li> <li>· Sharp knife</li> </ul>	<ul style="list-style-type: none"> <li>· Cork screw can opener</li> <li>· Measuring cup</li> <li>· Cutting Board</li> <li>· Small spice kit</li> <li>· Bio-degradable Dr. Bronners detergent</li> <li>· Food</li> <li>· Egg protection tray</li> <li>· First Aid Kit</li> </ul>
<p><b>This gear is provided by Expediciones Chile. Smaller trips (2-6) require the splitting of this community gear between the kayaks of the guide and participants.</b></p>	

## Gear You Provide

### Camping Gear

- Sleeping Bag (35 to 55 degrees F)
- Cotton pillow Case (can be stuffed with fleece sweater at night) or Small Camp Pillow
- Waterproof Tent (Full Fly and Seam Sealed)
- Therm-a-Rest Pad
- Tarp/ground cloth
- Head Lamp (or Flashlight
  - Spare Bulb (1)
  - Spare Battery (1)
- Spare Trash Compactor Bags: large size, heavy duty, in case of rain. (2)

### Personal Paddling Gear

- Swimsuit or shorts
- River footwear- river sandals or booties
- Splash top-The water temperature will range from 50 to 80 degrees Fahrenheit (about 10 to 25 degrees centigrade). Past expedition members have found a combination of a nylon splash top and synthetic quick drying pants.
- Water bottles (one quart Nalgene water bottle) (2)
- Pogies- People with sensitive, or light skin may want to bring pogies, or neoprene sun-shades, to protect their hands from the sun. (The sun can be very intense)
- Sponge for your boat and to wash

### 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 (very important)
- 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)

## Miscellaneous Gear

- Small day pack (optional)
- Small personal dry bag day access
- We have found heavy-duty trash bags to be superior to dry bags. Trash Compactor bags are 2.5 mil thick in a box of four. Bring 8 bags. They are made by Glad or Hefty and available in most US grocery stores. Contractor Bags could substitute.

## 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 paddling)
- 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 we pump 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)

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.
- Extra Batteries
- 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.

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