



## Trekking 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**

Futaleufú is an alpine 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 is intense; sun block and sunglasses are mandatory.

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 as possible. Clearly label bags with your name and the lost baggage address.

Because you are on a multisport trip you will need to plan ahead for a variety of activities for your trip. In most cases Expediciones Chile provides the equipment and major items and you provide the personal items and accessories.

### **Gear Expediciones Chile Provides (overnight trips)**

<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>
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## YOU PROVIDE

### Camping Gear

Camping gear will depend on the trip you are going on, so please look at your itinerary.

- Sleeping Bag (35 to 55 degrees F) **For Torres del Paine and FitzRoy ( 5 degrees F) (If your Torres itinerary includes the Eco camp, Refugio Pehoes & Cuernos no sleeping bag is required that week.)**
- Cotton Pillow Case (can be stuffed with fleece sweater at night) or Small Camp Pillow
- Waterproof Tent (Full Fly and Seam Sealed) **(For Futaleufu trips only)**
- Therm-a-Rest Pad (Full or ¾ length)
- Tarp/ground cloth **(For Futaleufu trips only)**
- Camelbak (optional, but recommended)
- Nalgene water bottles, wide mouth, heavy duty, 1 liter (2)
- Pocket Knife, Swiss Army-type with can opener and scissors. **(with your checked bags)**
- Head Lamp (or Flashlight)
  - Spare Bulb (1)
  - Spare Battery (1)
- Plastic Bags: small medium large size, heavy duty, in case of rain. (6, two of each)
- Nylon stuff, to stash your bulky gear into.
- Backpack **(For Futaleufu trips only, or trips in Torres without porters)**
- Small Day Pack
- Duffel Bag large, water resistant with a lock **(For Torres and FitzRoy)**
- Duffel Bag small, roll up type with a lock, for city clothes **(For Torres and FitzRoy optional)**

### General Clothing

- Swimsuit or shorts
- Shoes or boots designed for all day trekking (waterproof & breathable)
- Comfortable walking shoes / sandals.
- Wool/pile hat
- Gloves, light to mid weight synthetic
- Gloves, waterproof warm shells or mitts **(for Torres and FitzRoy only)**
- Sun hat, wide brimmed (for UV protection)
- Socks for trekking (4 )
- Underwear
- Bandana (1) (to keep the sun off the neck)
- 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) and long sleeve shirts (1)
- Water/windproof jacket like Goretex, that can be layered underneath(1)

- Water/windproof pants like Goretex, side zip that can be worn over other pants (1)
- Pile jacket or wool sweater (1)
- Down or Synthetic Jacket, (10-12 oz. of down or 15-20 oz. of fiberfill). (**Torres & FitzRoy only**)
- Gaiters, for Glacier trekking and rain (**Torres & FitzRoy only**)
- Boots, medium-weight, breathable GoreTex liner type, (we also recommend all leather for Torres & FitzRoy), sturdy hiking boots with padded ankle, good arch support, and a lug sole traction. Your hiking boots should be waterproofed, **well broken in**, and suitable for prolonged walking on rocky terrain and possibly snow. Running shoes or “Nike type” lightweight hiking shoes are NOT appropriate for our trips.

## Luggage

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## MULTISPORT ACTIVITIES

If your trekking week will include any multi sport activities we suggest that you bring the following items in addition to the above items.

### 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 other 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 (one sample/travel size bottle is perfect for a week of paddling)
- 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 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
- Ace bandage, if you are prone to sore knees of Ankles.
- 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
- Binoculars
- Ray O Vac 5 minute rechargeable batteries. Ray O Vac sells a travel charger that works on 110 and 220 volts. We also have several chargers in Futaleufu.
- Sewing kit (optional)
- Travel Alarm Clock (optional)
- Favorite snacks. Power Bars are not available in Patagonia.

**Photo & Video Gear**

**Conventional Cameras & Film:** Although Patagonia offers unmatched photo opportunities, the weather changes very quickly and the sky is often overcast. The light quality and conditions constantly change, requiring a wide range of film speeds. Bringing the right camera and film will determine the quality of your photographs of your trip. A good SLR camera with telephoto lens is ideal. Lenses longer than 300mm will require a tripod for good results and may be too cumbersome to lug around. Bring a mixture of fast and slower film. Long lenses require faster film, so consider 200 ISO (ASA) for a larger lens in low-light conditions, and use slower 64 ISO (ASA) film for superior color slides. One disadvantage of low ISO (ASA) film is that you may need a tripod or beanbag to steady the camera during early morning

**Digital Cameras:** Many people are bringing digital cameras to Patagonia. Pick a camera that is made for outdoor photography.

Bring lots more film (or memory if you use a digital camera) than you think you'll need. You won't be able to buy more especially if you are trekking in Torres or FitzRoy, and it may be very expensive in the towns you'll visit. And don't forget spare camera batteries.

## **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.

#3 If you are going to Torres del Paine or Fitz Roy use regular baggage tags with your name, home address and phone number.

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