

Expediciones Chile Trekking Packing List (5 pages)



Trekking Packing List

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We ask everyone 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

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"> · 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
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Label your bags with your name and the lost baggage address: YOUR NAME C/O 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.

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)
- 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
- Camelbak or water bottles
- Head Lamp (or Flashlight
- Spare Bulb (1)
- Spare Battery (1)
- Plastic Bag: large size, heavy duty, in case of rain. (2)
- Backpack
- Small Day Pack

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
- Baseball cap or Sun hat (for UV protection)
- Socks for trekking (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) and long sleeve shirts (1)
- Water/windproof jacket like Goretex(1)
- Water/windproof pants like Goretex (1)
- Pile jacket or wool sweater (1)

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
- 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 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.
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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:
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