

Packing Checklist

Patagonia Hiking Adventure

GEAR NOTE: We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!

FABRIC NOTE: We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.



Hot tip: Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans!

Required Items

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase or backpack
- Daypack: A 20L - 25L pack should be sufficient for your water bottle, packed lunch, raincoat, fleece sweater, camera/phone and personal items. Choose a pack

with a chest strap and easy-access zippered pockets and properly sized rain cover that tightly cinches. The wind in Patagonia can be relentless.

Hiking boots: Make sure you've given them a solid pre-trip workout in varying terrain and elements! Logging several miles in them will help ensure a blister-free trip.

Waterproof, breathable jacket and pants: Jackets with hoods and armpit zips are best. It WILL rain in Chile, so your rain gear MUST BE truly waterproof not just a shell.

Water bottles or CamelBak hydration system (you will need to carry 1 to 2L per day. You can also fill one with electrolyte powder for hydration if you wish.

Recommended Items

Trail runners/running shoes: For casual wear at camp (and to wear when your boots are wet!)

Light sandals: or similar (for evening wear or around accommodations)

Socks: Bring enough socks to have a dry pair to hike in and change into at camp (post-hike) everyday. Good, long hiking socks are paramount—especially merino wool socks that will help keep your feet warm even when wet. There will be time to wash socks—but not necessarily enough time to air-dry them!

Fleece/down jacket or wool sweater: one or two

Shirts/T-shirts: two or three, some cotton, some quick-dry

Long-sleeve shirts: one to three, some cotton, some quick-dry

Lightweight hiking pants: one or two pairs, at least one quick-dry pair is recommended.

Underwear and bras as desired

Pajamas

Sun hat/baseball cap

- Warm hat: wool/fleece toque (for the Canadians) or beanie
- Fleece or wool gloves or mitts (they will appreciate on the iceberg tour and on cold mornings if you're using hiking poles!)
- Sunglasses with a retainer strap
- Toiletries (ideally biodegradable): shampoo, conditioner, toothbrush, toothpaste, soap, prescription medications (bring in duplicate and pack separately), glasses/lenses, feminine hygiene products, wet wipes, face masks, hand sanitizer etc.
- Quick-dry towel (for showers at the refugios--a towel will be supplied at the EcoCamp)
- Plastic bag (for garbage created on the trail)
- Sunscreen (SPF 15+), lip balm with sunscreen
- Ziploc baggies to waterproof items or a dry bag
- Ear plugs (recommended for shared rooms)
- Small flashlight or headlamp, spare batteries
- Personal first aid kit: blister treatment, anti-nausea meds, Polysporin, etc. (*your guides will carry a group first aid kit)

Optional Items

- Camera/phone: memory cards, batteries/charger (*220V compatible with plug adapter for Chile)
- Skirt, jeans, fancier top (for restaurants pre and post trip)
- Binoculars (but highly recommended due to the addition of the puma tracking activity)
- Bandana/ Buff
- Small Pillow

- Pencil and Notebook/Journal
- Reading material
- Face masks, hand sanitizer
- Energy snacks and drinks (*snacks will be provided but if you have unique dietary needs or favourites, best to pack a few)
- Hiking poles. The poles that are provided at EcoCamp are not technical poles and are uncomfortable to hold. You can purchase technical poles there but it is cheaper to buy them at home. Note: you cannot pack them in your carry-on luggage, they must be checked in. Rental poles are also available at outdoor gear shops in Punta Arenas and a limited number may be available for rent at EcoCamp's headquarters in Puerto Natales.
- Power brick to charge your phones/cameras (the power at EcoCamp and the Refugios will not charge your devices quickly)
- A Tupperware container (preferably a collapsible food container) for your packed lunches (a few may be available at camp)

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

Packing Notes

Luggage Logistics

Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking boots, fleece) and pack your raincoat, waterproof pants, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

For the trek to the Refugios, you will be provided with a dry bag (20L) for your change of clothing and pajamas (for the first 3 nights away from the EcoCamp). The dry bags are transferred by the porters to the Refugio and will be waiting for you at the campsite! All you have to carry in your daypack are your camera, lunch, water, rain gear and a warm sweater or fleece.

Your main luggage will be left at the EcoCamp in a secured area while you are out trekking. Throughout your stay at EcoCamp, your luggage will be left in your dome.

Laundry

There are no laundry facilities available throughout the trip. If you're extending your stay, most hotels in Punta Arenas have laundry service.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?

- Variety/Value Village, Goodwill, Salvation Army and online swap sites are also great places to find second-hand gear for a fraction of the price.

**Reduce, Reuse,
Recycle, Rewear!**