



WILD WOMEN EXPEDITIONS


Patagonia Hiking Adventure


Packing Checklist

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.

Luggage logistics Note: 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 2 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.

 **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!

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*), if you know you will never use it - think about how you travel and what works best for you.

Required Items

- Main luggage: suggested small-medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack
- 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 walking around town
- Light sandals or slippers: 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
- Lightweight gloves or mitts: they will be appreciated on the iceberg tour and on cold mornings if you're using hiking poles!
- Sunglasses with a retainer strap
- Toiletries (there is shampoo, conditioner and body soap dispensers in the showers at Ecocamp).
- Quick-dry towel for showers at the refugios (a towel will be supplied at the EcoCamp)
- Small amount of toilet paper in a ziploc (for on the trail)
- Small plastic bag (for garbage created on the trail, including toilet paper) - you will be asked to follow careful waste management practices while at Ecocamp and in the National Park.
- Sunscreen (SPF 15+), lip balm with sunscreen
- Ear plugs (recommended for shared rooms)
- Small flashlight or headlamp, spare batteries
- Personal first aid kit and blister kit
- Binoculars (recommended for the penguin and puma tracking activities)
- Camera/phone: memory cards, batteries/charger (*220V compatible with plug adapter for Chile)
- Hiking poles
 - Note: you cannot pack hiking poles in your carry-on luggage, they must be checked in.
 - Carrying hiking poles with you is highly recommended on this hike for safety reasons, in the event of a mild strain or injury while hiking.
 - If you would like to rent hiking poles on arrival, this must be requested in advance in your travel details form and paid for directly to Ecocamp on arrival (~\$6 per day)


Optional Items


- Portable battery/power brick for charging phone and items while hiking
- Extra travel and 'town' clothes
- Bandana/ Buff
- Small travel pillow
- Ziploc baggies to waterproof items in day pack or a small dry bag
- 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
 - Note that Chile requires you to declare food you are carrying upon entry
- Envelopes for guide(s) and ecocamp staff tips (see Travel Details Tipping section for guidance and instructions on tipping)

Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

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

 **Travel tip:** 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.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!