

Packing Checklist

Torres del Paine Multisport 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 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.
- 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.

- Trail runners/running shoes: For casual wear at camp (and to wear when your boots are wet!)
- Light sandals: or similar (for sea kayaking, 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!
- 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.
- 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 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 be appreciated on the iceberg tour and on cold mornings if you're using hiking poles!)
- Sunglasses with a retainer strap
- 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.
- Camera/phone: memory cards, batteries/charger (*220V compatible with plug adapter for Chile)
- 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

- Plastic bag (for garbage created on the trail)
- Sunscreen (SPF 15+), lip balm with sunscreen
- Ziploc baggies to waterproof items or a dry bag and/or a rain cover for your backpack
- Ear plugs (recommended for shared rooms)
- Small flashlight or headlamp, spare batteries
- Blister care (if you are prone)
- Face masks, hand sanitizer
- RAT Antigen test kits for self-monitoring during trip

Optional Items

- Skirt, jeans, fancier top (for restaurants)
- Bandana/ Buff
- Small Pillow
- Binoculars
- Pencil and Notebook/Journal
- iPod
- Reading material
- Energy snacks and drinks (*snacks will be provided but if you have unique dietary needs or favourites, best to pack a few)
- Personal first aid kit: blister treatment, anti-nausea meds, Polysporin, etc. (*your guides will carry a group first aid kit)
- Hiking poles. The poles that are provided at EcoCamp are not technical poles. They are very 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

- Power brick to charge your phones/cameras (the power at EcoCamp and the Refugios will not charge your devices quickly)
- A Tupperware 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 (5L) 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, SAIL, REI, Sportchek, Atmosphere**
- **Borrow:** Why buy when you can borrow from a friend?!
- **Variety/Value Village, Goodwill, Salvation Army** and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!