

## Chile Nativo - Packing List

### W- Trek

*The weather is famous in Patagonia; you might feel 4-seasons in one day, including high winds to extreme sun, down to chilling cold. The secret in Patagonia is to dress in layers, to obtain the maximum comfort with minimum weight. It is important to use wind resistant clothing made from materials which also dry fast, which is why we recommend not using cotton. If you are thinking of buying new shoes, make sure to wear them in beforehand. Bring a treatment against blisters (moleskin, second skin, etc.); a good idea just in case. We recommend a cord or other attachment for glasses and sun glasses.*

#### For Active Days

- 35-40 Liter backpack (to transport personal belongings)
- Hiking boots (waterproof and broken-in)
- waterproof jacket and pants (ex.: Gore-Tex®)
  - thermal, synthetic quick drying undershirts (ex.: Capilene®), cotton or wool do not dry as quickly or keep you as warm during active days
- fleece jacket or similar
- fleece or wool hat with ear-cover
- hiking pants or zip-off convertible style pants (preferably synthetic materials)
- fleece or wool scarf
- wool blend hiking socks (ex: Smartwool®)
- sun glasses with neck strap
- UV sun protection (minimum 30 SPF) including face and lips
- baseball cap or similar for blocking the sun
- refillable water bottle or hydration system
  - \*\*\*Water is refilled from the streams/taps in the TDP park - always from reliable sources and does not need to be filtered as there is no presence of Girardi - you may bring your own filter or purification tablets or purchase bottled water in the refugios if you prefer

#### At the Mountain Huts/Camp

##### (After excursions/personal items)

- change of cloths for post hike around the Mountain lodge or camp
- sandals or other similar for inside mountain lodges
- Change of socks/underwear
- toiletries and personal Medical kit (prescriptions, cold medicine, vitamins, etc) (no soap/shampoo available in lodges/camp)
- bathing suit - (for hot tubs if you book Cabanas Los Cuernos)
- sleep wear
- shower towel (quick drying recommended)
- Small lock touse with the lockers at Refugios
- small flashlight or headlamp with batteries

##### Optional

- trekking poles
- mosquito repellent
- reading materials
- binoculars
- camera, chargers & spare batteries -Chile is 220V and uses plugs with 2 round pins
- alarm clock

#### Documentation

- passport with Chilean entry forms
- copy of health and travel insurance and air tickets