



**ADVENTURES**  
*in good company*

## **Adventures in Patagonia**

### **Packing List**

Patagonia is known for its temperature variability. Some days we will be able to sunbathe and other days the cold wind will require us to wear a pullover and jacket. Since we will be carrying some of our clothing on our back for part of the trip, we will want to keep the weight in our pack as light as possible. Therefore layering is the key to choosing our clothes.

#### **FOOTWEAR**

- 1 pair lightweight hiking boots (Gore-tex, cordura, or leather). They should fit comfortably, without constriction, when you are wearing one liner-sock and one heavy-weight sock.
- 1 pair sport sandals or other comfortable shoes to wear in camp and in town
- 2-3 pair medium to thick weight socks: wool or synthetic equivalent SmartWool, DarnTough, etc)
- 2-3 pair synthetic sock liners (optional, try them prior to the trip to see if you like them)

#### **CLOTHING**

- 2 pair comfortable, lightweight, synthetic hiking pants (Supplex, or nylon/polyester/spandex blend)
- 1 comfortable shirt and 1 pair of comfortable pants to wear at night (your extra t-shirt or your sun shirt can work here)
- 2 long-sleeved, lightweight shirts for protection from the sun while hiking
- 1-2 pair lightweight long underwear top and bottoms: silk or synthetic equivalent (Capilene, Polartec, or polypropylene)
- 1-2 pair shorts: nylon shorts with liners are comfortable and easy to wash (unnecessary if you use zip-offs)
- 3-4 t-shirts (at least 2 should be a synthetic material.)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent (“expedition-weight” Capilene or Polartec) or a vest (lightweight; down or synthetic)
- 1 warm jacket (fleece, down, or equivalent)
- 1 wide-brimmed hat or billed cap for protection from sun with a chin strap (it can be very windy!)
- 1 rain parka and rain pants: a waterproof/breathable fabric like Gore-tex is important. Partial or full length leg zippers are great for easily putting your pants on over your shoes or boots.
- 1 warm hat and gloves
- underwear (enough to feel comfortable, synthetic/wicking, can sink wash and dry in hotels)
- other clothes for in town



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## EQUIPMENT

\_\_ A medium sized backpack that is large enough to carry 4 nights' worth of clothes, sleeping bag liner, raingear, snacks and water bottles. (40-50 liters is a good size) Consider a pack that is expandable and lightweight.

\_\_ Collapsible trekking poles

\_\_ Sleeping bag liner (the refugios have sheets and blankets, a sleeping bag liner is recommended for added warmth)

## ESSENTIALS

\_\_ sunglasses (100% UV blocking) with retention strap

\_\_ passport

\_\_ 2 bandannas and/or buffs

\_\_ USB rechargeable headlamp

\_\_ sunscreen and lip block with SPF of at least 30

\_\_ earplugs (for a good night's sleep)

\_\_ backpacking towel ("PackTowl")

\_\_ ziplocks for wet/dirty clothes

\_\_ small combination travel lock

\_\_ favorite snacks (especially protein bar type snacks that are compact and have a lot of calories for the trek)

\_\_ 2 one-liter water bottles (wide-mouthed) or a 2-3L hydration system (see notes below)

## TOILETRIES (SMALL EVERYTHING)

\_\_ toothbrush, toothpaste, biodegradable soap/shampoo, moist towelettes, sanitary supplies and an accompanying 1 gallon zip-lock plastic bag for used sanitary supplies, contact lens paraphernalia, glasses

\_\_ personal "patch kit": bandaids, Compeed or Spenco 2nd skin and moleskin, molefoam, first aid tape, foot powder, ibuprofen, personal medications. Individuals allergic to insect stings must bring an epi-pen (Please consult your physician and let your guide know.)

## OPTIONAL

\_\_ camera and film

\_\_ compact binoculars

\_\_ journal and pen

\_\_ a good paperback book

\_\_ short gaiters

## Notes on Packing

Adventures in Good Company's packing list covers everything you need to assure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs. As space for luggage on our trips is limited, please stick to the packing list as closely as possible.

**Daypacks:** Your daypack should be large enough to hold the following items: 2 liters of water, rain gear, snacks and clothes for 5 days, sun screen, warm layers, personal first aid kit, lightweight gloves, warm hat and personal items such as



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camera, etc. We recommend a daypack with a capacity of between 2000 and 2800 cubic inches with a hip belt, padded shoulder straps, and 'lifters'. Have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. Note: Fanny-packs and hydration packs are not large enough to hold all the items you will need for the day.

**Footwear:** Well-fitting boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes before your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

**Clothing:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

**Hydration:** Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

**Trekking Poles:** Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions:

<https://www.adventuresingoodcompany.com/the-full-scoop-on-trekking-poles-for-active-travel>