



**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