

# Packing List

## W TREK IN TORRES DEL PAINE

In Patagonia, it is famous that you can experience all **four seasons in a single day**, from strong winds and extreme sun to chilling cold. The secret of mountain guides is to dress in layers; this way, you will achieve maximum comfort with minimum weight.

It is important to wear wind-resistant clothing made from materials that dry quickly. Therefore, we recommend not using cotton, as it does not dry as fast as synthetic materials designed for active outdoor adventures. If you are thinking of buying new shoes, make sure to wear them beforehand.

### DOCUMENTATION & REQUIRED ITEMS

- Passport with PDI Entry Ticket.

### FOR ACTIVE DAYS

- 40 - 50 liter backpack (for transporting personal belongings and includes a waterproof backpack cover).
- Hiking Boots (waterproof & broken-in).
- Hiking Pants or Zip-Off Convertible Pants (preferably synthetic materials).

- Waterproof Jacket & Pants (ex: Gore-Tex®).
- Thermal, Synthetic Quick Drying Undershirts (ex: Capilene Fleece Jacket or similar).
- Buff.
- Fleece or Wool Hat with Ear-Cover.
- Wool Blend Long Hiking Socks (ex: Smartwool®).
- Small Flashlight or Headlamp (and extra batteries if using a headlamp which requires batteries).
- Waterproof / Fleece / Woolen Gloves.
- Sunglasses with Neck Strap.
- UV Sun Protection Including for Face & Lips (minimum 50 SPF).
- Hat for blocking the sun.
- Refillable Water Bottle or Hydration System.
- Trekking Poles.

If you travel in the months of October, November and April, we recommend bringing gaiters and micro spikes.



We invite you to leave single-use plastics out of your life, especially in our beloved Torres del Paine National Park, by bringing your reusable bottle.

Remember that you can obtain water from reliable sources within the park, such as streams or taps. For your safety, the water does not need to be filtered, as there is no presence of the Giardia parasite. However, you can bring your own filter or purification tablets if you prefer.

## FOR POST-EXCURSION & EVENINGS AT REFUGIOS/CAMP

- Sleeping Liner (Cocoon® or similar).
- One change of clothes for post-hike around refugio / camp.
- Sandals or other similar footwear (ex: Crocs®) for inside the refugios (can be used in showers too).
- Sleepwear.
- Change of socks (Minimum 5 Pairs/ underwear).

- Toiletries (no soap/shampoo, available in refugios).
- Alcohol Gel.
- Personal Medical Kit (prescription medications, cold medicine, blister treatment such as moleskin or second skin).
- Padlock for lockers at mountain refugios.
- Shower Towel (quick drying recommended).

## OPTIONAL

- Mosquito Repellent.
- Binoculars.
- Camera, chargers, & extra batteries (Chile uses 220V and plugs with 2 pins).

We all take care of the park, we give you some advice:



It is forbidden to light campfires



It is forbidden to fly drones



Do not feed the fauna