

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on your Patagonia trek challenge. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

### **RUCKSACKS AND BAGS**

- ☐ Day sack 40-50L
- ☐ Rucksack/Duffle bag 70-90L
- ☐ Waterproof liner\*

**You will bring your bag with clothes needed for your days 6 - 9 of the itinerary. A sleeping bag and sleeping mat will be provided for you and be carried by the support team**

### **SLEEPING**

- ☐ Sleeping bag liner\*
- ☐ Warm nightwear

### **FOOTWEAR**

- ☐ Walking boots with ankle protection (Worn in)
- ☐ Hiking socks at least 5 pairs, of which some of them thermal
- ☐ Training/comfy shoe for evenings

### **CLOTHING**

- ☐ Waterproof and breathable jacket GORTEX recommended
- ☐ Waterproof overtrousers
- ☐ Down jacket
- ☐ Windproof softshell jacket
- ☐ Lightweight fleece top
- ☐ Wicking t-shirt
- ☐ Trekking trousers (not jeans)
- ☐ Thermal long johns
- ☐ Underwear light and loose
- ☐ Bandana/buff for the cold
- ☐ Balaclava/hat
- ☐ Insulated gloves/mittens
- ☐ Casual clothes for around camp
- ☐ Smart clothes for the Celebratory meal\*

### **GENERAL TREKKING EQUIPMENT**

- ☐ LED Head torch plus spare batteries
- ☐ Water bottles/bladder min 3l
- ☐ Sunglasses
- ☐ High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- ☐ Plastic bags for keeping clothes and docs dry
- ☐ Small refuse sack
- ☐ Walking poles\*
- ☐ Camera\*
- ☐ Gaffa tape for emergency repairs\*

### **SMALL FIRST AID KIT**

- ☐ Pain killers
- ☐ Plasters
- ☐ Zinc oxide tape
- ☐ Compeed blister pads
- ☐ Antiseptic wipes
- ☐ Diarrhoea tablets
- ☐ Rehydration sachets
- ☐ Your own medication
- ☐ Deep heat\*
- ☐ Knee supporters\*

### **TOILETRIES**

- ☐ Toothbrush, toothpaste, biodegradable soap, baby wipes.
- ☐ Shampoo/conditioner
- ☐ Travel towel
- ☐ Deodorant
- ☐ Tissue/toilet paper
- ☐ Insect repellent containing DEET
- ☐ Aftersun/moisturiser
- ☐ Sun protection (min factor 40)
- ☐ Lip balm
- ☐ Anti-bac hand gel

- ☐ Dextrose tablets for extra energy\*
- ☐ Dry shampoo\*
- ☐ Dry wash\*

### **DOCUMENTS**

- ☐ Passport
- ☐ Visa (if required)\*
- ☐ Flight Tickets (given to you at the airport)
- ☐ Photocopy of passport
- ☐ Travel insurance
- ☐ Cash
- ☐ Debit Card

**KEY** \* Indicates Optional

# MAKING THE MOST OF YOUR KIT

## PACKING

Check out Outdoorhire's useful tips on how to pack your kit bag [here](#). We recommend that you limit your baggage to 15kg, for your main baggage so don't overpack!

Your packing for the Patagonia trek will be different to other of our challenges. You will leave behind your main baggage on the day 6 of your itinerary, bringing with you a bag with your trekking gear and personal items for the days 6 – 7 – 8 - 9 of your itinerary. In the evening of the day 9 you will get your main baggage in el Chalten. **You will be trekking with your bags, so keep the weight to the bare minimum.**

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

## CLOTHES

Temperatures can fluctuate enormously from day to night and between the valleys and hill tops. Lots of light layers are key, as well as a synthetic or down jacket. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

## SLEEPING

For your Patagonia Trek the night temperatures could be between 10° and -20° C, sleeping bags are provided. If you particularly feel the cold, then ensure you do bring sleeping bag liner. A handy tip is to keep your camera in your sleeping bag as you sleep to conserve the battery, which runs down quickly in cold temperatures.

## HYDRATION

During exercise your fluid intake needs increase dramatically and hydration is vital. There are various ways to get the right fluids into your body, with many people opting to use water bladders or bottles. Another alternative is a wide mouth bottle with a drinking tube adaptor. This set up is easy to fill on the mountain and if the tube freezes it can be removed and you can still drink straight from the bottle.

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape your feet up before trekking, this will reduce the chance of you developing hotspots and pack Compeed plasters just in case. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger. Don't forget to take an SPF lip balm stick for your lips which will also prevent chapping from the wind.