



Gear List for Torres del Paine Volunteer Trip

INTRODUCTION AND WEATHER

The key to staying comfortable while on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you in choosing your equipment for the trip. The weather in Patagonia is known for high winds and extreme variability. Days can range from sunny with temperatures in the 70s to rain, hail, and occasionally even snow. Nighttime temperatures often drop down into the 30s. Please come prepared for all possibilities and equipped with good quality raingear.

RECOMMENDED GEAR

OFFICIAL PAPERS

- Airline tickets and itinerary
- Valid Passport
- Proof of emergency medical and evacuation insurance
- Proof of vaccination

LUGGAGE

- Duffel bag with backpack straps or backpack
- Daypack (approx. 2,000-2,500 cu. in.) to carry your lunch, camera, water bottles, extra clothing
- Passport pouch and money belt
- Luggage tags and locks

OUTERWEAR

- Rain jacket, hooded, lightweight, waterproof and breathable
- Rain pants, waterproof and breathable
- Rain cover or large plastic bag for your daypack

FOOTWEAR

- Sturdy hiking boots, waterproof, broken in, with aggressive tread
- Comfortable shoes for travel & after-work wear.

CLOTHING

- Casual clothing for travel and after-work
- Midweight fleece or wool jacket or sweater
- Synthetic fleece or wool pants
- Wool or synthetic thermal base layers.
- Lightweight and synthetic long-sleeve shirt(s)
- 2 pair hiking pants you can work in, quick dry or wool, loose fitting.
- T-shirts, quick dry
- Synthetic socks, sock liners, and Underwear
- Shower shoes or sandals
- Sleep wear appropriate for mixed gender arrangements

CLOTHING ACCESSORIES

- Face Mask**
- Sun hat **with retainer strap**
- Wool or fleece hat
- Bandana
- Wool or fleece gloves for warmth
- Gaiters
- 2 pair leather gloves for work
- Safety glasses (or similar eye protection)

TRAVEL ACCESSORIES

- Two (2) one-quart water bottles or hydration system
- Flashlight or headlamp and spare batteries/bulb
- Sunglasses
- Sunblock and lip balm
- Toiletries and personal wipes
- "Quick-dry" towel
- Personal medication
- Personal first aid kit including moleskin
- Insect repellent
- Ear plugs and eye mask
- Hand sanitizer gel**

OPTIONAL FIELD GEAR

- Camera, and spare batteries
- Electrical Adapter Plug & converter
- Small binoculars
- Hiking stick or trekking poles
- Watch or clock with alarm
- Spare contact lenses or glasses
- Reading and writing materials
- Plastic garbage bags to line duffel bag if it rains
- Plastic trowel for bathroom use while on the trail
- Light weight thermos for tea/coffee
- Sleeping bag or sleeping bag liner

Gear List for Torres del Paine Volunteer Trip (Cont'd.)

Things to Consider:

- To get to and from the park, we will be traveling by vehicle, so be careful that you do not pack more than you can load and unload from the bus and carry with you.
- Always pack essential items such as your passport, money, eyewear, medications and one set of spare clothes in your carry-on baggage, in case your luggage is delayed.
- Wind chill can be a significant feature of this trip. Air temperatures can be relatively warm, but when the wind is constant you can be robbed of body heat quickly. Adequate wind/rain gear is very important.
- Speaking of wind, the reason we advise bringing a sun hat with a strap is to keep from losing your hat to the wind.
- Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.
- Make sure your boots are broken in. Bring moleskin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton.

We are looking forward to enjoying this trip with you. If you have any questions about the gear list, please contact your trip leader at:

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