**Mountaineers 2015 Patagonia Adventure**

**Gear/Packing List**

**To wear or carry with you on our backpacking segments:**

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| Comfortable, sturdy, lightweight 40-60 liter backpack |  |
| Sturdy 3-season tent with secure stakes and tie-downs |  |
| Light and compressible sleeping bag (or bag and silk liner) sufficient to 20 degrees, in a compression sack. |  |
| Light and compressible sleeping pad |  |
| Optional inflatable pack pillow (or can use a stuffsack with your clothing in it as a pillow) |  |
| 2-3 1-liter water bottles or 2-3L hydration bladder (you may want one bottle you can put hot water into for cold nights) |  |
| Compact water purification method – steri-pen, filter, iodine or AquaMira drops/tablets |  |
| Lightweight backpack stove; titanium or aluminum cookpot; lightweight mug or bowl and spoon or spork (not needed if you are only going on the FitzRoy segment) |  |
| Ursack, or dry-sack with hanging cord |  |
| Optional: Compact lightweight 20L daypack or string pack for side trips from camp |  |
| Lightweight pack cover, AND trash compactor bag to use as a pack liner |  |
| Sturdy waterproof boots/light hikers with good stability and thick grippy sole, well broken in (don’t break in new boots on the trip!) |  |
| Clothing: |  |
| * For daytime, one long-sleeve quick-dry hiking shirt, one pair of lightweight quick-dry hiking pants, and a short sleeve quick-dry hiking shirt to peel down to if it’s warm – no cotton please, because it has no insulating value once it’s wet. Extra if you sweat heavily and/or want to wash one shirt along the way. |  |
| * 3 pairs of socks (or sock+liner) - If you have very sweaty feet or tend to blister in two-day-old socks you may need another pair to trade out. |  |
| * Warm (mid to heavy weight) but light base layer including a long sleeve shirt and tights, preferably merino or similar, with a dry sack to keep them in. |  |
| * Warm but light mid-layer: micro fleece, down or synthetic puffy; a warm cap, and two pairs of gloves, one lightweight to wear while walking, another for camp. Waterproof overmitts recommended. |  |
| * Sturdy rain jacket with pit zips and rain pants with side zips |  |
| * Optional: Lightweight waterproof short gaiters– to keep snow/water/debris out of your boots |  |
| Dry sack(s) for sleeping bag and night-time clothing. |  |
| Sunglasses – preferably ones with side protection - with a neck cord and a sturdy case. |  |
| Neck cord for your regular glasses if you wear them; extra pair of eyeglasses (if you’re as blind as I am without them!) in sturdy case. |  |
| Sunhat with wide brim and string or cord to hold it on in strong wind |  |
| Bottle of SPF30 dual UVA-UVB waterproof sunscreen, 1-2 oz or more per day. |  |
| SPF15 or better lip balm – at least 2 tubes |  |
| Large ultralight pack towel – for drying off after showers or drying your pack/tent |  |
| Trekking pole(s) to protect your joints on steep rocky descents – style that fits in your checked bag |  |
| Lightweight trowel or sturdy snow-stake for digging catholes along the trail |  |
| Small backup roll of toilet paper or Wet Ones/ other pre-moistened towelettes, in a zip loc, with extra zip locs for disposal of used ones |  |
| 4-6 Travel-size bottles of hand sanitizer |  |
| Any appropriate feminine hygiene products, and zip-locs for disposal (one for each trek or dayhike) |  |
| Plastic garbage bag to stuff wet raingear in your pack without getting anything else wet |  |
| Personal first aid kit in a zip-loc. I recommend at least the following: (I will carry some additional group items in my kit.) |  |
| * Any personal meds, epi-pen if severe allergies, or oral glucose if diabetic |  |
| * Bandaids - including large (3"x4") and finger/knuckle bandages |  |
| * Ibuprophen (Advil or Tylenol – a lot of these!) and Aspirin/ bufferin tablets (a few) |  |
| * Benedryl for allergies or colds; Nyquil can be excellent for nighttime relief |  |
| * Sucrets or other strong cough suppressant tablets |  |
| * Pepto Bismol, Gas-X and Immodium tablets for digestive upsets |  |
| * Optional: small quantity of prescription antibiotic for severe travelers diarrhea |  |
| * 3" elastic bandage - self-stick or with hooks |  |
| * 2x3" gauze pads – 3 or 4 |  |
| * 1" adhesive medical tape |  |
| * 1 roll, 2" x 4.1 yards gauze |  |
| * 4-6 butterfly bandages or steri-strips |  |
| * 4-6 non-stick sterile bandages, 2”x3”. I like the ones with adhesive around the edges. |  |
| * 2nd skin, moleskin or other blister treatment – several, with small lightweight scissors |  |
| * Antibiotic cream (such as Neosporin) |  |
| * Optional Carmex or other cold sore reliever |  |
| * Optional handwarmer packets |  |
| Good bright headlamp – at least 70 lumens – with extra batteries |  |
| Optional travel alarm |  |
| Night-time toiletries kit – in its own zip-loc |  |
| * Travel toothbrush and toothpaste, dental floss |  |
| * Comb or folding travel hairbrush |  |
| * Washcloth and soap |  |
| * Earplugs and mask to help you sleep (I can heartily recommend the Mack’s moldable silicone earplugs, [*http://www.amazon.com/Macks-Silicone-Earplugs-White-pair/dp/B000067NMJ/ref=sr\_1\_4?ie=UTF8&qid=1383413251&sr=8-4&keywords=macks+earplugs*](http://www.amazon.com/Macks-Silicone-Earplugs-White-pair/dp/B000067NMJ/ref=sr_1_4?ie=UTF8&qid=1383413251&sr=8-4&keywords=macks+earplugs) , and the Dream-essentials eye mask *http://www.amazon.com/Dream-Essentials-Dreams-Contoured-Earplugs/dp/B000CCI4YU/ref=sr\_1\_1?ie=UTF8&qid=1383413410&sr=8-1&keywords=sleeping+mask* |  |
| * Travel-size deodorant |  |
| * Medications for nights/mornings: Diamox, sleeping pills, supplements, etc. |  |
| Map and compass |  |
| Zip-loc in a travel wallet (stored securely in pocket of your pack, around your waist or on hanging cord around your neck), containing your passport, health insurance card, AAC medevac info, a card with personal health details including special medical conditions, meds and allergies, emergency contact numbers, credit/debit card(s) and cash. |  |
| Optional: Lightweight water shoes or sandals with a sturdy sole for stream crossings and to wear in the evenings. |  |
| Optional: Microspikes for added security given some chance of occasional snowy and icy patches. |  |
| Optional sit pad (ZRest or other) |  |
| Optional music player |  |
| Optional camera with extra batteries and memory card |  |
| Optional lightweight binoculars, bird/plant books (guides can be carried on an e-Reader, though picture quality isn’t great) |  |
| Optional reading materials for evenings at camp (I bring a kindle in a padded case) |  |
| Optional deck of cards, travel-size chess/checkers, Cribbage board, Scrabble, crossword book, etc. in case we have to wait out a rainstorm in tents or refugios. We will coordinate this to avoid duplication. |  |

**Recommended “Town Gear” (to be stored securely while we’re on-trail)**

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| Small duffel or rolling bag for your ‘town gear, with TSA-approved lock and labeled inside and out |
| Large trash compactor or garbage bag to put inside your duffel or suitcase in case they get wet during transport. |
| Two extra color xerox copies of the first two pages of your passport, your emergency contact info and your itinerary. |
| City guides/maps, Spanish-English phrasebook |
| Plugs and chargers for camera and other personal electronics (check for dual voltage able to handle 220 volt power!) |
| Plug adapters: Type C (2 round prongs) and Type L (3 round prongs) for Chile, Type C (2 round prongs) and Type I (2 diagonal prongs with a third vertical prong) for Argentina. |
| One set of wrinkle-resistant, comfortable, washable and quick-dry clothing and comfortable walking shoes suitable for “dress-casual” restaurants and walking around town and tourist sites (e.g. polo and khakis with light windbreaker or blazer for men, casual dress or top-slacks with cardigan for women). You could wear these on the plane. |
| Running shoes and attire if you wish to go running on our off days. |
| Waterproof bag to hold your dirty and possibly wet clothes between laundry days; small packets of laundry soap and portable clothesline to handwash and dry items in your hotel room |
| Travel-size bottles of your favorite shampoo, conditioner, lotion, shave-cream (or you can easily purchase these in town). |
| Optional Smartphone, tablet computer, etc., in a sturdy waterproof protective case. |
| Optional portable electric razor, hair dryer with power converter for small appliances. Watch the weight! |