



LAKES OF PATAGONIA

GEAR AND CLOTHING LIST

(EXPEDITION PORTION OF TRIP)

Please make sure you bring the following things. The bold faced items are mandatory especially the sleeping bag, ground pad, layers of synthetic clothing and the rain gear. If you have any questions call our office.

- Light weight, compressible down sleeping bag rated to 40 degrees**
- Light weight, ¾ length, compressible Themorest sleeping pad**
- High quality, lightweight backpack (not a day pack) ***
- waterproof rain jacket with hood**
- good quality rain pants**
- 3 quick drying synthetic shirts (also known as Synchilla, fleece, pile, polypro or Capilene.) 1 lightweight, 1 medium weigh & 1 expedition weight**
- 1 synthetic pants (Synchilla, fleece, pile or polypro)**
- water shoes (for in the sea kayak only)**
- medium weight, quality hiking boots (must have good ankle support)**
- Sun hat**
- water bottle**
- lightweight hiking boots/shoes**
- sun glasses with neck strap**
- bug head net***
- Telescoping hiking poles ***
- headlamp (flashlight) with batteries ***
- 4 pairs of underpants**
- 3 socks (synthetic and quick drying) (#2536)**
- 2 additional pairs of cotton socks**
- medium weight jacket**
- 2 short sleeved shirts**
- long pants**
- long sleeved shirt (light colored to reflect sun)**
- long sleeved shirt**

- bathing suit
- toilet kit
- *soap (only Dr. Bronners can be used in the lakes)
- small quick drying towel
- sunscreen (strong)

* **Backpack:** The backpack must be bigger than a day pack and have an internal frame. It should not be heavy and bulky but be capable of carrying all your personal belongings (22 pounds) including your sleeping bag and pad (not a tent). The load should ride comfortably your hips, not your shoulders.

***Headlamp (flash light):** A good headlamp is a valuable tool for any river trip because it keeps your hands free.

Rain jacket: A good paddle jacket will not adequately substitute for a rain jacket because they do not have a hood. Ponchos are clumsy and are not adequate.

Rain pants: It is important to have high quality rain pants so that when you are hiking the water does not run down your rain jacket and soak your pants.

Telescoping hiking poles: One or two high quality telescoping hiking are highly recommended unless you are very sure on you feet. Some of the trails have uneven surfaces and the poles will help stabilize you. They also help the shock on your knees when going down hill.

Soap and Shampoo: Because you will be washing primarily in the lakes you may only use Dr. Bronner's natural soap which can be purchased at health food stores. It is made from natural ingredients and does not pollute.

* **HEAD NETS:** We purposely wait to run our lakes trip until after the middle of January when the horse flies are much milder (They are stronger in December). It is possible, however, to have some horse flies. If you think they might bother you a simple compressible mosquito head net would be worth considering.

NOTE: For the expedition portion of the trip, you will be limited to 22 pounds. This gear will be carried by horses, in sea kayaks (in a dry bag) and on a few occasions on your back (The hike up to Lago Cochorro and back).

On the 3 hour hike into and out of the Lakes, pack horses will carry your personal gear. Please stick carefully to the gear list and limit yourself to what will fit into your small (carry on size) internal frame backpack. Additional belongings not needed for the expedition (What doesn't fit in your back pack) can be left in storage at the Balmaceda airport at the start of the trip.

EARTH RIVER PROVIDES:

tent
waterproof bag
plate, cup, eating utensils
life jacket
kayak paddle
sea kayak
Satellite phone
first aid kit

OPTIONAL:

- quick drying synthetic pants
- personal medication
- breakdown fishing pole
- camera, film, and soft waterproof case (no metal ammo cans)
- binoculars
- 1 paperback book
- journal and pen
- lightweight bicycle gloves (for paddling)
- pocketknife
- tampons, lip protection, other personal needs

***IMPORTANT NOTE:**

Each season a few people (approx. 3 %) end up in Chile without their belongings. By the time they receive them from the air carrier, often the trip is over. Because this is a real possibility we highly recommend the following steps to protect yourself. Pack all necessary expedition gear (fleece, paddle jacket, river shoes, hat, sun glasses, bathing suit, etc.) into your frameless backpack (the size of the largest legal carry on bag) Pack everything else in a regular suitcase. This way if you become separated from you checked bag you will have the most important things for the expedition as well as the clothes on your back for camp.