



## GEAR LIST - CONDOR

N.B. Items and amounts are intended as a guide for your 11 day trip, but what you bring is really up to you. You will need the cold weather items – even in summer!

Please read the gear list carefully. We will be in a wild, mountainous country, far from clothing and equipment stores, so **you really do need the required stuff**. We want you to be warm and happy in the Antarctic winds of Patagonia – and cool and relaxed as we paddle through the sunny waters of the Lakes District. There is no such thing as bad weather just the wrong clothes. You'll need to be prepared for anything!

### ESSENTIAL GEAR

- 1 x duffle bag/backpack\*/suitcase - medium to large. **NB** *If you choose to bring your own backpack for the W walk, this should be of at least 50 litres (3,500 cubic inches)*
- Lightweight storage bag (you can store excess items at Puerto Natales while on the W Walk)
- Sleeping bag\* 3-4 season or to comfort rating of 5°C or 45°F ; sleeping bag liner
- 2 x 1 litre water bottle or Camel Back™ (2 litre/70oz)
- Daypack – large enough for water, lunch, raincoat, camera and fleece (to use on bike ride and one day activities)
- Waterproof jacket – medium to heavy weight with hood (without padded lining is best)
- Waterproof trousers – lightweight nylon or polyester
- 2 x fleece or wool sweater
- Hiking boots
- Thermal underwear – long pants and long sleeve top (e.g. polypropylene, Capilene™)
- 1-2 x pair of long pants/trousers - the zip-off kind that convert to shorts are convenient
- 3-4 x t-shirts (non-cotton and quick-drying recommended) NB. please see fabric note below
- 1-2 x pair of shorts (non-cotton and quick-drying recommended)
- 2-3 x long-sleeve shirts (non-cotton and quick-drying recommended)
- 1 x warm hat (e.g. wool/fleece ski hat)
- Underwear
- Socks – for everyday use, hiking and cycling
- Pack liner - or heavy-duty plastic bin/trash bags to keep your belongings dry inside your pack
- Small towel or camping towel (towels are provided everywhere except on the trek)
- Swimsuit
- Sun hat (e.g. baseball cap)
- Sunglasses
- Camera, film/memory cards and batteries/charger
- Insect repellent containing DEET
- Sun-block – SPF 15-30 UVA/UVB broad spectrum minimum recommended
- Torch/flashlight (headlamp types are ideal)
- Toiletries/first aid kit – you'll need your own shampoo/conditioner, soap, toothbrush/paste, prescription medications/lenses, razors, feminine hygiene products etc. If you have preferred medication brands, it's best to bring them from home as brands vary in Chile. High-grade blister products such as second skin may not be available

\* We can rent you a pack or a sleeping bag (US\$25 per item, per trip).

**Large Back Packs** - our rental packs have internal frames and fully adjustable harnesses.

**Sleeping Bags** - our rental bags are down or synthetic, rectangular sleeping bags. Sleeping bag rental also includes a freshly washed sleeping sheet. They are suitable for temperatures down to freezing level (around 5°C or 45°F).

### ACTIVE NEW ZEALAND – ACTIVE AUSTRALIA – ACTIVE SOUTH AMERICA

Head office: PO Box 972, Queenstown, New Zealand

Phone: worldwide +64 3 450 0414 Fax +64 3 409 0119

From the UK 0808 234 7780 From US and Canada 1.800.661.9073

US Office: PO Box 368, Ithaca, NY 14851-0368, USA Fax 1.603.251.1051

**FABRIC NOTE:** If possible, we recommend some pants, shorts and t-shirts made from quick-drying, non-cotton fabrics for the activities on our trips. This is because cotton clothing tends to retain water when wet (due to rain, humidity or perspiration) which usually results in making you cold and uncomfortable - the last thing we want you to be. If you don't already own some, at least one or two quick-dry t-shirts would be a worthwhile purchase for this trip.

### ESSENTIAL PAPERS

- Passport
- International and domestic air tickets
- Travel insurance papers
- ACTIVE SA Trip Summary - Printed from "*Step 7: My Final Trip Summary*" (this includes the emergency contact numbers)
- Condor Trip itinerary
- Credit cards/money

### OPTIONAL ITEMS

- Money belt/pouch for valuables (for transit only; you can always leave your valuables in the hotel safe)
- Hairdryer
- Adapter plug (240volt) for hairdryer or camera recharger – can buy this at most airports
- Reading material, pocketknife, alarm clock, binoculars etc
- Pair of cycle shorts
- Sports sandals – great to wear after a day in hiking boots and handy for the kayaking
- 1 x pair of old, warm, non cotton socks (to wear under sports sandals while kayaking)
- Energy snacks and drinks – your favourite brands may not be available in South America
- Walking poles
- Antiseptic wipes or hand sanitising gel
- Earplugs – in case there are any snorers nearby!
- Knee supports – a good idea if you have weak knees or could otherwise do with extra support while hiking
- Camping pillow for the trek
- Pyjamas or night shirt
- Gloves for the trek if you feel the cold
- Down jacket or vest style jacket

NB. There are NO drying facilities in the refugios (the mountain lodges on the trek) but there are hot showers

Toilet paper is not always provided in public facilities in Chile, therefore wipes or toilet roll may be handy (*Important note* – Do NOT flush toilet paper in Chile – use the trashcan/bin provided in the bathroom)

### ENTRY/VISA REQUIREMENTS

You do not need to organise a visa for Chile in advance, but on arrival into Chile, a US\$100 one-off entry fee is charged to holders of US passports.

Australian and NZ passport holders are charged \$34, and Canadians \$55. Holders of European passports are not charged.

### ACTIVE NEW ZEALAND – ACTIVE AUSTRALIA – ACTIVE SOUTH AMERICA

Head office: PO Box 972, Queenstown, New Zealand

Phone: worldwide +64 3 450 0414 Fax +64 3 409 0119

From the UK 0808 234 7780 From US and Canada 1.800.661.9073

US Office: PO Box 368, Ithaca, NY 14851-0368, USA Fax 1.603.251.1051