



CHILE PACKING CHECKLIST

This is a packing guide of necessary equipment for all Chile Treks. The core principle is all built around layers and layering so you can quickly adjust for varying weather conditions.

TRAVEL DOCUMENTS/ADMIN

- | | |
|---|--|
| <ul style="list-style-type: none"><input type="checkbox"/> Passport<input type="checkbox"/> Insurance paperwork (3 copies)<input type="checkbox"/> International air travel tickets<input type="checkbox"/> Chilean Tourist visa | <ul style="list-style-type: none"><input type="checkbox"/> Chilean Pesos (for small purchases)<input type="checkbox"/> Domestic air travel tickets (if applicable)<input type="checkbox"/> Plastic snap lock bags<input type="checkbox"/> Credit/Travel Money Card(s) |
|---|--|

TREKKING EQUIPMENT & ACCESSORIES

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|---|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Day Pack (20-30 ltr) & waterproof pack cover<input type="checkbox"/> Inner pack cover (garbage bags)<input type="checkbox"/> Waterproof bags for gear (snap locks)<input type="checkbox"/> Trekking poles (optional, but recommended)<input type="checkbox"/> Snacks to nibble on<input type="checkbox"/> Trekking Boots (pre broken/worn in) – See below under ‘Outer Layer’ | <ul style="list-style-type: none"><input type="checkbox"/> 2 or 3 Litre Bladder with sipper hose<input type="checkbox"/> 1 litre drink bottle (light / durable)<input type="checkbox"/> Electrolyte powder (optional)<input type="checkbox"/> Headlamp<input type="checkbox"/> Plastic bag for storing rubbish/trash<input type="checkbox"/> Sunglasses (lens category 3 or 4) |
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HEALTH & HYGIENE

- | | |
|---|---|
| <ul style="list-style-type: none"><input type="checkbox"/> Water Purification Tablets (100)<input type="checkbox"/> Sunscreen (SPF30 or higher)<input type="checkbox"/> Insect Repellent (tropical strength)<input type="checkbox"/> Hand disinfectant (alcohol based)<input type="checkbox"/> Broad Spectrum Antibiotics<input type="checkbox"/> Women’s Hygiene Products<input type="checkbox"/> Anti-inflammatory gel or Deep Heat<input type="checkbox"/> Anti-diarrhoea tablets<input type="checkbox"/> Anti-nausea tablets<input type="checkbox"/> Strapping tape<input type="checkbox"/> Voltaren (or similar anti-inflammatory)<input type="checkbox"/> Lip Balm | <ul style="list-style-type: none"><input type="checkbox"/> Deodorant<input type="checkbox"/> Toothbrush and toothpaste<input type="checkbox"/> Toilet paper (or wet ones)<input type="checkbox"/> Personal medications<input type="checkbox"/> Pain Killers<input type="checkbox"/> Band-aids / blister treatment<input type="checkbox"/> Anti-Chafing cream (Vaseline or 3B)<input type="checkbox"/> Quick Dry Towel<input type="checkbox"/> Antiseptic cream (for cuts)<input type="checkbox"/> Antihistamine (for bites)<input type="checkbox"/> Elastic bandage |
|---|---|

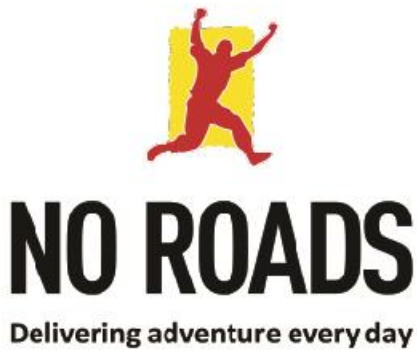
Small travel size items assist with keeping your weight to a minimum. Sharing first aid requirements with others also helps

BASE LAYER	
<input type="checkbox"/> Underwear <input type="checkbox"/> Long Sleeved Thermal Top/Shirt	<input type="checkbox"/> Form fitting Thermal pants/leggings <input type="checkbox"/> Long Socks (thick & warm, at least one pair per day)
MID LAYER	
<input type="checkbox"/> Polar Fleece <input type="checkbox"/> Trekking Pants <input type="checkbox"/> Thermal Synthetic Jacket <input type="checkbox"/> Comfortable & warm clothing for relaxing at night	<input type="checkbox"/> Cold Weather Hat (Merino Wool recommended) <input type="checkbox"/> Warm Gloves
OUTER LAYER	
<input type="checkbox"/> Waterproof Jacket <input type="checkbox"/> Waterproof Pants <input type="checkbox"/> Waterproof/Resistant Hiking Boots with high ankle support <input type="checkbox"/> Gaiters	<input type="checkbox"/> Light Shoes (for rest areas) <input type="checkbox"/> Buff or Bandana <input type="checkbox"/> Beanie (Tuque, Touque or Toque) <input type="checkbox"/> Hat (peaked or wide brimmed for Sun protection)
ADDITIONAL ITEMS (all optional)	
<input type="checkbox"/> Diary & pen <input type="checkbox"/> Camera (waterproof) <input type="checkbox"/> Travel Power Adapter	<input type="checkbox"/> Camera Storage Cards <input type="checkbox"/> Spare Camera batteries <input type="checkbox"/> Comfortable clothing for long haul flights
PHOTOGRAPHY EQUIPMENT (recommendations for specialist photographers)	
<input type="checkbox"/> Minimum focal length 400mm <input type="checkbox"/> Recommended focal length 600/500mm <input type="checkbox"/> Lens 70-200 f: 2.8 recommended with a multiplier <input type="checkbox"/> Tripod	<input type="checkbox"/> For landscapes, a 14-24 mm/15-35 mm lens <input type="checkbox"/> Extra Memory Cards <input type="checkbox"/> Extra Batteries

When purchasing items, try to obtain small versions of sunscreen, toothpaste, insect repellent etc. Garbage bags and snap lock bags are a cheap option for keeping gear dry & weigh a lot less than many waterproof sacks. Water purification tablets are available at camping shops. Removing medication from boxes and sharing first aid among friends also helps to reduce weight.

Patagonia is exposed to the same winds that circle Antarctica so you should come prepared for strong, cold winds (up to 130 km/hr). Fine weather may deteriorate regardless of the season, bringing rain or even snow. The average temperature in summer (**December-February**) is **11°C/52°F (24°Cmax, 2°C min)**.

For more information about the weather in Torres del Paine [see here](#)



1. This is the mean monthly precipitation, including rain, snow, hail etc.



2. This is the monthly total of sunhours



3. The monthly mean minimum and maximum daily temperature.

