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Patagonia Trekking – Equipment List

Large duffle bag for mule transport (can also be used as airline luggage)
Day pack (30-45L)*
Down or Synthetic sleeping bag rated to 0°F*
Inflatable or closed-cell foam sleeping mattress*
Comfortable trekking shoes or light weight hiking boots
Trekking poles, 3-section adjustable fit best in luggage*
Heavy-Duty Gore-tex Jacket and Pants
Expedition mittens with removable liners (gloves are not warm enough)
Heavy-weight fleece gloves, wind-stopper style are great
Light-weight poly-pro (synthetic) gloves, for an inner layer and for sun protection
Fleece or wool hat
Fleece top and bottom
Poly-pro (synthetic) underwear - 1 light set (top and bottom)
- 1 heavy set (top and bottom)
Wide brim sun hat
Light-weight hiking pants (zip-off legs are great)
2 or 3 light-weight shirts
2 pairs mid-weight hiking socks
1 pair thick hiking socks
1 pair light-weight liner socks
UV-protective sunglasses
Head lamp and extra batteries
2 - 1 liter water bottles (or 1 bottle and a 1L thermos)
Cough drops or throat lozenges
Pocket knife
Sunscreen Lotion (SPF 30-45) and Lip Protection Balm
Water purification tablets to treat 50L water
12 high-energy bars of your choice
Personal care kit: Mole-skin or Compeed, 10 band-aids, 10 tablets Aspirin, 10 tablets Ibuprofen, and small bottle of water-free hand sanitizer (Purel)

*Rental equipment available from VisionQuest Journeys, inquire for rates (60 days notice please)