



Horseback Riding Packing List

Updated May 30, 2006 Copyright © Expediciones Chile 2006

We ask everyone going to the Futaleufu Valley to bring ONE children's book in English or Spanish to donate to the local library or rural school near where we operate. If anyone has desire to donate additional items that could help a school please contact our office. We will donate the shipping.

Overview:

The Futaleufú valley is a mountain environment; storms can blow in quickly bringing with them cold rainy spells. Be prepared: Bring rain gear and an extra layer of warm clothes. The sun can be intense, so Sun block and Sun Glasses are essential.

Guests who are doing day rides and returning to our Adventure lodge or CondorNest every night will not need the camping gear. On our camping horseback expeditions we provide all food, group cooking gear, hotel at the start of the trip, hotel at the end of the trip.

If you are flying through Chaiten you will be flying on twin-engine prop planes, and they may charge excess baggage charges for over 15 kilos per person. Excessive baggage can be a liability, especially if it won't fit on the planes. Please pack as lightly and tightly as possible. Laundry facilities are available. When flying in through Esquel, or Bariloche we fly only on Commercial Jets but it is still best to pack light.

Label your bags with your name and the lost baggage address: YOUR NAME C/O Expediciones Chile, Gabriela Mistral 296, Futaleufú, Chile Fono (56) (65) 721-386
 Print at the bottom of the tag in large letters: **VIA PUERTO MONTT, or VIA ESQUEL or VIA BARILOCHE**, choosing the gateway city that is your destination by commercial jet plane.

Camping Gear Expediciones Chile Provides on camping rides:	
<ul style="list-style-type: none"> · Windproof Waterproof Matches · Gas Stove MSR · Gas canister · Water Filter Katydin · Small table GSI micro table · Small Grill 15"X 11" · Fire Blanket (optional) · Java press coffee maker (GSI glacier stainless steel) · Saucepans, fry pan 7 pc cook set Texsport · Plate bowl combo GSI stainless 1 per person · Utensils stainless coleman 1 per person · Spatula- bigger spoon big fork Tex Sport utensil set · Cheese Grater GSI · Sharp knife 	<ul style="list-style-type: none"> · Cork screw can opener · Measuring cup · Cutting Board · Small spice kit · Bio-degradable Dr. Bronners detergent · Food · Egg protection tray · First Aid Kit <p>Horseback All tack and gear not on packing list.</p>

Gear You Provide

Camping Gear For Expeditions.(People riding out of the Adventure lodge, or Condor Nest Ranch will not need camping gear, those going on circuit rides and expeditions will.) At Campo Tres Monjas you will need only a sleeping bag and pillow case. At this plush camp tents and plush mattress's are provided.

- Sleeping Bag (35 to 55 degrees F, synthetic)
- Cotton pillow Case (can be stuffed with fleece sweater at night) or Small Camp Pillow
- Waterproof Tent (Full Fly and Seam Sealed)
- Therm-a-Rest Pad
- Tarp/ground cloth
- Plastic Bag: large size, heavy duty, in case of rain. (2)
- Backpack (to be loaded on the support horses or mules)

All riders should bring:

- Camelbak or water bottles
- Head Lamp (or Flashlight)
 - Spare Bulb (1)
 - Spare Battery (1)
- Small Day Pack

Personal Riding Gear & Clothing

- Regular Riding Boots: Choose well-made western boots that are comfortable, with medium heels. Buy them early and break them in, using a good leather conditioner. If you part company with your horse miles from the ranch, you want to be able to walk.
- Rain Boots: Rubber boots with thin, soft sole and high bootleg (the natives use either regular high rubber muck boots or riding boots made of rubber; leather boots will not stand rain and fording rivers; thick soles don't let you feel the stirrups)
- Rainwear: Jacket and Pants (better to be big and loose than small and tight; must have a hood and be easy to open for ventilation while on horseback) This is a critical item!
- Riding Pants: Buy jeans made for horseback riding that are not too tight or too loose, preferably with some stretch if you don't already have them. Break them in, too, and wash several times. Proper riding tights are naturally okay also. (2)
- Riding Helmet: While our guides wear the traditional the Chilean cowboy hat we recommend that guests bring a riding helmet along with a wide brimmed western hat to keep the sun off.
- Chaps: If you like riding with chaps bring your favorite set.
- Underwear: Underpants: Avoid nylon. Tack shops and catalogs carry lightly padded underwear for endurance riders. It may be the best investment you make (sports bra if applicable)
 - Thick synthetic thermal long underpants (1)
 - Medium synthetic or woolen long underpants (1)

- Light weight long underpants, cotton, to wear as a base layer (1)
- Suspenders (more comfortable than belt, optional)
- Sweater, wool or synthetic, thick but not heavy (1)
- Riding Shirts (3)
- Gloves (for gripping the reins and to keep the sun off the hands)
- Gloves, full fingered for chilly days and rain
- Socks, thick wool or synthetic (3)
- Hat, woolen or synthetic that may go under the helmet
- Bandanas (2)
- Comfortable walking shoes or light weight trekking boots for off the horse
- Sun hat, waterproof
- Shorts, synthetic (2)
- Synthetic T-shirts (2)

Miscellaneous Gear

- Small day pack (optional)
- Small personal dry bag day access.

Toiletries

- Towel (1)
- A small shower kit that hangs from a hook
- Hairbrush or comb
- Toothpaste (small travel tubes are ideal), toothbrush, dental floss
- Small biodegradable bar of soap & shampoo (one sample/travel size bottle is perfect for a week of horseback riding)
- Small packages of bio degradable laundry soap
- Antiperspirant/ Deodorant
- Skin lotion
- Insect repellent
- Extra contact lens and enough lens liquid and cleaning solution. Some people have found that wearing light-weight, sturdy, plastic glasses helps protect their contacts from being flushed out by the big waves.
- Tampons or sanitary napkins (enough for the entire trip)

Sun Protection

- Sunscreen (Waterproof 30 spf minimum)
- Sun block – zinc oxide
- Lip balm containing sun block
- Sunglasses (2)
- Retainer Leashes for Sunglasses

Documents

- Photocopy of Airline ticket and Passport. Pack these separately in case you lose the originals (also leave a copy at home with a friend or family member).
- Photocopy of Travel insurance plan.

Medical

We have taken all precautions with food, water & sanitation conditions to prevent illness. We have had excellent results. The drinking water for our Adventure Center lodge, CondorNest Ranch and our Campo Tres Monjas comes from pure closed mountain springs. This will be the best water you will have tasted. On our wilderness trips the water is clean but we have water pumps and treat or boil all water. However, elsewhere in Chile and Argentina we recommend bottled water and to wash your hands as often as possible.

We recommend coming prepared with a small **personal first aid kit** that includes:

- Your own prescription medications
- Aspirin or Ibuprofen
- Antihistamine for anyone with allergies
- Vitamins if you take them
- Anaphylaxis kit if you have severe reactions to bee stings
- Decongestant
- Band-Aids
- Antibiotic Ointment
- Adhesive Tape (for blisters)
- NuSkin (optional, for blisters)

Medications for traveler's diarrhea (TD):

- Peptol Bismol (bottle or tablet)
- Imodium (loperamide). Loperamide is an over-the-counter anti-motility agent.
- As an extra precaution, you may choose to bring a prescription antibiotic. Ciprofloxacin and loperamide are effective against the bacteria, E.Coli, the most common cause of TD. Consult your doctor to obtain antibiotics.

Optional Extras

- Money belt (worn around waist or around neck)
- Spanish dictionary, maps, books, journal and pens
- Camera or Video Camera. Go digital.
- Ray o Vac 5 minute rechargables batteries. Ray O Vac sells a small travel charger good for 110 or 220 volts. We also have the Ray o Vac 5 minute rechargers at all our properties.
- Sewing kit (optional)

- Travel Alarm Clock (optional)
- Favorite snacks. Power Bars are not available in Patagonia.

- A current newspaper or magazine. After spending weeks in the frontier, your guides will greatly appreciate any news from home.

BAGGAGE TAGS

You can cut out and use these baggage labels for your luggage. They will fit into your baggage tags or can be taped to your baggage with clear packing tape. To make them waterproof you can use clear packing tape or laminate them.

#1 Print your name on the tags

#2 Print at the bottom of the tag in large letters VIA PUERTO MONTT, or VIA ESQUEL or VIA BARILOCHE choosing the city that you will fly through by commercial jet plane.

NAME: Expediciones Chile Gabriela Mistral 296 Futaleufú, Chile Fono (56) (65) 721-386 VIA:	NAME: Expediciones Chile Gabriela Mistral 296 Futaleufú, Chile Fono (56) (65) 721-386 VIA:
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