



Expediciones Chile Whitewater Kayak Packing List

Enroute Guidance

Overview:

The Futaleufú river is at relatively low altitude (1,300 ft dropping to 60 ft above sea level) mountain environment 53 miles inland from the ocean. Storms can blow in quickly bringing with them cold rainy spells. The sun can also be very intense for several weeks in a row.

The Futaleufú, Fuy, Espolon and Manso are all lake-fed rivers and not that cold except in the Spring. The Azul is cold as it is fed from snow and ice fields high in the Azul valley. Kayakers generally will only need a dry top with a layer of smartwool and a pair of neoprene or fuzzy shorts to be on the river. If you are susceptible to cold or are paddling early or late season - you should consider a dry suit on a rainy day.

Provided by Exchile

- We provide your Kayak chosen from our list

Recommended List (We have linked to superior products from NRS or Amazon in case you need to purchase an item.)

River Clothes

- River shoes ([Astral](#)) or ([Chacos](#))
- Wool Socks [Men](#) - [Women](#)
- Hydroskin river shorts [Men](#) - [Women](#)
- Nylon or Lycra swim suit
- Thick Long sleeve [hydroskin](#) or smartwool shirt
- Thin Long sleeve [hydroskin](#) or smartwool shirt
- [Hydroskin](#) or Smart Wool pants (1)
- [Dry Top](#)
- Optional [Dry suit](#)
- Optional [one piece bunny suit](#)
- Cap, [Sun hat](#), or visor (to wear under the helmet for sun protection)
- [Paddling Gloves](#) or
- [Pogies](#), optional: People with sensitive, or light skin may want to bring pogies, to protect their hands from the sun. (The sun can be very intense)
- [Nose plugs](#)
- [Ear plugs](#)
- (1) Optional [camp towel](#) for when you get off the river

Kayak Gear

- [Mandatory float bags](#)
- [Spray Skirt](#)- Does it fit the kayak that we have reserved for you?
- Life Jacket [Stohlquist Descent](#) or [Astral](#)
- [Helmet](#)
- [Werner breakdown paddle](#) or [AT](#)
- [Paddle Bag](#)
- [Throw rope](#)

- [Whistle](#)
- [Knife \(not in your carry on\)](#)
- [Water bottle insulated](#)
- [Optional Customized hip pads, you will minimize outfitting time and guarantee a secure fit.](#)
- [Optional Paddle wax](#)
- [Kayak Sponge](#)

General Clothing (some of these items can be worn to Chile on the plane.)

- [Lightweight waterproof hiking boots.](#) (you can wear these on the plane)
- [Crocs](#) Optional
- [Wool or fleece hat](#)
- (3) Pair Wool socks [mens](#) [womens](#)
- (4) Underwear
- (1-2) Hiking shorts [mens](#) [womens](#)
- (1) Long pants nice for the plane
- (1-2) Trail pants outdoors [mens](#) [womens](#)
- (3) T-shirts
- (2-) Long sleeved shirts one to be worn on the plane.
- (1-) Pile jacket or wool sweater [mens](#) [womens](#)
- Water/windproof Gore tex jacket or poncho [mens](#) [womens](#)
- Water/windproof pants (recommended, optional) [mens](#) [womens](#)

Toiletries

- [Hanging small shower kit](#)
- Hairbrush or comb
- Toothpaste, toothbrush, dental floss
- Small biodegradable bar of soap & shampoo
- Antiperspirant/ Deodorant
- [Sunscreen](#) (Waterproof 50 spf minimum)
- [Lip balm containing sun block](#)
- 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.

Personal first aid kit that includes:

- EpiPen Anaphylaxis kit if you have severe reactions to bee stings
- Your own prescription medications
- Antihistamine for anyone with allergies
- Vitamins if you take them
- A few simple Band-Aids
- Adhesive Tape (for blisters) or NuSkin (optional, for blisters)
- Small Pepto Bismol (bottle or tablet)
- Tampons or sanitary napkins (enough for the entire trip)
- 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.
- Optional, you may choose to bring a prescription antibiotic. Consult your doctor.

Extra Essentials

- [Small personal dry bag](#)
- [Sunglasses](#)
- [Floating Retainer Leashes for Sunglasses](#)
- [Headlamp](#) Waterproof Storm
- Cell phone with camera with whatsapp. Enroute guidance for your route saved on it.
- [Optional Lifeproof Case for you cell phone turns it into a waterproof camera](#)
- PayPal account for tips and for paying for online bus tickets or services in Chile or Argentina.
- [Money belt RFID Blocking Travel Wallet Passport Holder](#)
- Charge card and US dollars to exchange.

Documents

- Passport
- US Drivers License
- [Spanish dictionary](#)
- [Patagonia maps,](#)
- [Waterproof journal](#)
- [Printed enroute guidance](#)

Luggage

- [Ultimate Net Bag for kayak gear](#)
- [Soft Duffel with shoulder straps](#)
- [Day backpack](#)