



## Whitewater Kayaking Packing List

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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:**

Below is a detailed packing list, which outlines our **three-bag system**. It enables you to avoid excess baggage charges and ensures that your irreplaceable life jacket, helmet, and spray skirt all arrive safely in Chile.

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

The Futaleufú, Fuy, Espolon and Manso are all lake-fed rivers. Kayakers generally will only need a dry top with a layer of Capeline and a pair of neoprene or fuzzy shorts to be on the river. **IF YOU ARE PARTICULARLY SUSCEPTIBLE TO THE COLD** or are paddling very early or late in the season - you may want to consider a dry suit.

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 Jets but it is still best to pack light.

**Label your bags with your name and the lost baggage address:** YOUR NAME, 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.

<b>Activity</b>	<b>Expediciones Chile Provides</b>
<b>Whitewater Kayaking</b>	<b>Your choice of kayak (s)</b>
<b>Camping Gear</b>	<b>Tent &amp; Sleeping Pad*</b>
	<i>*With the exception of Argentina Week of Rivers Safari Trip</i>

## YOU PROVIDE

### Camping Gear

If you are staying exclusively in the Adventure lodge or the CondorNest you do not need camping gear.

**If you are staying at Campo Tres Monjas or are going on Safari trip you need to bring:**

- Sleeping Bag (35 to 55 degrees F) (ExChile provides tents & sleeping pads at Campo Tres Monjas)
- Cotton Pillow Case (can be stuffed with fleece sweater at night) or Small Camp Pillow

**If you are going on our Argentina Week of River's you will need to bring the sleeping bag, pillow case and:**

- Waterproof Tent (Full Fly and Seam Sealed)
- ThermaRest Pad
- Tarp/ground cloth

### BAG# 1

**Carry on Bag (generally needs to be under 20lbs, and sized to fit in a overhead bin)**

A **net backpack** or **net bag** is perfect (as a flexible carry on) **DO NOT CHECK IT.** PLEASE, keep it with you at all times!!!!!!

- Spray Skirt-Does it fit the kayak that we have reserved for you? Mountain Surf Kevlar is a proven skirt in Chile.
- Life Jacket - super low volume squirt vests are unacceptable.

It is a requirement of the Chilean Navy that all Kayakers have a river knife and safety whistle attached to their life jackets. (These items are mandatory, it is the law.)

- River Knife with your checked in gear. **DO NOT CARRY IT ON THE PLANE!**
- Safety Whistle
- Helmet
- Swimsuit or Synthetic Shorts (1)

Fill the remainder of the space with the following items. (Any items that do not fit can be packed in Bag #3)

- River footwear- river sandals or booties (1)
- Dry top-The water temperature will range from 50 to 80 degrees Fahrenheit (about 10 to 25 degrees centigrade). Past expedition members have found a combination of a dry top and neoprene shorts ideal. Drytop should be in excellent condition with seals that are not likely to tear.  Extra Drytop Seals are a good insurance policy. If you are susceptible to the cold, or a beginner learning to roll, consider bringing a  **full drysuit or wetsuit**
- Neoprene rodeo shorts or paddling shorts (1)
- Capeline or pile tops (2)
- Capilene or pile bottoms (1)
- Water bottles (2-one full to drink on the flight)
- Float bags and lines to secure them (Mandatory)
- Throw rope and rescue gear (optional)
- Nose Clips (2, optional)
- Ear Plugs (2, optional)
- Hip pads-customized or foam outfitting kit. We will spend our first evening in Chile outfitting our boats. We will have tools, scrapers, and contact cement. **DO NOT BRING CONTACT CEMENT ON THE AIRPLANE.** By bringing customized pieces of foam, you will minimize the amount of outfitting time, and guarantee a secure fit.
- Towel (for showering and drying off) (1)

**(Any items that do not fit can be packed in Bag #3, keep all the river essentials in Bag #1)**

## **BAG #2**

### **Ski Bag / Paddle Bag Checked Luggage**

If you do not own a ski bag, we recommend that you buy a BIG one. These days skis have become so short that paddles will often be too large to fit in them. We are finding that a cross country ski bag works well. Jam all excess SOFT gear into your ski bag and help protect your paddle.

- Paddle – Bring your own. Chile is a challenging environment and you want to be fully comfortable in the water. You will want a paddle you are used to.

Our guides will carry a breakdown paddle, and we have a few spares at camp for **emergency** use only. If you paddle C-1 please bring a spare.

If you can't bring your own paddle there are a **limited number** of rental paddles available for \$50 for the week. We don't recommend this option. Paddlers who break or lose a rental paddle will be liable to replace it at cost.

## **BAG #3**

### **Large Sturdy Bag - Checked Luggage**

#### Camping Gear

- Sleeping bag medium weight (35-50 degrees F.), Sleeping pads and tents are provided at Campo Tres Monjas
- Head Lamp (or Flashlight)
  - Spare Bulb (1)
  - Spare Battery (1)
- Plastic Bag: large size, heavy duty, in case of rain. (2)
  
- Tent, Full Fly, Seam Sealed (**for Argentina Week of Rivers**)
- Tarp/ground cloth (**for Argentina Week of Rivers**)
- Therm-a-Rest Sleeping Pad (for Argentina Week of Rivers)

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

- Comfortable walking shoes or light weight hiking boots. (you can wear these on the plane)
- Sandals (for showering)
- Wool or fleece hat
- Baseball cap or Sun hat
- Warm socks (we recommend quick drying synthetic)
- Underwear
- Shorts (2)
- Long pants (1)
- Long Sleeved Capeline Shirt - underwear (1)
- Long Capeline Bottom - underwear (1)
- T-shirts (2)
- Long sleeved shirts (2)
- Water/windproof jacket
- Water/windproof pants (recommended, optional)
- Pile jacket or wool sweater (1)

### **Repair Materials and Miscellaneous Gear**

- Small personal dry bag (optional)
- Sewing kit (optional)
- Sponge, Aqua seal and Spare Dry-top/suit gaskets
- Duct tape (small roll)

- Travel Alarm Clock (optional)
- Paddle wax - to increase the grip on your paddle (optional)
- Neoprene repair kit (optional)
- Seal saver to protect your dry-top gaskets (optional)

## **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 paddling)
- Antiperspirant/ Deodorant
- Small packages of bio degradable laundry soap
- 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, Floating (2)
- Pogies/Sun Shades - People with sensitive or light skin may want to bring pogies, or neoprene sun-shades, to protect their hands from the sun. (The sun is very intense in Patagonia)

## **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)
- Antibiotic Otic Solution (optional, if you are susceptible to swimmer's ear infections)

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.
- 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.

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