



Expediciones Chile Guide/Intern Packing List

Enroute Guidance

Overview:

The Futaleufú valley is a mountain environment; storms can blow in quickly bringing with them cold rainy spells for a week. The sun can also be very intense for several weeks in a row. Accommodations are shared rooms in employee housing, and occasionally your tent at our Tres Monjas eco camp or on wilderness sea kayak trip.

For your accommodations in Futaleufu

- Sleeping Bag (35 to 55 degrees F)
- Cotton Sheet liner for you Sleeping bag (optional)
- Down Pillow that can be stuffed small or bring a pillow case
- Tent and pad for staying at the camp, sea kayak trip, or further travels after the season.

Personal River equipment

- Best river shoes
- Spray Skirt
- Rescue PFD
- Helmet
- A Breakdown Paddle/ You may save money with baggage fees with a breakdown paddle.
- Carbineer and rescue gear
- River knife
- Throw Rope
- Whistle
- Dry top
- Dry Suit (Optional but recommended)
- Bunny suit (Optional but recommended)
- Light Wool or polypro layers top
- Heavy Wool or polypro layers top
- NRS polypro long underwear or bunny suit
- (2) Shorts you can raft in (nylon or synthetic)
- Small personal dry bag
- Nose clip optional
- (2) Float bags for your kayak.
- Stainless 1 liter hot cold bottle
- Sunglasses
- Retainer Leashes for Sunglasses
- Kayak if you are planning on kayaking outside of work

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

- Crocs, sandals or slippers for around camp and at the employee housing.
- Lightweight waterproof hiking boots. (you can wear these on the plane)
- Wool or fleece hat
- Baseball cap or Sun hat
- (8) Pair Warm socks (we recommend quick drying synthetic)
- (8) Underwear
- (1-2) Shorts
- (1) Long pants nice
- (1) Long pants work
- (3-4) T-shirts
- (2-3) Long sleeved shirts
- (1-2) Pile jacket or wool sweater
- Water/windproof jacket or poncho
- Water/windproof pants (recommended, optional)

Toiletries

- (1) Cotton Towel
- (1) Small microfiber camp towel
- 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
- 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:

- 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
- Band-Aids
- Antibiotic Ointment
- Adhesive Tape (for blisters)
- Antibiotic Otic Solution (optional, if you are susceptible to swimmer's ear infections)
- Pepto Bismol (bottle or tablet)

Extras

- Flashlight or Headlamp
- Cell phone with whatsapp and ability to use wifi
- Laptop (optional)

- An account with PayPal for tips and for paying for online bus tickets or flights in Chile.

Documents

- Passport.
 US Drivers License
 International Drivers License AAA

Luggage

- Net bag for river gear.
 Paddle bag to protect your paddle. Check it or connect it with one of your duffels.
 Day pack for flying and your computer. You can carry on two items. Maximize your carry ons.
 Duffel bags for you 23 kilo maximum weight per bag.

BAGGAGE TAGS

You can cut out and use these baggage labels for your luggage.

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| NAME: Expediciones Chile Gabriela Mistral 296, Futaleufú, Chile Fono +56.652.721.386 rosi@exchile.com | NAME: Expediciones Chile Gabriela Mistral 296, Futaleufú, Chile Fono +56.652.721.386 rosi@exchile.com |
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