THE ESSENTIAL CHECKLIST

Patagonia Packing List

Sun, rain, sleet and fierce wind can all arrive in a single afternoon at the end of the world. Pack layers, not bulk, and you'll be ready for whatever the Andes send your way.

HIKING SEASON	TYPICAL TEMPS	THE BIG FACTOR
November – March (austral spring & summer)	40s–60s °F by day; colder at night & in the wind	Wind — gusts can top 50 mph on open terrain

Clothing: Build Your Layers

BASE LAYER

- [ ] 2–3 moisture-wicking hiking tops (merino wool or synthetic)
- [ ] 1 set long-sleeve thermal top & bottoms
- [ ] Quick-dry underwear & sports bras

MID LAYER

- [ ] Fleece jacket or pullover
- [ ] Packable insulated jacket (down or synthetic)

OUTER SHELL

- [ ] **Waterproof, breathable rain jacket with hood** — your most important item
- [ ] Waterproof rain pants (side zips make them easy to pull on over boots)

ON THE TRAIL

- [ ] 2 pairs quick-dry hiking pants (skip cotton and denim)
- [ ] Hiking shorts or convertible pants (optional)

Hats, Gloves & Accessories

- [ ] Warm beanie or wool hat
- [ ] Sun hat with a chin strap (the wind will thank you)
- [ ] Buff or neck gaiter
- [ ] Lightweight liner gloves
- [ ] Windproof / waterproof gloves
- [ ] Polarized sunglasses with a retainer strap

Footwear

- [ ] **Waterproof hiking boots with ankle support** — well broken in before you go
- [ ] 3–4 pairs wool or synthetic hiking socks
- [ ] Comfortable shoes for town & lodge
- [ ] Lightweight gaiters (optional; helpful in mud)

Trail Gear

- [ ] Daypack, 25–35 liters, with rain cover or pack liner
- [ ] **Trekking poles** — for steep, rocky descents and stability in gusts
- [ ] Water bottles or hydration bladder (1.5–2 liters total)
- [ ] Headlamp with spare batteries
- [ ] Dry bags or zip-top bags for electronics & spare layers
- [ ] Small towel or bandana

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Sun, Health & Personal Care

- [ ] Sunscreen, SPF 30+ (UV is strong in the far south, even on cloudy days)
- [ ] Lip balm with SPF
- [ ] Blister kit (moleskin, tape, small scissors)
- [ ] Personal first-aid kit & pain reliever
- [ ] Prescription medications (pack in your carry-on)
- [ ] Hand sanitizer & travel tissues
- [ ] Earplugs & eye mask (long summer daylight)
- [ ] Travel-size toiletries

Lodge & Town

- [ ] Casual clothes for evenings
- [ ] Swimsuit (for hotel pools, hot tubs & saunas)
- [ ] Sleepwear
- [ ] Reusable tote or packable duffel

Documents & Money

- [ ] Passport (check validity and entry rules for Chile and Argentina)
- [ ] Copies of passport & travel insurance details
- [ ] Credit cards plus some cash (small bills for tips and local purchases)
- [ ] Flight itinerary & trip documents

Electronics

- [ ] Plug adapters (Chile: Type C/L · Argentina: Type I; both 220V)
- [ ] Portable power bank
- [ ] Camera, extra batteries & memory cards (cold drains batteries fast)
- [ ] Phone with offline maps downloaded

Guide Tips for Patagonia

Skip cotton. It stays wet and cold. Choose wool or synthetics for every layer that touches skin.

Dress like an onion. Expect to add and shed layers several times a day as you climb, stop and catch the wind.

Carry on your boots and rain jacket. If a bag is delayed, you can still hit the trail.

Mind the bag limits. Regional flights within Patagonia may have tighter luggage allowances, so check before you pack.

Secure everything. Clip hats, gloves and pack covers. Patagonian gusts take what isn't attached.

My Extras

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Ready to Hike Patagonia?

Explore Torres del Paine, El Chaltén and Fitz Roy on small-group guided adventures with MT Sobek — expert local guides, hand-picked lodges and the logistics handled for you.

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