

TORRES DEL PAINE & ISLA NAVARINO 14 Days

GEAR CHECKLIST

Mandatory personal equipment to be brought along for the Dientes de Navarino Trek:

Well-worn, ankle-high, full leather trekking boots (NO mesh or Cordura trekking shoes, not even trail running shoes), preferably with a Goretex membrane, are mandatory on the Dientes de Navarino trekking tour, as are **knee-high gaiters and trekking poles**.

Our certified trekking guide will check the obligatory personal equipment of the participants in Puerto Williams and is authorized to exclude participants from the tour if they do not bring the necessary equipment for the trekking tour.

The safety of the participants and the smooth and successful running of the trekking tour is our top priority. Please also read our travel conditions in this regard!

Travel Documents

- Valid passport
- Airline tickets
- Vaccination cards
- Cash (USD) / credit card and/or debit card

Luggage

- Duffel bag for all the rest of your luggage, which you do not need during the trek (to leave locked at your guesthouse)
- Backpack of 50-60 liter (10-13 kg / 22 – 29 lbs) for the trek
- Rain cover for your backpack
- Passport pouch or money belt

Camping Gear

- Sleeping bag with compression stuff sack **minus 5 Grad/C comfort (minus 15 Grad/C extreme) (rated to approx. 20° Fahrenheit comfort)**
- Inflatable camping mat (e.g. Therm-A-Rest NeoAir)

Clothing

Bring a few lightweight, easily washable items - for using as layer clothing system "onion principle"

- Hiking pants, lightweight, synthetic and loose-fitting – quick dry
- Long sleeve shirts, synthetic or merino
- T-Shirts, synthetic or merino
- Breathable underwear, polypropylen or merino or similar
- Rain jacket, waterproof and breathable (Goretex, Sympatex etc.)
- Rain pants, waterproof and breathable, side-zip pants are highly recommended
- Windstopper fleece jacket
- Light Down or synthetic Jacket

Clothing Accessories

- Sun hat – Bandana – Scarf
- Hat (warm) - Beanie
- Gloves – Fleece

Footwear

- Hiking socks, blister-free
- **Mandatory: Well-worn, ankle-high, full leather trekking boots** (NO mesh or Cordura trekking shoes, not even trail running shoes), preferably with a Goretex membrane
- Sandals or flip-flop or Crocs
- **Mandatory for the Dientes de Navarino Trek: Gaiters, knee-high! We recommend Outdoor Research Crocodile GORE-TEX Gaiters or similar.**

Important

- **Trekking poles are mandatory**

Travel Accessories

- Water bottle – 500ml-750ml (throughout the treks you can refill water approx every two hours in the little creeks)
- Headlamp and batteries
- Sunglasses and retainer strap
- Sun blocker + 20 and lip balm
- Toiletry kit
- Trekking towel
- Hand sanitizer gel
- Personal prescription medication
- Watch with alarm or travel clock
- Ziploc with toilet paper

Optional equipment

- Camera, memory cards and batteries
- Thermos
- Spare contact lenses or glasses
- Ear plugs
- Several Ziploc plastic bags

Provided Gear by MOSER ACTIVE on the Dientes de Navarino Trek:

- Tents: roomy, high quality 2-person expedition-tents (to be used for 2 people); or Doite Himalaya (to be used for 1 person)
- Cooking equipment while camping
- First aid kit and satellite phone or VHF-equipment

Provided Gear by MOSER ACTIVE on the Torres del Paine W Hike:

- Tents: roomy, high quality 2-person expedition-tents
- First aid kit and satellite phone or VHF-equipment

If you have any further questions, please don't hesitate to get in touch.

MOSER ACTIVE Trekking Team