

CLOTHES FOR TREKKING

This list is only a guide for the basic articles needed for the trips to Tagua-Tagua Park.

Head

- Synthetic or wool Cap
- Cap for the Sun

Upper body

- 1 t-shirts
- 1 long sleeve t-shirts (lightweight capelin, polypropylene or similar)
- 1 medium fleece jackets
- 1 thick fleece jacket (we recommend wind stopper)
- 1 Breathable Waterproof jacket (Gore-Tex, sympatex or similar)

Lower body

- 1 pair long underwear (capilene, polypropylene or similar)
- 1 Breathable Waterproof pants (Gore-tex, sympatex or similar optional)
- 1 Long fleece pants
- 2 lightweight synthetic pants (Quick drying)

Hands

- 1 pair of polypropylene or capilene gloves.

Feet

- 1 pair of good hiking boots (with good support for the ankle)
- 1 pair of sandals
- 2 synthetic pairs of socks (capilene or similar)
- 1 pairs of wool socks for camping.
- 1 pair of gaiters

Personal items

- Head lamp and extra batteries
- Sun glasses
- Sun screen lotion SPF 29 - 1 tube
- Sun screen lip protection - 1 stick
- Pocket knife
- Water bottles (2) nalgene 1 quart capacity wide mouth
- Tooth brush and tooth paste
- Toilette paper
- Small towel
- Disposable lighter
- Plate, bowl, mug and cutlery (only for Alerces Refuge)
- Gas spare for camp stove (only for Quetrus Refuge)
- Personal medicine kit (in case you need them)

Sleeping gear

- Synthetic sleeping bag - comfortable - 10°C / 14°F
- 1 sleeping pads

- Pack**
- 75 litres back pack

- Optional**
- Cameras, extra batteries, lens cleanser
 - Trekking poles

- Documentation**
- Passport
 - Copy of passport
 - Copy of trip insurance

Shoes:

Regarding hiking shoes make sure to use them before your trip to avoid problems in your feet.

Rain:

You are entering a highly rainy so we recommend you put all your clothes and your sleeping bag inside thick plastic bags or dry bags (regular trash bag does not work at all as it easily breaks)

Trekking poles and leggings:

Highly recommended!

Clean and dry cloth:

We recommend leaving a backpack or bag at the hotel. Then you travel light and get dry and clean cloth when you're back.

iPod - iPhones and others.

The lighter, the better. We recommend you just to bring a light camera.

Luggage storage:

The park has a locked storage shed where you can leave the luggage you do not need to carry on your walk. We recommend using this alternative to travel lighter.

What's in the refuges?



Quetrus Refuge

- Wood stove
- Kitchen sink
- Organic cleaner
- First Aid Kit
- Pots and kettle
- External bathroom
- Wood
- Cutlery, dishes & glasses
- Mattresses
- Sleeping bags
- Spotting scope
- Wonderful views



Alerces Refuge

- Wood stove
- Kitchen sink
- Organic cleaner
- First Aid Kit
- Radio system
- Pots and kettle
- External bathroom
- Wood
- Water
- Inspiring Nature