

Don't leave home without:

- Passport** (Check expiry date)
- Money** (debit/credit cards - note that some banks require advance notice of travel)
- Local Currency** (US Dollars can easily be exchanged in Chile, sterling/euros much harder)
- Airline tickets or booking codes**
- Emergency phone numbers for your travel insurance, local operator and booking agent**

Camping Trips

What's provided?

- Cooking and eating utensils
- Stove and fuel
- First aid kit
- Tents (Mountain Safety Research, dome-style tents)
- Kitchen / dining shelter
- Tables and chairs etc
- Food and limited wine (meals are prepared by the guide and assistant cook)
- Saddlebags for carrying daily items (lunch, waterproofs etc)

What's not provided?

- Sleeping bag with stuff sack (rated to 0 or -5)
- Sleeping mat (Thermarest or similar for comfort and insulation)

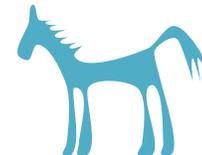
We can rent sleeping bags and mats on request at \$10 per night (Sea to Summit down) for a bag and \$5 per night (Therma-rest) for a mat. Sleeping bag price includes a cotton sleeping bag liner.

Note: Sleeping bags are also required in refugios

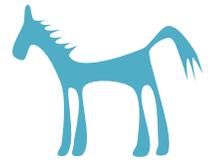
General

What clothes/gear should I bring?

- A few lightweight, easily washable items (layering is always best)
- Midweight fleece or wool sweater
- Midweight fleece or wool pants
- Long-sleeved shirts or tees for layering
- T-shirts
- Underwear and personal items (for women we recommend a good sports bra for riding)



- Wool cap or other warm hat (choose one that can be used under your riding helmet)
- Scarf or neck warmer
- Comfortable footwear for general walking
- Set of thermals for cold nights (CAMPING)
- Wool sweater or fleece
- Sun hat or visor that can be worn with your riding hat
- Water bottle (one litre bottle or a Camel-bak)
- Sleeping bag with stuff sack (CAMPING)
- Camping mat (CAMPING)
- Camera, spare batteries and a spare memory card
- Waterproof camera bag
- Flashlight/torch with spare batteries (Maglite or similar)
- Sunglasses (preferably with a neck string)
- Sunscreen and lip salve
- Insect repellent
- Small towel
- Personal toiletries
- Any personal medication
- Riding trousers (Half or full chaps can be provided if required)
- Pair of insulating and quick-drying riding gloves
- Riding helmet: We strongly recommend riders bring their own BHS/ISO approved hard hat. Hard hats save lives and can prevent serious head injury. Riders who do not wear a helmet do so at their own risk and will be asked to sign a waiver.**
- Socks (including knee-high pairs for riding)
- Riding boots (well broken in) or ankle-high multi-purpose boots which work well when worn with half chaps and can comfortably be worn for walking too
- Waterproof and windproof jacket (Gortex or other suitable fabric) with a hood and no leaks. Some clients wear long Australian stock coats. No plastic ponchos please!
- Waterproof trousers (make sure they have an under-foot stirrup to stop them riding up the leg)
- Riders should also bring spare plastic bags/ziplock bags for storing non-waterproof items such as cameras, binoculars etc in the saddle bags. These are made of tough hessian and will not repel heavy rain.



Useful items:

- Spanish phrasebook or dictionary
- Travel alarm clock
- Swiss army knife
- Small camping pillow (CAMPING)
- Wet Ones or similar travel wipes
- Tissues
- Tracksuit trousers or comfortable walking trousers for optional hikes and for relaxing at camp or Hotel
- Reading material
- Electrical adapter (Chile uses a 2-pin, 220 volt outlet)
- Spare contact lenses or glasses if necessary
- Small binoculars
- Swimsuit (for the hardy and also Estancia Tercera Barranca have a hot tub!)
- Ear plugs for light sleepers