

Patagonia O Circuit Equipment List

Clothing / Layers

- ☐ **Hiking boots**
Make sure they are well broken in before departure.
- ☐ **Camp/shower footwear**
Lightweight sandals or flip-flops for showers and wearing around camp.
- ☐ **Hiking socks x 3 minimum**
Merino wool or synthetic. These can be hand-washed in the evenings.
- ☐ **Underwear x 3 minimum**
Merino wool or synthetic is advisable. These can be hand-washed in the evenings.
- ☐ **Lightweight hiking trousers x 1**
Zip-offs are ideal to save weight rather than bringing separate shorts for hot days.
- ☐ **Quick-dry shorts x 1**
If not using zip-off trousers.
- ☐ **Long johns / thermal leggings x 1**
Silk, wool or synthetic. For cold evenings and sleeping.
- ☐ **Short-sleeve base layer x 2**
Silk, wool or synthetic.
- ☐ **Long-sleeve hooded base layer x 2**
Silk, wool or synthetic.
- ☐ **Mid-layer x 2**
A lightweight fleece, lightweight down jacket or softshell jacket such as your Earth's Edge jacket.
- ☐ **Waterproof jacket**

- ☐ **Waterproof trousers**
Full-length zips are helpful so they can be put on over boots.
- ☐ **Lightweight poncho**
Useful as a backup in heavy rain.
- ☐ **Fleece hat / beanie**
- ☐ **Buff**
- ☐ **Lightweight hiking/liner gloves**
Wool or synthetic.
- ☐ **Sunglasses (category 3)**
- ☐ **Sun hat with a wide brim**
To cover face and neck.
- ☐ **Comfortable clothing set x 1**
Lightweight trousers/leggings and a T-shirt/shirt to wear at camp in the evenings.
- ☐ **Spare set of clothes**
To leave at the hotel and wear after you finish the trek.

Trekking Essentials

- ☐ **Rucksack (35-40 L)**
You will need to carry all your gear for the duration of the trek, including your clothing, personal gear, and daily essentials. This should weigh no more than 10 kg.
- ☐ **Small bag for hotel storage**
To leave at the hotel with any clothes or equipment you don't need on the trek.
- ☐ **Dry bags**
For additional waterproofing and to separate items inside your bag.

- ☐ **Walking poles**
- ☐ **Sleeping bag liner**
Mandatory for use with the sleeping bags provided. Your tent, sleeping bag and sleeping mat will be provided at each camp.
- ☐ **Water bottles / hydration bladder**
You must be able to carry at least 2 L of water while walking.
- ☐ **Personal snacks**
Although meals are included throughout the trek, bring your favourite high-energy snacks like energy bars, sweets, trail mix or nuts to eat on the trail.
- ☐ **Headtorch with spare batteries**

Personal Care

- ☐ **Sun cream (at least SPF 30)**
SPF 50 recommended.
- ☐ **SPF lip balm (SPF 50)**
- ☐ **Insect repellent**
- ☐ **Toiletries**
Toothbrush, toothpaste and soap.
- ☐ **Small quick-drying towel**
Microfibre or similar.
- ☐ **Tissues / toilet paper**
- ☐ **Hand sanitiser**
- ☐ **Moisturiser**
Useful for dry skin caused by wind and sun exposure.
- ☐ **Glasses / contact lenses (if needed)**
We advise bringing both glasses and contact lenses. Daily disposable lenses are recommended over monthlies.

- ☐ **Menstrual hygiene products**
It's best to be prepared, even if you're not expecting your period. Applicator tampons or pads are best.
- ☐ **Small rubbish bags / resealable bags**
For used tissues, wipes and personal hygiene products.

Important Items

- ☐ **Passport**
Must be valid for at least six months after you return and have at least two free pages.
- ☐ **Copies of your passport and travel insurance**
Bring printed copies and keep digital copies accessible offline.
- ☐ **Cash and bank card**
For tips, drinks, snacks, optional activities and emergencies.

Optional Items

- ☐ **Earplugs and eye mask**
- ☐ **Universal travel adaptor, power bank and charging cable(s)**
Chile commonly uses Type C and Type L plugs.
- ☐ **Camera**
- ☐ **Kindle / book, notebook and pen**
- ☐ **Rain cover for your rucksack**
- ☐ **Bag for porter service (if using)**
Porter services are available at an additional cost. This must be arranged in advance. Bring an additional soft duffel or large rucksack. Maximum weight: 15 kg.

Med Kit List

It's essential that you bring your own basic first aid kit. Below are the key items you'll need:

Essential:

- ☐ **Current medications**
Bring a good supply of any tablets, creams, or inhalers you currently take or think you may need.
- ☐ **Paracetamol and ibuprofen**
- ☐ **Rehydration salts / electrolytes**
- ☐ **Blister kit and plasters**
Compeed (blister plasters), standard plasters, KT tape and a small pair of scissors.
- ☐ **Throat lozenges**
Useful in dry or cold conditions.

Optional:

- ☐ **Antihistamine cream and tablets**
Useful for allergies, bites or skin irritation.
- ☐ **Nasal spray / decongestant (e.g. Sudafed)**
- ☐ **Diarrhoea relief tablets (Loperamide)**
- ☐ **Buscopan**
- ☐ **Laxatives**
- ☐ **Medicated cream**
For example, hydrocortisone, antifungal cream or cold sore cream, if you normally use them.

If you have any questions or concerns, just get in touch - we're happy to help!