

Patagonia CheckList

Essential

- Main backpack
- Backpack rain cover
- Daypack (optional but recommended)
- Water bottle/Pouch
- Rain/wind Jacket
- Down Jacket
- Thermals
- 2 hikings long pants
- 1-2 shorts
- 3-4 tee shirts
- 1 long shirt
- Gloves
- Sun Glasses
- Hat
- Sun Block
- Insect Repellent
- Beanie
- Camera
- Solar/battery Charger
- Flip flops
- Passport
- Cash (although camps has credit card service)
- Energy bars + Electrolytes (personal preference)
- Headlamp

Hygiene

- Floss
- Shaving kit

- Toothpaste and brush
- Hair travel gel
- Travel Vaseline
- Travel cologne
- Cotton buds
- Sun block moisturizing
- Small plastic loofah
- Scope
- Comb
- Contacts lenses
- travel nailcutter
- Chap Stick
- Baby wipes
- Compact towel

First Aid/Medicine

- Motrin (pain/fever)
- Zyrtec/Claritin (Allergy)
- Pepto Bismol (upset stomach)
- Mole skin/Athletic Tape
- Small first kit
- Add any other as needed

Optional but might be helpful

- Hand warmer
- Sleeping bag Liner
- Extra batteries