

No Limits Adventures – Ultimate Patagonia Gear List

UPPER BODY -

Head / Ears / Eyes

- Shade hat or baseball cap - some people drape a bandana down the back of their head and then put a baseball cap on to hold it in place. This can be a flexible alternative while keeping the sun off your ears and neck
- Glacier glasses 100% UV protection with side shields and a hard-sided storage case (i.e. Julbo or Cebe). This is to protect your eyes from the stronger rays of the sun due to the thinner atmosphere which can cause a painful condition known as snow blindness. Regular sunglasses are not sufficient. If you wear prescription glasses, speak to your doctor about prescription glacier glasses, perhaps with transitional lenses
- Flashlight or Headlamp - Black Diamond and Petzl both make several good headlamps. Make sure to bring extra batteries.
- Some people like ear-muffs; These are optional, a good hat, hooded jacket should really be sufficient, but this is a personal choice for some people (Optional)

Hands

- 1 pair liner gloves thin wool or synthetic, useful alone on mild days
- 1 pair shell gloves or mitts Gore-Tex is preferred for keeping hands dry

Core Body

- polypro long underwear
- fleece sweater
- 1-3 short sleeve shirt(s)
- 1-2 fishing / riding / hiking shirt(s)
- 1-2 casual button-down shirt(s)
- wool sweater (Optional)
- softshell jacket, water resistant, with insulation, underarm ventilation zippers. Full front zipper is preferable for ventilation
- wind / rain jacket
- 1 hard shell with hood, waterproof, pay particular attention to venting options under / on the arms and inner chest pockets provide convenient access without taking off your pack, truly a great design option
- 2 women sports bras Synthetic, no cotton!

LOWER BODY -

Legs

- polypro long underwear
- 1 pair hard shell pants. Waterproof / breathable, Gore-Tex or equivalent is best. Should zip from the top and bottom - this makes it easier to put on over boots without getting undressed should the weather change once you are underway for the day (Optional)
- 1-2 jeans
- 1-2 khaki pants
- 1-2 shorts
- 2 skirts or slacks (Optional)
- swim suit
- 4-6 cotton underwear
- polypro briefs / boxers
- All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags. These are also useful for separating clean from dirty cloths as you trip progresses

Feet

- 2-4 pair wool/ synthetic socks
- 2-4 pair cotton socks
- neoprene socks (Optional)
- Tevas / sandals
- 1 pair light trekking shoes, tennies, sneakers, or slip-on camp shoes. Good for around the camp/ranch
- 1 pair light to medium weight hiking boots. Ensure a good fit with layered socks
- running shoes (Optional)
- rubber boots (Wellies) (Optional)
- riding shoes (Optional)

No Limits Adventures – Ultimate Patagonia Gear List

- 1 pair hiking gaiters, good for keeping dust and rocks out of your shoes / boots as well as keep your feet dry as necessary (Optional)

GENERAL -

Sleeping gear

- 1 down sleeping bag rated to -10 degrees F (warmer if you get cold while sleeping)
- 1 full length Thermarest pad (bring repair kit)
- 1 closed cell foam pad

Pack / Gear Bag

- 1 day pack (approximately 2,400 - 3,000 cubic inches) Although we will be using pack horses, you will want to have everything needed during the day in your pack
- 1 large (4,500-6,500+cu.in.) duffle bag for your gear. Must be durable for use on pack animals
- 1 smaller duffle bag can also be useful
- Small padlocks for duffel bag

Medicines and First Aid Kits

- Extra Strength Excedrin for headaches
- Ibuprofen for general aches and pains
- Immodium or Pepto bismol capsules for upset stomach or diarrhea
- 1 small personal sized first-aid kit with blister treatments such as mole skin, band aides, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use

Miscellaneous, But Important

- Passport
- Airline ticket(s)
- Durable wallet / pouch for travel documents, money & passport
- Distance glasses or contact lenses
- Reading glasses
- Lip balm. At least SPF 20. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoid you having to stop and look for it
- Sunscreen 4 oz of at least SPF 30. Should be relatively new since it loses its' effectiveness over time
- Water purification Iodine tablets or Polar-pure crystals
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc
- Large ziplocs are also useful for separating things and keeping them dry

Optional

- Water bottle 1 liter wide-mouth Nalgene (Optional)
- Bandanas (Optional)
- Ear plugs if you're a light sleeper (Optional)
- 1 pair adjustable trekking poles. Although these are listed as optional these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc., especially when going downhill (Optional)
- Favorite snack foods (Optional)
- Paperback books, cards, mp3 player, remember, keep these items light weight (Optional)
- Compact binoculars (Optional)
- 1 light weight point & shoot camera or 1 large SLR (Optional)
- Hydration bladder with drinking tube and tube insulator (Optional)
- 1 small stainless steel thermos (Optional)
- Spanish phrase book or dictionary (Optional)
- Photos of home / USA life (Optional)
- 1 set of nicer / "eating-out" clothes (Optional)