

Unbound Adventures

Packing List for Chile & Argentina

CLOTHES

- 1 pair shorts (optional) The Atacama Desert and the Iguazu Falls can get very warm
- 2 Light-weighted T-shirts (preferably something fast drying)
- 2 long sleeve trekking shirts (preferably something fast drying)
- 1 short sleeve trekking shirt (preferably something fast drying)
- 1x Hiking Pants / Tights (for women), with the option to turn into a short pant
- 1x Long pants to protect you from insect bites. Focus on fast-drying and super light-weighted stuff.
- 1x Fleece Jacket (mid layer) - highly recommended for colder parts and the evenings!
- 1x Down Jacket - It can get pretty cold in Patagonia
- 6x Underwear
- 1x breathable, waterproof Jacket as shell layer or a rain poncho
- 1x Something to sleep in at night
- 4x Cotton socks
- 1x Bathing suit for the hot springs in the Atacama Desert
- A couple of casual things that can be doubled up for city wear and travel
- 1x Scarf - for cold and windy parts
- 1x Sun Hat and Beanie
- 1 x Backpack - 10 to 20 litres, you'll need it as your day bag when we are on excursions

SHOES

- 1 pair comfortable walking shoes/trainers
- 1 pair sandals

ACCESSORIES

- A waterproof bag / dry sack) for your electronics
- Water bottle
- Power adapter; Buy an international one as we will be in 2 different countries
- Sunglasses
- Suitcase locks, important for when we leave our luggage behind and go on treks or tours

TOILETRIES

- 1x toothbrush and toothpaste
- 1x soap
- 1x basic skin cream
- 1x sunscreen
- Lip balm
- Hand sanitizer
- Moisturizing lotion - It's very very dry in the desert. You'll want to use more lotion than normal!

MEDICINES

- Painkillers
- Blister plasters
- Deepheat for muscle soreness

INSURANCE

I highly recommend you get good travel insurance as in almost every case your current health insurance won't work abroad. World Nomads is the one I recommend.