

BASE LOS TORRES DAY HIKE

packing checklist

ESSENTIALS

- Backpack ~50L (1 between 2 ppl)
- Water filter & water bladder
- Mattress to chill on the rocks at the top
- Head torch with charged batteries
- Dry bags - for clothing & tech
- Smartphone with GPS app & offline maps
- Satellite communicator (optional)/whistle
- Leave No Trace Kit (Trowel & Zip bags)
- Food and snacks

TOILETRIES

- Suncream - high SPF
- Hand sanitizer - mini
- First Aid Kit, including plasters & painkillers
- Insect repellent (summer months)
- Toilet roll and two plastic bags

CLOTHES

- Insulated jacket (ideally down)
- Waterproof/breathable jacket
- Waterproof trousers
- Base layer- long sleeve t-shirt
- Thermal base layer - trousers (optional)
- Short sleeve t-shirt - synthetic
- Hooded mid layer top
- Quick dry hiking trousers
- Sunglasses with UV
- Buff (neck warmer)
- Cap/woollen hat & gloves
- Underwear
- Smartwool hiking socks

FOOD

- Water bladder/bottle
- Spork
- Plastic cup
- Multi-tool/knife
- Travel salt, pepper, oil
- Energy bars
- Rubbish bags x 1

enjoy your trail!