

EL CHALTÉN GIANTS TRAIL

packing checklist

ESSENTIALS

- Backpack 30-60L
- Tent - sturdy, three season tent
- Sleeping bag - rated for at least -5°C
- Waterproof compression pack for above
- Sleeping mattress
- Camping stove - ideally collapsible
- Head torch with charged batteries
- Water purification system
- Smartphone with GPS app & offline maps
- Leave No Trace Kit (Trowel & Zip bags)
- Dry bags - for clothing & tech
- Food and snacks for 3 days
- Satellite communicator (optional)/whistle

TOILETRIES

- Suncream - high SPF
- Travel toothbrush and toothpaste
- Hand sanitizer - mini
- Quick dry, compact towel
- Travel hairbrush/hairbands
- First Aid Kit, including plasters & painkillers
- Insect repellent (summer months)
- Toilet roll

CLOTHES

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

COOKING

- Water bladder/bottle
- Spork
- Plastic cup
- Multi-tool/knife
- Travel salt, pepper, oil
- Energy bars
- Rubbish bags x 3

enjoy your trail!