

Documents:

- Passport
- Flight tickets
- Medical insurance (there are no helicopters in Patagonia, so helicopter evacuation coverage is not required)

Personal equipment:

- Backpack 30-50 liters
- Sleeping bag with comfort rating -10°C , or a sleeping bag liner if you are renting a sleeping bag
- Sleeping pad
- Trekking poles **обязательно** with baskets
- Tent (in Torres del Paine National Park no more than two people are allowed per tent)

Clothing and footwear:

- Trekking boots, WELL waterproofed in advance with a special treatment
- Sneakers (for cities)
- Waterproof membrane layer - jacket + pants
- Fleece suit
- Thermal underwear (top + bottom)
- Lightweight down jacket with hood (in November and March a mid-weight one is also suitable)
- Warm gloves
- Light gloves
- Bandana or buff (in addition to sun protection in the valleys, can be used to keep your neck or face warm in cold weather)
- Hat
- Warm trekking socks

Miscellaneous:

- Headlamp with battery life of at least 12 hours
- Power bank (not really necessary if you have booked accommodation in cabins)
- Sunglasses
- Rain poncho
- Rain cover for backpack
- Water bottle (highly recommended for hot water) - 1 liter
- Gaiters
- Sunscreen SPF 50
- Lip balm SPF 10-15
- Personal first-aid kit
- Elastic bandage and/or supportive brace
- Toothpaste, toothbrush, soap, shampoo, flip-flops
- Towel
- Toilet paper