Documents:

- Passport
- Air tickets
- Medical insurance (there are no helicopters in Patagonia, so there is no need to worry about helicopter cover)

Personal equipment:

- A 30-50 litre rucksack
- A sleeping bag with a comfort rating of -10 °C. Or a sleeping bag liner, if you are hiring one.
- Sleeping mat
- Trekking poles, which must have baskets
- A tent (in Torres del Paine no more than two people may share a tent)

Clothing and footwear:

- Trekking boots, thoroughly treated with a waterproofing product beforehand
- Trainers (for the towns)
- Waterproof membrane shell: jacket and trousers
- Fleece top and bottoms
- Base layer, top and bottoms
- The lightest possible down jacket with a hood (in November and March a mid-weight one will do)
- Thick gloves
- Thin gloves
- Bandana or buff (as well as sun protection in the valley, it can keep your throat or face warm in the cold)
- Warm hat
- Warm trekking socks

Other items:

- LED head torch with at least 12 hours of battery life
- A power bank (not especially necessary if you have bought the hut accommodation package)
- Sunglasses
- Rain jacket
- Rain cover for your rucksack
- A flask, 1 litre (strongly recommended, for hot water)
- Gaiters
- SPF 50 sun cream
- SPF 10-15 lip balm
- Personal first-aid kit
- Elastic bandage and/or a support brace
- Toothpaste, toothbrush, soap, shampoo and flip-flops
- Towel
- Toilet paper