

TGP Expeditions: Patagonia

Packing & Gear List

Dear GREENies,

The information below includes details about what to pack to better prepare you for your upcoming TGP Expedition in Patagonia! Gear selection is very important to your safety and comfort on the expedition. Please read this gear list carefully and use it as a guide. Please make sure to give it a good thought because the gear will help determine your comfort throughout the program. *Remember, there is no such thing as bad weather, just bad gear!*

A general rule of thumb is to get the nicest gear that you can afford. That said, there are many places that provide clothing for a more accessible cost. Most thrift stores have racks of used poly-pro (long underwear) and fleeces. A \$2 fleece is often just as warm as a \$90 fleece. Used backpacks are available on the internet (eBay, Craigslist) and are rarely heavily used. Winter climbing equipment is usually on sale at the end of the winter, along with gloves, hats, etc.. Buying used gear is more sustainable and will also help with your savings.

It's also important that you know the history of your equipment. Where has it been and what has it done? Important technical gear should not be bought if your safety is at risk on your expedition. Also note that synthetic sleeping bags wear out fairly quickly with heavy use (1-2 years max) and are often a bad bet to buy used.

If you ever have any questions about gear, feel free to send our team an email at info@thegreenprogram.com or reach out to the WhatsApp group which will be created before your program begins.

-Siggi, Melissa, & The GREEN Program Team

WEATHER

Daytime highs in October average 50's °F making it an ideal temperature for outdoor activities. Overnight, the temperature drops to an average of 30-40's °F.

CLOTHING

Clothing for upper body

- Long Underwear Top; Quantity 2
 - o Good to have synthetic, silk, or wool, avoid cotton or cotton blends.
- Fleece Jacket; Quantity 1
 - o Good for those cold evenings. A light synthetic jacket is a good alternative e.g. Wild Things Primaloft Sweater, Rab Generator, or Patagonia puffball.
- Synthetic Jacket; Quantity 1
 - o You'll live in this while in camp. Good ones include Patagonia's Das Parka or Wild Things Belay jacket. Because of rainfall, a down jacket is not suitable. Make sure it fits over all your other layers and has a hood
- Rain jacket; Quantity 1
 - o Gore-tex, eVent or other waterproof/breathable fabric. Try it over your base layers and make sure it's comfortable. Hood must fit over your hat.

Clothing for lower body

- Long Underwear Bottoms; Quantity 2
 - o Must be synthetic, silk, or wool, avoid cotton or cotton blends. One pair is worn during the day and will often be wet and the other is worn at night and always stays dry. Light to mid-weight is best.
- Light Trekking Pants or Fleece; Quantity 1
 - o Can be nice to have the ones that you can zip off legs so they turn into shorts on warm days. Make sure they are breathable, light and stretch. You will want to love those pants because you will live in them throughout the day.
- Rain Pants ; Quantity 1
 - o Gore-Tex, eVent, or similar. Should fit comfortably over other layers. Full side zips are great for venting and make them easier to put on over boots.
- Gaiters ; Optional
 - o Make sure they're large enough to go over your hiking boots. We recommend OR Croc, Mountain Hardwear Venti-gaiters or Outdoor Designs Perma eVent. They will be convenient in glacier terrain to keep you warm, dry and prevent rocks and sand from falling into your shoes. optional
- Underwear; Quantity 3-5
 - o Light quick drying fabric, avoid cotton.

Clothing for hands and head

- Snow Hat; Quantity 2
 - o Fleece or Wool. Make sure it covers your ears and is a windstopper
- Sunglasses; Quantity 1-2 (might be good to have extra incase one brakes)
 - o Glacier glasses of some variety are recommended. Make sure you have a case to put the glasses away so they won't break.
- Waterproof Gloves or Mitts; Quantity 1
 - o Warm gloves or mittens with a waterproof shell.
- Windstopper Fleece Gloves or liners; Quantity 1
 - o Good for dexterity and general use.
- Neck Gaiter, buff; Quantity 1
 - o Great for cold windy days.

FOOTWEAR

- Hiking Boots; Quantity 1
 - o Warm hiking boots are recommended, and make sure they have good ankle support. It's important to keep your feet warm and stable when traveling with a heavy backpack. Do not take your trainers or low heel shoes only. They won't do you any good in the mountains.
- Socks; Quantity 2-3
 - o Must be wool or synthetic, medium to heavy weight (no cotton/poly blends). Recommended brands include Smartwool, Fox River, and Thorlo. If you want to wear liner socks (some people like them, others don't), we recommend two pairs of synthetic ones. One pair of heavy socks is solely for night time use and kept dry.
- Fleece Booties (Optional); Quantity 1 pair
 - o These are great to wear around camp inside; we also use them for river crossings on the approach to save the liners from getting soaked.

SLEEPING GEAR

Sleeping Bag

- o Synthetic sleeping bag. Temperature ratings should be 20-30 degrees F (-7 to -0

degrees C). Due to the wet condition, down bags are not suitable. If you are a cold sleeper, keep in mind to have a sleeping bag liner.

- Sleeping Bag Liner; optional
 - o When the weather is hot you can sleep in just this. It will also prolong the life of your sleeping bag and keep it much cleaner, not to mention better smelling. Must be silk, not cotton.
- Sleeping Bag Compression Stuff Sack; quantity 1
 - o We recommend using one of the new silicone coated dry bags with an air release valve, such as the Vargo Driseal bag or Cascade Designs Valve Dry bag.
- Foam and Inflatable Mattress; quantity 1 each
 - o You definitely want both an inflatable mat and foam mat. The foam mat keeps things dry, and the inflatable mat keeps you warm. For a foam mat, we recommend something that compacts pretty well; the best is the Cascade Designs Z-Lite mat, but LMC Alpine Pads and Multi-Mat pads are very good as well. For an inflatable mat, you'll definitely want a lightweight, 4 season mat such as the Therm-a-Rest Prolite 4. We've also had good luck with Insul-mats. Bring a stuff sack that both your inflatable mat and foam mat fit inside for ease of transport and to keep dry.

BAGS

- Back Pack; Quantity 1
 - o Most packs are too small or not durable enough to meet our demands. Your bag should be 65 – 85 Liters. Have a professional at your local outfitters shop fit one correctly, because this will make a huge difference to your comfort on the trip. Recommended types include Arc'Teryx, Gregory, Osprey, mountain hardware
- Plastic Bag/Trash Compactor Bags, quantity 3-4
 - o To line bags and keep stuff dry
- Ziplock bags, Quantity 5
 - o The larger, 1 gallon freezer bags seem to hold up pretty well. Get the strongest ones you can find.

MISCELLANEOUS ITEMS

- Head Lamp; Quantity 1-2
 - o There are two different types of lamps you can go for.
 - o We recommend a small, efficient lamp for reading, mucking around camp, and so forth. Examples include the Black Diamond Gizmo and Petzl Zipka.
 - o For early morning approaches, when you actually want to see what's around you, a brighter (and less efficient) headlamp is called for.
 - o The Princeton Tec Apex/Apex Pro is both light in weight and EXTREMELY bright. Other good models include the Petzl Myo 5 and Black Diamond Helion.
 - o In the end, we also recommend using photo- style Lithium batteries. They last much longer in cold weather.
- Trekking Poles
 - o Solid as you can find. Avoid "ultra light" models like the plague. Black Diamond Lock and the Lifelink Variant poles are the most durable we've found.
- Sunscreen; Quantity 1 bottle
 - o Should be SPF 30+. We recommend mineral sunscreens with zinc oxide.
- Lip Balm; Quantity 1 peace
 - o Should be SPF 20+.
- Toiletries;
 - o Toothbrush, toothpaste, tampons, contact lens solution, baby wipes
- Water Bottles; 2 x 1 Liters

- o Wide mouth Nalgene bottles are much easier than narrow mouth bottles, and anything is better than Sigg bottles.
- Cup, Bowl, Spoon; 1 Each
 - o We recommend a coffee press mug (coffee is extremely important to the success of any expedition), a titanium or plastic spork, and a plastic bowl. Don't bring a metal bowl or mug, or your food will be cold long before you get to it.
- Leatherman or Similar
 - o Leatherman or other knife with useful pliers.
- Personal First Aid Kit
 - o Your guide will carry an extensive expedition First Aid kit. However, you need to bring medications from home, per our First Aid Kit list.
- Medications
- Feminine products: Menstrual cup and/or pads, tampons.
 - o Read more about the pros/cons [HERE](#).

Group & Technical Gear: Provided by TGP

- Tents
- Stoves
- Pots/Pans
- Food Bags
- Repair Kits
- Technical Gear: Harness, helmet, etc.
- GPS - navigation equipment.