



Torres del Paine packing list

Item	Check
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Backpack

Backpack (40-70L) or smaller if staying in refugios with meals	
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Clothing

Base layers (moisture-wicking + thermal)	
Waterproof and windproof jacket	
Waterproof pants	
Trekking pants	
Fleece or down jacket	
T-shirts (short and long-sleeved)	
Quick-drying underwear and socks	
Gloves and warm hat	
Sunglasses	

Footwear

Waterproof, broken-in hiking boots with ankle support	
Gaiters	

Camping Gear

Tent (if not renting in the park)	
Sleeping bag (if not renting in the park)	
Sleeping pad (if not renting in the park)	
Headlamp + extra batteries	
Trekking poles (if you normally use them)	
Multi-tool or knife	

Cooking & Eating

Lightweight stove + fuel	
Cookware (pot, cup, utensils)	
Freeze-dried meals or lightweight food	
Snacks (nuts, bars, dried food)	
Water bottle or hydration system	

Personal Items

Insect repellent	
Toiletries (toothbrush, toothpaste, biodegradable soap)	
First aid kit	
Dry bags or plastic bags for clothes/electronics	
Quick-drying towel	

Miscellaneous

Cash	
Permits, passport and reservation confirmations	

Notes:
