



Day Hiking 1 day

LAGUNA DE LOS TRES

GEAR LIST

PROVIDED BY WhiteFox ADVENTURES

- Group First Aid Kit.
- Communication devices.

REQUIRED

SOCKS	- One pair of synthetic socks that fit the size of your foot, to avoid blisters when walking.	<input type="checkbox"/>
TREKKING BOOTS	- Comfortable trekking boots or trekking shoes.	<input type="checkbox"/>
HIKING PANTS	- Stretchy, comfortable, non-insulated trekking pants which should fit comfortably. Synthetic material as softshell is recommended.	<input type="checkbox"/>
HEAVYWEIGHT BASE LAYER TOP or SHIRT	- Long-sleeved synthetic base layer top (such as merino wool or polyester). Note that many guides prefer light-colored, hooded base layers for sun protection.	<input type="checkbox"/>
MIDWEIGHT BASE LAYER TOP	- Two midweight, form-fitting, lightweight fleece layer for use over base layers or as a base layer in cold conditions. Hoods are optional but recommended.	<input type="checkbox"/>
LIGHTWEIGHT INSULATED JACKET	- We recommend a lightweight down or synthetic insulated jacket to serve either as a layering piece or as stand-alone insulation when appropriate.	<input type="checkbox"/>
WATERPROOF JACKET	- A non-insulated, fully waterproof shell jacket with a hood. Hard-shell or Gore-Tex are recommended. This layer must fit comfortably over your base layer, mid layer and potentially a lightweight insulated layer. Helmet-compatible hoods are required.	<input type="checkbox"/>
LIGHTWEIGHT LINER GLOVES	- Very lightweight wool or synthetic liner gloves that offer a snug, comfortable fit.	<input type="checkbox"/>
INSULATED SHELL GLOVES	- One pair of warm shell gloves with insulated removable liners. Excellent for use when conditions are too cold for softshell gloves, but too warm for expedition mittens.	<input type="checkbox"/>
BANDANA or BUFF	- For sun protection, for protecting your throat against the dry, dusty air and, higher up, for snow proofing the neck.	<input type="checkbox"/>
SUN HAT	- Any style of lightweight hat for shading the head will work well. Baseball caps and sombrero-style sun hats are the most common.	<input type="checkbox"/>
WOOL / SYNTHETIC SKI HAT	- Non-Cotton wool or synthetic hat that covers the head and ears comfortably.	<input type="checkbox"/>
GLACIER GLASSES	- High-quality glacier glasses (with UV filter for high solar radiation); offering full coverage around both eyes.	<input type="checkbox"/>
TREKKING PACK	- A comfortable 30-liter day pack.	<input type="checkbox"/>
WATER BOTTLE	- One Nalgene bottles of one-liter capacity with wide mouth. Camel bags are recommended as well.	<input type="checkbox"/>
SUNSCREEN & LIPSCREEN	- Several 1-2 ounce tubes of SPF 50+ sunscreen & lip screen. Sunscreen loses SPF rating over time; we strongly recommend brand-new sunscreen.	<input type="checkbox"/>



RECOMMENDED

TREKKING POLES - Telescopic flick-lock (not twist-lock) poles. A large variety of poles can work well. 3-section models are preferred.

TOILETRY BAG or PERSONAL BATHROOM KIT - Include toilet paper (one roll stored in a plastic bag), hand sanitizer, toothbrush, toothpaste, floss, and some wet wipes if desired.

MEDICATIONS & PRESCRIPTIONS - Bring any personal prescriptions if you need.
