

All you need to bring on **THE W-TREK**

Hiking Clothes (Wet)

- T-shirt or Tank
- Long Sleeve T
- Tights / Thermals
- Hiking Pants
- Hiking Socks x2
- Underwear x5
- Sports Bra
- Hat + String
- Wind Breaker
- Hiking Boots
- Bandana / Buff
- Gloves

Camp Clothes (Dry)

- T-shirt
- Thermal Top
- Thermal Underwear
- Comfy Warm Socks
- Fleece / Sweater
- Sandals
- Touque / Beanie

Toiletries

- Toothbrush
- Toothpaste
- Shampoo bar
- Deodorant
- Brush
- Hair Ties (optional)
- Travel Towel
- Sunscreen
- Bugspray (o-trek only)
- Face Wash (optional)
- Lotion (optional)

First Aid

- Mini First-Aid Kit
- Antihistamin
- Tensor Bandage
- Ibuprofen
- Tweezers (for bee stings or ticks)
- Electrolyte Packs (optional)
- Hot Paws (optional)

Gear

- Tent
- Sleeping Bag
- Sleeping Matt
- Propane x2
- Stove
- Pot
- Bowl
- Spork
- Mug
- Pocket Knife
- Refillable Water Bottle
- Headlamp

Other (Optional)

- Camera
- Phone
- Charger Pack
- Power Adaptor
- Headphones
- Deck of Cards



THE W-TREK

Food Plan + Grocery List

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	TREAT
DAY 1		Peanut Butter + Dried Banana Wraps	Avocado + Boiled Egg Wraps	Trail mix	Soup w/ Sliced Potatoes + Veg	Kit Kat
DAY 2	Oatmeal + Sliced Pear, Tea	Cereal Bar	Ham + Cheese Wraps, Veggie Sticks	Trail mix	Instant Noodles w/ Sausage, Sundried Tomato + Onion	Snickers
DAY 3	Peanut Butter + Dried Banana Wraps	Cereal Bar	Ham + Cheese Wraps, Veggie Sticks	Trail mix	Soup, Rice Pack w/ Sausage, Sundried Tom.	Snickers
DAY 4	Oatmeal, Tea	Peanut Butter + Dried Banana Wraps	Ham + Cheese Wraps	Trail mix	Soup, Rice Pack w/ Sausage, Sundried Tom.	Buy from Refugio
DAY 5	Oatmeal, Tea	Cereal Bar	Leftover Snacks/ Wraps	Trail mix	Splurge in Puerto Natales	

GROCERIES FOR TWO

Wraps

- 24 Medium Wraps
- Peanut Butter
- Dried Bananas
- 20 Ham Slices
- 20 Cheese Slices
- Salami Slices
- Mayo or Mustard
- 1 Cucumber (optional)
- 1 Avocado
- 2 Boiled Eggs

Oatmeal

- ¾ pack of Instant Oatmeal
- Chia Seeds (opt)
- Goji Berries (opt)
- Sugar (opt)
- Cinnamon (opt)

*divide into ziplocks per meal

Dinners

- 4 Soup Packages
- 2 Instant Noodles
- 2 Rice Pack Meals (just add water)
- 1 Onion
- 1 Pack Sundried Tomatoes
- 1 Salami Stick
- 1 Red Pepper

Other

- 8 Tea Bags
- 6 Chocolate Bars
- Nuts
- Dried Fruit
- Peanut M&M's
- 6-8 Cereal Bars
- Carrot Sticks

