

In order to get the most from your trip, please ensure that you have read and understood all of the information provided, and do not hesitate to contact GVI with any questions. Note that information is regularly updated and reviewed by staff in the field and may be changed without notice. If you would like an updated copy of the information please contact GVI at any time.



EX74 Research and Exploration in Patagonia

Version 09.03



Arrival

Please note that arrival logistics may be altered at short notice – check for updates regularly to ensure you are aware of any late changes.

Where do I need to be?

Refugio Patagonia,
Mitre 1338, San Carlos de Bariloche,
Rio Negro, Argentina

When do I need to get there?

14.00pm on the expedition start date

How do I get there?

Most volunteers arrange international flights to Buenos Aires and then take a bus or a domestic flight to San Carlos de Bariloche. There are two airports in Buenos Aires: Ezeiza International Airport (IATA code: EZE) and Aeroparque Jorge Newbery (IATA code: AEP), used for most domestic flights. If you have booked a connecting flight to Bariloche you should allow plenty of time to transfer between airports.

Intercity buses are the most common transport in Argentina. Bus companies between Buenos Aires (Retiro station) and Bariloche include: Via Bariloche, El Valle, chevalier, buses leave almost every hour, book at the station. Bag theft is often reported at Retiro station, so pay close attention to your belongings. Please ensure field staff are aware of your arrival plans.



Pre-Programme Accommodation

Those arriving early will need to arrange their own accommodation. The following are convenient options that participants and staff have used in the past:

Refugio Patagonia

Mitre 1338,
San Carlos de Bariloche
Tel: +54 2944 422539
www.refugiopatagonia.com



Departure

At the end of your placement you will be transferred back to Bariloche on the afternoon of the expedition end date.

Please note that neither GVI nor our partners in the field can be held responsible for missed travel connections. You may want to keep plans flexible or allow a day or two after the programme end date before arranging onward travel.



Visa Requirements

It is your responsibility to ensure you have the correct visa for your trip.

Field staff advise that you enter the country using a **tourist visa**.

For most nationalities this can be obtained upon arrival. Check with the immigration authorities of the countries you intend to visit, or see www.cibt.com for visa application advice and information.



Communications

This programme is run by GVI in-country staff working alongside our in-country partners. Their professional and experienced team will be your primary point of contact when in the field, and will do their best to help resolve issues you encounter and answer your questions.

Primary Contact:

Name: Stephen Meyer
Tel: [+54] 9 2944 15 515922
Local Tel: 02944 15 515922
Email: patagonia@gvi.co.uk

GVI 24-hr Emergency Contact:

Tel: [+44] 7960 820 695



Mailing address:
(Post to participants/field staff)

ATTN: NAME (c/o Stephen Meyer)
Global Vision International
Casilla de Correo 725
8400 San Carlos de Bariloche, Rio Negro
ARGENTINA



Physical address:
(Delivery of items by courier, e.g. lost luggage)

Attn: NAME (c/o Stephen Meyer)
Global Vision International
Pajaros Azules 235, Barrio Pajaro Azul
8400 San Carlos de Bariloche, Rio Negro
ARGENTINA

If your bags go missing in transit, **don't panic!** This does occasionally happen, and you are usually reunited with your belongings within a few days. Consult airline representatives in the baggage claim area. You may be given a file/reference number; it is wise to also ask for a contact telephone number for follow-up.



Keeping In Touch

You will have limited access to long-distance communications whilst on the programme, so make sure friends and family know how often they can expect to hear from you. Participants typically use internet cafes to keep in touch, with access to phone/internet about once every three weeks.

There are several internet cafes in Bariloche, most offer long distance facilities at low rates, or offer skype for free calls to anywhere.



Living Conditions

Facilities will be more basic than you are accustomed to – please travel with an open mind and a willingness to adapt to local conditions.

Accommodation is in shared (mixed sex) tents with shared bathroom facilities at the field station. There are natural fresh water sources for washing, and boiled/purified water available for cooking and drinking.

Long drop and bush toilet facilities are available, and participants share base duties, including cleaning and other chores.



Food

Participants take it in turns to prepare meals for the group. Food is usually cooked on a basic camp stove. Breakfast could be cereal or porridge with dried fruits, lunch is crackers with cheese, salami, peanut butter, fresh fruit etc. and a typical evening meal may include pasta/rice fresh vegetables, beans etc. Meals can be prepared without meat or fish, however some staples contain small amounts of animal fat.



Electricity

Please ensure that you have the correct adaptors for personal electrical items.

Supply: 220V 50Hz
Source: Generator used minimally.
Sockets: Aus style is most common, but the following can also be found:



Laundry

You can hand wash clothes in freshwater streams (please use biodegradable detergents), alternatively laundromats in Bariloche charge approximately US\$4 per bag.

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info@gvi.co.uk

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Getting Around

You will be based in several different locations depending on the project work being undertaken. All camps are located a long drive from the nearest towns, living and working in National Parks and on private Estancias within the region. Travelling around the local area is done in 4x4 vehicles and on foot, with some research sites being several hours walk from your base camp.



Exploring Further

In your down time you will be free to travel in the local area and can expect to have a two-night break once every 3 weeks or so. In this time you could head to Bariloche (at your own expense) to organise short excursions. Day-trips from Bariloche include activities ranging from fishing to skiing, trekking or mountain biking dependent on the season. Volunteers can also stay at base camp during time off and relax in the Patagonian scenery.

Before and after your programme you could trek around the Torres del Paine region, go climbing on the Cathedral peaks, go white water rafting, dive with whales and penguins in Peninsular Valdez, or learn how to Tango in Buenos Aires – the possibilities are endless!



Security

For information about security issues in the country you are travelling to please see the following resources:

UK Foreign & Commonwealth Office:
www.fco.gov.uk

US Government State Department:
www.state.gov/travel

Information for Canadians Abroad:
www.voyage.gc.ca

Australian Government Travel Advice:
www.smartraveller.gov.au

New Zealand Government Travel Advice:
www.safetravel.govt.nz

Whenever travelling you should be aware of the risk of opportunist crime and take common sense precautions to minimise the chance of becoming a victim. The vast majority of visits to Argentina are trouble-free, but if you have any specific questions about your safety and security on the programme please contact GVI.



Finance

Local currency: Argentine Peso

Participants typically spend approximately 100 Ars per week for luxury items such as ice cream, chocolate, internet, alcoholic beverages, etc. You should budget a little more if planning to spend your down time away from base. We recommend that you travel with cash as your main source of funds, although having a credit/debit card as a backup is wise. ATMs are available in major towns.



Shopping

Bariloche is a popular tourist destination and you can find most items there. However, trekking gear is often very expensive and the quality can be inferior. During the expedition you will have access to smaller local shops about once every two weeks, where you will find basic toiletries and plenty of snack options!



Background Check

As a service to our partners in the field, and to protect the communities we work with we require background checks for all participants who will be working unaccompanied with children or vulnerable adults at any point during their placement.

United Kingdom

Criminal Records Bureau Check (CRB)

Australia

Working With Children Check (WWC)

Rest of World

Police Background Check (consult local)

This program does not require a background check. Further information on how to arrange a background check will be sent to you separately where relevant.

Health & Safety

A change of environment, climate, food and lifestyle often results in minor, and occasionally more serious, illness. Please inform staff if you feel unwell at any time.



The nearest emergency medical facilities are located in Bariloche and San Martin - depending on the field site being studied access to these locations can take several hours. Safety briefings are provided on arrival and throughout the expedition, with detailed emergency action plans in place.

The initial expedition training includes lessons and practical sessions on camp craft, wilderness navigation, medical training, field research techniques, health & safety, use of field communications equipment, stoves, etc. All expedition members will also be trained in basic first aid/CPR to ensure they know how to respond in the unlikely event of an emergency. Bases and vehicles are equipped with extensive first aid kits and each participant carries a basic personal first aid kit.

Please note that GVI cannot provide specific medical advice. Please consult your primary care provider (doctor, GP, etc.) or visit a travel clinic for further information.

This expedition is physically demanding and participants must be able to trek for up to 10 hours per day, carrying a heavy backpack (25kg / 55 pounds or more) for several successive days. The harsh and unpredictable conditions make trekking, camping and living in the outdoors more difficult and you will experience extreme and changeable weather.



Pre Departure Training

Staff in the field will provide training on the skills required, but you may benefit from learning more about local history, culture and customs before you travel.

- Act 3 in Patagonia, People and Wildlife. *William Conway*
- Bruce Chatwin In Patagonia. *Bruce Chatwin*
- National Parks of Argentina (www.parquesnacionales.gov.ar)
- Snow Forecast (www.snowforecast.com) (for local weather see Argentina, Cerro Cathedral)

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Additional Information

Climate & Weather

Patagonia is a huge region with diverse climatic conditions which have formed habitats ranging from Gondwanic forest to semi-desert. The region is known for its unrelenting weather, with cold strong winds and plenty of rain - usually only brief showers near the mountains, but occasionally in more prolonged storms. You need to be prepared for highly variable conditions whilst on the program due to the range of climates in the different places you will be. Temperatures can change by more than 30°C / 55°F from day to night, with similar changes from one day to the next. Weather systems generally move in from the west, and therefore much of the rain falls on the Chilean side of the Andes. This rain shadow effect means that there is a steep drop in precipitation from the mountains towards the east.

January – March (Patagonian summer)

Days are likely to be hot (up to 30°C / 86°F) but temperatures can fall to around freezing overnight. Rainfall usually increases in March, with January and February generally dry. However, local weather systems can result in several consecutive days of rain while on the projects and in mountainous areas. Winds can be very strong.

April – July Expeditions (Patagonian autumn to winter)

Days may be relatively warm (15°C / 60°F) but temperatures dropping steadily during this period - it is uncommon for temperatures to rise much above 5°C / 41°F in July. At night temperature could drop as low as -15°C / 5°F. Rain is expected at this time of the year, becoming snow later on as the temperatures drop.

September – December Expeditions (Patagonian spring)

The expedition usually starts in very wintry conditions (days around 5°C / 41°F, nights as cold as -10°C / 14°F), with some snow on the ground. As the expedition progresses temperatures are likely to get steadily warmer (days as warm as 25°C / 77°F, nights around 5°C / 41°F). Weather conditions can be very volatile, and you will probably experience some very varied conditions.

Hints on Buying Kit

Before setting off in search of your essential kit, compile a list of everything that you need. When buying your kit you may find that by mentioning to the store assistants (or ideally the manager) that you are joining a volunteer project enables you to negotiate a discount on your purchases. Often stores are authorised to offer a discount (typically 10-15%) at their discretion, so it is always worth mentioning that the kit is required in aid of a good cause.

Shop around for kit. If you are never going to use items again then it is not worth going for the top brands! Cheap lightweight clothing is sometimes just as good if not better.

How to layer

In general, trekking clothing can be grouped into 4 categories: inner layer, insulation layer, mid layer and outer layer. Each type performs a specific task within the clothing system you are wearing. Having clothes out of these 4 categories allows you to choose optimal combinations for the different weather you will experience in the outdoors.

A combination of the different layers is used to be properly equipped for the outdoors.

- **Inner layers** worn right on your skin, the job of this layer is to keep you comfortable by transferring sweat away from your skin and providing an extra layer of insulation. This layer will also protect you next layers from dirt.
- **Insulation layers** provide additional warmth to keep you warm when it gets cold. Insulation layers should be warm, lightweight and as non-bulky as possible. They should also breathe well to let sweat and body heat escape.
- **Mid layers** (dry weather conditions) consist of the items you use everyday: shorts, T-shirts, trekking pants and long-sleeve shirts. The primary function of mid-layer clothing is to provide basic insulation and protection in warm conditions. Mid layer items are often worn alone on short trips in good weather conditions. The pieces you choose should be comfortable, lightweight and built to last.
- **Shell layers** (both tops and bottoms) are primarily for protection from the wind, rain and snow. This Layer needs to be breathable as well, allowing sweat and body heat escape.

Storing Equipment

You can leave casual clothing and any extra kit in storage at the base camp during the expedition if you want – please note items are held at your own risk, it's wise not to bring too many valuables with you on the expedition.

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Essential Equipment

These are items which staff in the field have deemed as required, or which previous volunteers all agree are must-haves. Check the boxes as you pack!

Varying seasonal conditions determine which equipment is required - there are different kit lists for each expedition phase, and some additional kit for the Volcano Summit Attempt and Snow School. Please ensure that you pack the kit required for your expedition start date!

Key:

W = Fall/Winter kit list (April-August start dates)

Sp = Spring kit list (September–December)

Su = Summer kit list (January-March)

***T** = Additional equipment required only for the Volcano Summit Attempt and Snow School

1 Large duffel / cargo bag/ hold-all (100+ litres / 6000+ cubic inches) A huge bag that you can leave behind at base camp to store spare kit, extra personal belongings, etc. when you are out in the field. This can be very inexpensive, and can be used to protect your large rucksack when travelling to the field. Please make sure your bag has a tag so you know which one is yours! **W, Sp, Su**

1 Large Rucksack (Backpack): (80-85+ litres / 5,000+ cubic inches) a large internal frame "top loading" pack is recommended - note that a pack labelled 60+20 litres is not the same as an 80 litre pack – it will be too small for the expedition. An ill-fitting pack will make you miserable so getting your pack properly fitted is highly encouraged. ARCTERYX Bora, Osprey Crescent, Gregory and Macpac models are all well suited - Macpac in particular have some excellent options for women. Take some time to shop around - your pack does not have to be the most expensive model, however it must fit your body. For further information see www.arcteryx.com/pack-fit-guide.aspx **W, Sp, Su**

1 Daypack (Backpack) (25+ litres / 1,500+ cubic inches) will be used nearly every day. A backpack compatible with platypus/camelpack is a very good idea. **W, Sp, Su**

Lightweight dry sack / Waterproof liners to try and keep your belongings dry. Double-layering is always a good idea, so apart from a very large dry sack that fills out the inside of your big backpack, bring a couple of smaller dry sacks for smaller valuable items (camera, ipod etc.) Large, heavy duty trash bags also work well and are an inexpensive option. **W, Sp, Su**

Sleeping bag synthetic bags with a hood is by far the best option - synthetic bags keep you warm, even when they are wet, and it rains a lot in Patagonia! If you bring a down bag you run the risk of getting your bag soaked and then being very uncomfortable (if you bring a down bag, you **must** also bring a bivi bag to keep it dry – condensation in tents can be enough to soak a down bag after a few days!). Whichever you opt for, it needs to be rated to at least -20°C (extreme) for April-July (**W**) expeditions, or -10°C for September-December (**Sp**) expeditions and -5°C for January-April (**Su**) expeditions. If you aren't sure which to get we suggest that you bring one that is too warm, rather than one that is too cold (people rarely complain about being nice and warm in their sleeping bag!). It is very important that the sleeping bag fits properly – bags that are too big or too long will not keep you as warm as a proper fitting bag (there are small/slim bags for small/slim people). Your sleeping bag should be packed in a proper compression stuff sack. Snugpack has good value models, along with many other brands.

Sleeping mats one each of closed cell foam and Thermarest-style inflatable mat (without the foam mat, thorns will destroy your Thermarest – bring a repair kit too!). Closed cell foam will not get waterlogged when it gets wet – cheap open cell foam turns into a sponge when it gets wet and loses much of its insulation value. **W, Sp, Su**

1 pair of walking boots Sturdy, good quality trekking boots are most suitable for field work - you will need a boot that gives you enough ankle support to carry a heavy backpack for several hours over rough terrain (the boot should cover your ankles - running shoes do not work!). Wear them as often as you can before the expedition to break them in. Issues with blisters will vastly reduce your enjoyment of the expedition, so ensuring your feet are comfortable should be a top priority! **W, Sp, Su**

Crampon-compatible mountaineering boots if you are planning to join the Volcano Summit Attempt and Snow School it is essential that you bring a pair of good quality mountaineering boots that are compatible with strap crampons (semi- or automatic crampon-compatible boots are not required). These can also be used for the rest of the expedition as your walking boots, if you are happy and comfortable wearing them all the time. It is not necessary to bring plastic boots, since they are very expensive and you will probably only be able to use them for a few days. ***T only**

Gaiters knee high and waterproof, they will save your boots getting wet very quickly and also, they will protect you from thorns **W, Sp, Su**

1 pair of sport sandals and/or old trainers/sneakers/running shoes sandals are good for airing your feet in the evening, wearing whilst washing in or traversing rivers and streams, and for when boots are not needed (e.g. games of soccer/frisbee, relaxing at base, etc.) **W, Sp, Su**

3-4 pairs of hiking socks wool or synthetic (no cotton/poly blends). You may choose to wear a thin liner sock (wool, synthetic or silk) and a pair of thick trekking socks depending on boot fit. Staff recommend 2 pairs each of heavy and medium weight socks (**W**), 1 heavy, 2 medium, 1 light (**Sp**), or 3 light and 1 medium (**Su**).

Thermal underwear (base layer) should be light- to mid-weight synthetic, silk or best of all, merino wool. (which does not smell as bad when worn for a long time). Bring at least two pairs each of top and bottom (so you can have a dry one to change into at night). Staff recommend 1 light, 1 medium and an extra pair of heavy fleece trousers / pants for April (**W**) expeditions, 1 light and 1 heavy pair (**Sp**) or 1 medium and 1 light pair (**Su**). In our experience cotton or cotton blends do not work!

Trekking trousers (mid layer) will be your action layer and the layer that you will spend the most time in. This layer should be light, comfortable, durable, quick drying, and provide some protection from the wind (should be synthetic, no cotton or cotton blends). You could bring two pairs (wear one, dry one). **W, Sp, Su**

Warm tops (insulation layer) a wind-stopper, fleece, soft-shell, or thin synthetic insulated jacket. We recommend you bring two of different thicknesses (Buffalo do good "pile & pertex" tops). **W, Sp, Su**

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- Warm jacket (insulation layer)** either a very warm synthetic insulated or down jacket for evenings at camp and static activities. We recommend warm synthetic jackets over down as they don't lose their insulation properties when they are wet. Very warm/thick synthetic or thick down jacket (**W**), warm synthetic or medium down jacket (**Sp**), light synthetic or light down jacket (**Su**).
- Rain jacket (shell layer)** this will be your outermost layer and needs to be waterproof, breathable, and durable. Two or three-ply Gore-Tex, eVent, or other waterproof breathable materials are required. This jacket needs to have a hood and should be sized to fit over your clothes.
W, Sp, Su
- Waterproof trousers / Rain pants (shell layer)** make sure they fit over all of your layers when fully dressed - side zips are recommended for easy on and off over boots and crampons. Materials should be Gore-Tex, eVent, or similar water-proof and breathable fabric.
W, Sp, Su
- Plastic Poncho (extra-shell)** a large sheet of plastic sheeting with a hood in the middle that goes over the top of everything. Gore-Tex and their rivals will all get saturated eventually, despite their 100% waterproof labels. An inexpensive solution is to put a very basic plastic poncho over the top of everything when it is raining hard. This works surprisingly well, and air can circulate underneath minimising sweat. **W, Sp**
- 2 pairs of Liner gloves** lightweight polypropylene or similar synthetic, at least 2 pairs are essential. Worn alone as a thin pair of gloves or as a liner under your expedition gloves - many expedition members buy several inexpensive pairs to swap when they get wet or damaged. # pairs (**W**), 2 pairs (**Sp**) or one pair (**Su**) are recommended.
- 1-2 pairs of Expedition gloves** these should be waterproof, dexterous, durable, and appropriately insulated for the temperatures expected while in the mountains - a pair of warm ski gloves would do the job. You will need to be able to work in these so if bringing mittens you will need fingered gloves in addition. **W, Sp**
- 1-2 warm hats** synthetic fibres are less itchy than wool. We recommend one with ear flaps, especially in winter. This should be able to go under a helmet, and you may want to bring 2 so that you always have a dry one. Wearing your hat when sleeping helps you retain body heat - very important on a cold night! **W, Sp, Su**
- Balaclava or Neck Gaiter** helps keep you nice and warm when it gets really cold and keeps the wind from getting into your jacket. **W, Sp**
- Binoculars** ideally "8 x 42"s as these allow enough light through the binoculars to let you see the sexes of the condors and count the points on the antlers of red deer. The first number (8, 10 etc) refers to the magnification strength of the binoculars and we recommend that you have at least a 8 x magnification. The second number (25, 28, 42 or 50) relates to the open end of the binoculars in millimetres and we recommend that you get not more than 42. Binoculars are used almost every day and give you the opportunity to get a much better view of the wildlife - they are essential to take part in projects such as waterfowl censuses and cachaña monitoring, but you do not need to buy the most expensive pair. However they must be waterproof as otherwise the damp environment can cause the lenses to mist up making them useless. GVI Expedition Members can gain a discount from retail price when buying Opticron binoculars (10 x 42 is the ideal combination) - to get advice or to purchase a pair of Opticron binoculars, telephone their UK helpline on +44 (0)1582 726522 or e-mail your questions to sales@opticron.co.uk quoting "GVI2007". Contact GVI Patagonia if you would like to rent a pair. **W, Sp, Su**
- Trekking poles** used for negotiating moraine with a heavy pack, when walking in muddy terrain and for river crossings. Even if you do not normally use trekking poles you'll need them here. **W, Sp, Su**
- Travel Mug** a large insulated mug with a lid will be your best friend when monitoring animals on a cold morning. **W, Sp, Su**
- Large plastic bowl/plate** something robust & plastic to eat from, plates with high edges work for both soups and other food. Your food will get very cold very quickly in a metal bowl. **W, Sp, Su**
- Spoon (or Spork)** knife and fork are a luxury - you definitely need a spoon (you can use your multitool for cutting). **W, Sp, Su**
- Hydration bottles** you need to be able to carry at least 2-3 litres of water - in colder weather drinking bladders are likely to freeze and the hose can burst easily, so we recommend two large mouthed plastic bottles (Nalgene or similar). **W, Sp, Su**
- Water purification / filtration** iodine tincture and / or purification tablets - water is normally boiled for purification but you should bring enough to last for about half your time in the field, as you will use them if you do not have a camp stove available. **W, Sp, Su**
- Headtorch / headlamp** a Petzl 4-LED kind is perfect for around camp. Bring spare rechargeable batteries (and a charger/solar charger). You may be without access to a charger for up to 21 days and batteries are expensive locally, so adequate spares are essential (your head torch will be your only light after sunset). **W, Sp, Su**
- Multitool / Leatherman** Swiss Army style or a multi-tool like a Leatherman or Swiss-tool with pliers is essential and will be used daily!
W, Sp, Su
- Compass & Whistle** compass should have a rectangular plastic base plate. If you bring a compass balanced for the UK it might (just about) work but the needle will dip. This can cause inaccuracies but we have found UK Silva compasses work adequately although the needle does indeed dip. Compasses should ideally either be balanced for this area of the world (Southern Hemisphere) or they should have small pins that keep the needle balanced wherever you are in the world (Global Systems). Note: there are compasses that are balanced for the southern hemisphere, those will work best. For your safety, everybody is required to carry a compass and whistle at all times, to be able to attract attention (a normal sports whistle is fine). **W, Sp, Su**
- Wristwatch & alarm clock** for day to day use - no special functions are required, but you must be able to read minutes accurately. Make sure that you have an alarm clock that is loud enough to wake you up when your head is inside a sleeping bag (you may want to bring an additional alarm clock if needed!). **W, Sp, Su**
- Repair Kit** needle and strong thread, a big role of duct tape, Thermarest repair kit, 3m/10ft of light cord. **W, Sp, Su**
- Glasses or Contact Lenses** it is useful to have elastic straps on your glasses and bring a spare pair if you have one. For contact lenses, bring enough for the duration of the expedition along with solution, which you may not be able to buy in Patagonia. It's a good idea to bring a copy of your optical prescription with you. Lens fluid can freeze when it gets cold, so bring a pair of glasses too, just in case. **W, Sp, Su**
- Personal Medical Kit** to include: personal medications (for the duration of your expedition), basic non-prescription medication (analgesics, like Paracetamol, ibuprofen, etc.), assorted plasters/band-aids, wound dressing (gauze), 1 roll bandage, one roll of zinc oxide tape, Compede or similar for blisters, rehydration sachets and diarrhoea relief tablets, antihistamine tablets and cream (hydrocortisone), antiseptic wipes or liquid, double/triple antibiotic cream, ventilation barrier, disposable gloves, medicated talc, wet-wipes, tweezers, aloe vera gel, 1-2

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sterile syringes with needles, a few safety pins. Women should bring medications for yeast infections or bladder infections if they're susceptible to them. **W, Sp, Su**

- Any prescribed medication** you need during your trip. Make sure it bears your name and description of reason and dosage. **W, Sp, Su**
- Sun screen** high protection factor, at least SPF25+. Due to the altitude and solar exposure it is easy to burn if you are not adequately protected. **W, Sp, Su**
- Sunglasses** make sure they offer 100% UV protection - cheap glasses can cause more damage than good. Glacier glasses with full side shield are recommended, as snow reflects a lot of sunlight and the glare can seriously damage your eyesight.
- Hat, wide-brimmed** you will need one even in the winter. **W, Sp, Su**
- Toiletries** all soaps and detergents should be biodegradable, talc (or other absorbent powder), toothbrush and toothpaste, etc. Female volunteers should bring adequate supplies of sanitary towels / tampons for the duration of the expedition. You will not have space to carry extra toiletries when in the field, but will be able to store them for use when in town - keep your packing to a minimum! **W, Sp, Su**
- Detergent/soap** for washing clothes - biodegradable detergents as you may be washing in streams! **W, Sp, Su**
- Hand sanitizer** **W, Sp, Su**
- Towel** a light, quick-drying travel towel is recommended. **W, Sp, Su**
- Swimming trunks / costume / bikini** it's always nice to wash off, or even swim in the rivers if it's warm enough! **W, Sp, Su**
- Casual clothes** long-sleeved shirts, t-shirts and shorts (or zip-off trousers) for time spent relaxing at base camp, or downtime spent in local towns. Pack whatever you want, but remember you are the one who has to carry it - the smaller and lighter it is the better! **W, Sp, Su**
- Stationery** you will need a notebook and pen for use during the training period. **W, Sp, Su**
- Electrical adaptor** to convert both socket style and voltage if necessary. **W, Sp, Su**
- Resealable Plastic Bags** to keep important items dry. Strong disposable freezer bags are good. **W, Sp, Su**
- Batteries** please bring rechargeable batteries where possible. If you do bring non-rechargeable batteries we will ask you to take them home with you to dispose of them properly. **W, Sp, Su**

Highly Recommended Equipment

- Bivi Bag (bivouac)** a waterproof outer shell for your sleeping bag, to keep the dew off when you sleep outside and enjoy the stars, and to keep you extra dry in the tent when it rains hard. Very cheap versions are worse than nothing at all - they will make you sweat (because they don't breathe) and you will wake up wet and cold. Military-surplus models are often good value. Note: if you are bringing a down sleeping bag, you must bring a bivi bag to keep it dry!. **W, Sp, Su**
- Ear plugs and eye mask** tents make a lot of noise in high winds (as do snoring tent mates), so you will appreciate anything that can help you get a good night's sleep! **W, Sp, Su**
- Camera** you may want to take some pictures to make your friends and family jealous! **W, Sp, Su**

Optional Equipment

- Vitamin tablets** We will always try to ensure that fresh fruit and vegetables form a part of the regular meals supplied, however, you may also wish to bring a supply of vitamin supplements with you. Other Team Members have suggested natural antiviral / antibacterial products, e.g. oil of oregano, garlic oil, emergency vitamin C. **W, Sp, Su**
- Travel games / Playing cards** for downtime. **W, Sp, Su**
- Books** to read in your down time. **W, Sp, Su**
- CD / Mp3 player** for early nights in the tent - bring headphones so that you don't disturb others! **W, Sp, Su**
- Snacks / sweets** very good idea as town trips are limited. Anything you think you might crave, but be aware that you will sweat and hence lose salts and use up sugar, so even people without a sweet tooth will crave sweets/snacks! Granola bars, chocolate, dried fruit or beef jerky serve as good snacks in between meals, and a mouthful of your favourite snack can keep you going when your legs get tired. **W, Sp, Su**

If you have any questions about required equipment please do not hesitate to contact the field staff!

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