

Welcome to H2O Patagonia! We are so excited to share with you the beauty and excitement of Patagonia. The Futaleufu Valley has an unfailing ability to awe, relax, and inspire. Your upcoming adventure with H2O Patagonia promises to take full advantage of this, delivering adrenaline-filled adventure by day and simple luxury by night.

You may already be imagining the blue waves of the Futaleufu and a hot tub under the Chilean stars, but the success of any good adventure depends much on its preparations. Aware that not everyone is a veteran Patagonia adventurer, we put this package together for you to help ease and expedite your pre-trip arrangements.

### **PACKING LIST: WHAT WE SUPPLY AND WHAT YOU NEED TO BRING...**

The following equipment list describes what H2O Patagonia provides for you, our guest. Below that is a list of what you need to bring with you in order to be comfortable in all conditions. It is imperative that you pack carefully and bring only what is on the list. We are subject to strict weight limitations (22 lbs per person) on the charter flights to and from Puerto Montt to the Futaleufu.

#### **Items Supplied By H2O:**

- Communal waterproof day bag. This bag is reserved for warm clothes, and each raft carries one for access during the day
- White water river rafting clothing - farmer john wetsuit, spray jacket, life jacket and helmet
- Community emergency first aid kit - our kit is thorough including Epi-Pens, ibuprofen, athletic tape, etc.
- H2O Patagonia baseball cap that fits perfectly under your helmet
- H2O Patagonia T shirt
- Shampoo, conditioner, soap and other general toiletries.

**Items You Must Bring: The items in this list will prepare you for comfort in both the blazing sun and pouring rain. Please pack carefully.**

- Passport and plane tickets!!!
- Shoes – we recommend that you bring a minimum of waterproof walking shoes and a pair of sport sandals. Your walking shoes need not be high tops, but we think you should break them in before your journey south. You will need shoes for horseback riding, hiking, whitewater activities and canyoning. NOTE: White Water

Rafting: Footwear must be worn on the boats at all times. Neoprene booties with tread work well. Neoprene socks with tennis shoes are another option. Recreational sport sandals work well on the boats as well as in camp. Aqua socks are NOT recommended. When purchasing a sport sandal pay particular attention to the fit, how much support it offers, the quality of the fastenings and how well the straps are secured to the sole. Sand and water tends to work against Velcro closures. Cheaper sport sandals commonly fall apart. Be sure to allow proper break-in time.

- WE RECOMMEND: Five Ten River Shoes for rafting and canyoning, which can be ordered online at [www.fiveten.com](http://www.fiveten.com)
- Water bottle -. 1 quart recommended.
- Rain gear - avoid ponchos and plastic. Look for sealed seams and a good hood. Rain gear is used for protection from wind and rain showers. A rain jacket is essential; rain pants are important.
- 1 set long underwear - polypropylene, capilene, wool or silk. They will all keep you warm.
- 2 fleece sweaters - one mid-weight capilene to wear under your paddling top while white water rafting. Another sweater for camp.
- 3 or 4 pairs of socks - thick wool or synthetic blend socks for camp and hiking / horseback riding. Polypropylene or wool worn with recreational sandals protect your feet and keep them warm while white water rafting.
- 1 warm hat - made of either fleece or wool.
- 2 pairs of shorts - loose, nylon or fast drying material (i.e. synthetics- NOT COTTON) that allows freedom of movement and does not chafe.
- Bathing suit - to swim in and to wear underneath the wetsuit.
- Oversized, loose, soft clothing - we recommend 1 pair of nylon pants and 1 shirt for hiking and camp. They are quick drying, lightweight and pack small.
- Sunglasses - Glasses rated for 100% UV protection and neutral shades are recommended.
- Daypack or fanny pack - for use while hiking and horseback riding if needed.
- Headlamp or flashlight - we recommend the smaller LED styles.
- Waterproof sunscreen and lip balm - SPF 30 or higher.
- Medications - a double prescription is recommended; one to be given to the trip leader for safe keeping.

Diabetics should bring a glucose monitoring kit. If you have allergies, bring your own allergy medicine.

- Epi-Pen or Ana-Kit - Individuals at risk for severe allergic reactions to insect bites or food must bring at least one. Although we carry these items, we encourage a backup.

### **Equipment List: Other Information**

How much is enough or too much?

Pack for your personal needs. You should be prepared for the temperature extremes of Patagonia. If you follow the list carefully, you are certain to be comfortable in all conditions.

Valuables: Once you arrive to Antucamay, our lodge overlooking the Futaleufu River, you will no longer need your wallet, passport, credit cards or traveler's checks. We recommend that you put your valuables into a Ziploc baggie, and we will store them in our strong box for the duration of your stay. Store exposed film and medications in small waterproof baggies rolled in your clothing. Though you may want cash for emergencies or gratuities, please remember that H2O Patagonia offers an all-inclusive vacation experience, so pocket money is not required to ensure a good time.

Items to keep in your fanny pack / day pack while hiking or horseback riding:

Water Bottle, Rain Gear, Mid-weight capilene sweater and long underwear, Hat, Camera, Sunglasses, Sunscreen

## **GETTING THERE:**

There are two ways of reaching us in Futaleufu, Patagonia, Chile, either via Santiago, Chile or Buenos Aires, Argentina...Entry through Argentina can be easier, but then you miss the charter flight over the Chilean Fjords, your choice.

Prior to leaving for H2O Patagonia please send us, either by mail or email, a copy of your flight itinerary so that we may meet you in Puerto Montt, Chile or Bariloche, Argentina in a timely fashion and coordinate with other guests.

### **Arrival to Futaleufu via Santiago Chile:**

Upon your arrival in Santiago Chile you will need to catch a connecting flight to Puerto Montt, where we will have a representative who will greet you at the airport in Pto. Montt and make sure you get on the flight from Pto. Montt to Futaleufu.

**IMPORTANT!!!!!! There is a weight limit for baggage on the charter flight of 22 pounds per person. (10 kilos) Please bring your backpack with just what you need. Refer to the equipment list and take note that H2O Patagonia already provides much of the bulkier adventure necessities for you.**

NOTE: If you are combining your trip to the Futaleufu with other travel in South America, and you require more than what is listed here, please pack two bags so that one can be left behind in Puerto Montt as there is a strict weight limit on the charter planes. Contact our office regarding left luggage needs and we will plan accordingly.

**IMPORTANT Arrival and Departure Time Information:**

Please make sure that you schedule your flights so that you arrive in **Puerto Montt** no later than 4 pm. When scheduling your departure from **Santiago** for the following week, assure that it does not leave any earlier than 5 pm.

### **Upon Arrival in Santiago:**

1. At the airport you will be charged \$100 reciprocity tax. This applies to citizens from US, Mexico, Canada and Australia only. A receipt for this tax is attached to your passport which is good for the life of the passport.
2. Once you retrieve your luggage and clear customs, one elevator floor up takes you to the domestic flight departures where you will check in for your flight to Puerto Montt. (Hint; if you ask for the seats on the left hand side of the plane, you get a spectacular view of the numerous volcanoes and lakes dotting the southern Chilean landscape).

### **Upon Arrival in Puerto Montt:**

1. A representative from H2O Patagonia will meet you in the airport in Puerto Montt and coordinate the beginning of your adventure with us. He or she will get you onto the next flight, which is a puddle jumper prop-plane that will take you on a spectacular 30-minute flight south along the Andes to Chaiten. From Chaiten the H2O van will drive you three and a half hours up in the Andes and into Futaleufu. Or, for an even more scenic route you can elect a 45-minute charter flight over the Andes and directly into Futaleufu (\$500/person additional; weather permitting).
2. **Remember the weight limit for the charter flight is 22 lbs or 10 kilos**, if you will have additional luggage please coordinate with our office before leaving home. We will coordinate storage for you with the small airline that transports us across the Andes. Your left luggage will be returned to you once you return to Puerto Montt after the trip.

### **Arrival to Futaleufu via Buenos Aires, Argentina:**

Upon your arrival in Buenos Aires, Argentina you will need to change airports from the International Airport (Ezeiza/EZE) to the domestic airport (Jorge Newberg AeroParque/ AEP) located 45 minutes away by cab, to catch your connecting flight to Bariloche where we will have a representative who will greet you at the airport with ground transportation for the five-hour drive over the Andes and into Futaleufu, Chile. For those of you coming from Europe/US make sure you leave enough time between arrival in Buenos Aires and flight departure to Bariloche (calculate approx. 3 hours needed).

#### *IMPORTANT Arrival and Departure Time Information:*

Please make sure that you schedule your flights so that you arrive in Buenos Aires and Bariloche as early as possible in order to allow enough time for the border crossing into Chile. Your flight into Bariloche should arrive by 1 pm. When scheduling your departure from **Buenos Aires** make it as late as possible to ensure safe arrival from the Bariloche connecting flight (again you will need to transfer from the domestic airport to the international airport). For the flight from Buenos Aires to Bariloche we recommend LAN Airlines. Depending on where you are flying from a night in Buenos Aires or beautiful Bariloche may be ideal for keeping travel stress-free and arranging the best connections.

### **Upon Arrival in Buenos Aires:**

Once you retrieve your luggage and clear customs, grab a cab to Jorge Newberg Aeroparque, the domestic airport, for your flight to Bariloche, Argentina.

### **Upon Arrival in Bariloche:**

A representative from H2O Patagonia will meet you in the airport in Bariloche and coordinate the beginning of your adventure with us. He or she will get you onto an H2O Patagonia van that will transport you over the Andes and into Chile via the Patagonian border. You will need to exit Argentina and enter Chile with your passport. Antucamay our ranch and base camp for the week is situated 6 kilometers from the Argentine border in Chile.

When leaving Argentina for your return trip home you will need to pay an airport exit tax in Buenos Aires, currently US \$25 per person, which is stamped on your ticket at anyone of the collection windows.

**H2O Patagonia Contact Info:** Please take with you the following contact numbers for H2O Patagonia when traveling.

The number in Chile to leave for family and friends is 56-65-721-279.

Barbara Damm: Rep in Puerto Montt; Cell phone: 086-073-251

Mitch Sasser, Expedition Leader: Cell Phone: 082-400-204; home phone: 56-65-721-279

H2O Office number in the US: 1-866-525-2395

### **Emails:**

[mitch@h2opatagonia.com](mailto:mitch@h2opatagonia.com)

[dri@h2opatagonia.com](mailto:dri@h2opatagonia.com)

[info@h2opatagonia.com](mailto:info@h2opatagonia.com)

## **H2O PATAGONIA TRAVEL TIPS**

### **Travel Insurance:**

It is a good idea to purchase some form of travel insurance, especially for adventure travel in a remote area like Patagonia. You'll want to be covered for unexpected lost baggage, medical emergencies, etc. We have done some research ourselves and recommend using Travelex which can be done right on line at [www.travelexinsurance.com](http://www.travelexinsurance.com) or by phone at 1-800-228-9792.

### **Visas:**

For US and European citizens there are no visas necessary for travel in Chile or Argentina. Residents of other countries should check with their travel agencies for visa requirements.

### **Check Your Passport:**

Months before you travel, make sure your passport is up-to-date and will not expire while you are traveling. Keep at least one copy of your airplane tickets, passport, and driver's license in a separate place while traveling.

**Health:**

Though water quality in Chile is generally safe, it is recommended that you drink bottled or filtered water. While there are no required immunizations or vaccinations for Chile, it is a good idea to check with your doctor to see which ones you might want before traveling. There is no risk of malaria in Chile.

**Money in Chile/Argentina:**

The currency of Chile is the Chilean Peso. Currently, the exchange rate is somewhere around 500 Chilean Pesos for 1 US dollar. The currency of Argentina is the Argentine Peso. Currently, the exchange rate is somewhere around 3.1 Argentine Pesos for 1 US dollar. To check the latest rates, you can go online to [www.x-rates.com](http://www.x-rates.com) or [www.exchangerate.com](http://www.exchangerate.com). There are automatic bank tellers (ATMs) in almost every major city in Chile and Argentina, and they provide a good exchange rate. In Patagonia and along the Carretera Austral of Southern Chile, it is unlikely to find an ATM. It is best to get any extra money you may need while in Puerto Montt or Bariloche. A credit card can be used at most stores, restaurants and hotels in well populated or tourist areas.

**Tips for Guides:**

We encourage cashless vacations for our adventurers which is why your trip is all inclusive. The one item not included by H2O Patagonia is tips for the guides at the end of your expedition. Industry standard is about 10% of the cost of the trip per person as a general rule of thumb but is completely voluntary. We do facilitate this payment to our guides by accepting credit cards down in Patagonia where cash isn't always readily available.

**On The Farm:**

Our 200-acre farm is completely technology free, no cell phones, no line phones, no internet, no TV, no Blackberries. However, we do have electricity for those of you who need to charge electronic equipment and there are several spots in town where you can make a phone call or access internet. We do have a small gift shop on the ranch where we also accept credit cards so you don't have to fumble around with your cash.

## **SUGGESTED READING LIST**

### **Good Adventure Stories:**

1. Endurance  
Alfred Lansing (1955) – (This is the more well-known version, and is very well-written)  
EA Worsley (1931) – (This guy was actually there)
2. A Walk in the Woods  
Bill Bryson
3. Touching The Void  
Joe Simpson
4. Journals  
Meriwether Lewis and William Clark (1841)
5. Wind Sand and Stars  
Antoine de Saint-Exupéry – yup, same guy who wrote The Little Prince

### **River-Related Tales:**

1. Never Turn Back  
Ron Watters
2. Exploration of the Colorado River  
John Wesley Powell (1875)
3. A River Runs Through It  
Norman McLean
4. Running The Amazon  
Joe Kane (1989)
5. To Timbuktu  
Mark Jenkins
6. Does The Wet Suit You?  
Whit Deschner

### **Adventures in Patagonia:**

1. In Patagonia  
Bruce Chatwin (1977)
2. Travels Among the Andes of the Equator  
Edward Whymper
3. Uttermost Part of the Earth  
E. Lucas Bridges
4. Patagonia: At the Bottom of the World  
Richard L. Lutz

5. Against the Wall  
Simon Yates

**Absolutely Nothing to do with Adventure:**

1. The Sunne in Splendour  
Sharon Kay Penman