

ADVENTURE HAS NO LIMITS. YOUR FREE TIME DOES.

Let local experts plan and book your dream adventures in the Alps.



Recommended Packing List for Cerro Castillo

All tours offered by Alpenventures UNGUIDED are self-guided, and we expect our customers to already have the experience and knowledge to appropriately pack for a safe experience in the Alps. This list includes our recommendations, but depending on the season and the technical difficulty level of the tour, it is not an exhaustive list. Please use this list only as a general packing guideline, and add additional items as is appropriate for you, and for the tour.

Food and Water:

- ☐ Adequate water supply and carrying capacity for your hydration needs (1.5+ liters per day)
- ☐ Water treatment system (filter, treatment tabs, or steri-pen)
- ☐ All meals
- ☐ Snacks
- ☐ Pot, stove, gas, wind screen, fire starter
- ☐ Dishes and utensils as necessary
- ☐ Biodegradable soap for cleaning dishes
- ☐ Plastic bag for any garbage

Navigation and Safety (10 Essentials):

- ☐ Map
- ☐ Compass
- ☐ Optional: GPS or navigation app for your smart phone
- ☐ Fitted rain cover for your backpack (alternately, you can line your backpack with a garbage bag)
- ☐ Sun protection (sun block, sunglasses, and a hat)
- ☐ First aid kit
- ☐ Knife and repair kit
- ☐ Head lamp with extra batteries
- ☐ Fire starter

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Clothing (avoid cotton clothing)

- ☐ Quality rain jacket/hard shell (no ponchos – it is too windy)
- ☐ Quality rain pants
- ☐ Warm jacket, such as a down or fleece jacket
- ☐ Warm hat
- ☐ Warm gloves (waterproof or wool)

Clothing can be a very personal decision, but these are our recommendations.

- ☐ 2 to 3 pair socks
- ☐ Underwear (we'll let you calculate out what you need)
- ☐ Shorts
- ☐ Long pants
- ☐ 2 sets Baselayer (one for hiking and one for sleeping)
- ☐ 2-shirts for hiking
- ☐ Long-sleeved shirt
- ☐ Optional: Buff, or other tubular bandana, is one of our favorite trail essentials

Camping

- ☐ Sleeping bag (we recommend 0°C synthetic sleeping bags)
- ☐ Sleeping pad
- ☐ Lightweight, but sturdy, tent
- ☐ Small, packable towel
- ☐ Soap or hand sanitizer
- ☐ Toilet kit (toilet paper, shovel, ziplock bag to carry toilet paper out)
- ☐ Deodorant
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Optional: lightweight camp shoes
- ☐ Optional: tissues
- ☐ Other toiletries as desired (be conservative here)

Other

- ☐ Passport
- ☐ Sturdy and waterproof hiking shoes
- ☐ Hiking poles
- ☐ Optional: extra batteries or solar charger for any electronics