

TREKKING IN PATAGONIA

Weather/Climate in Patagonia:

In the Southern Hemisphere the seasons, weather and climate are reversed from those in the Northern Hemisphere. While we are experiencing winter in the United States and Europe, in Patagonia it is summer.

The weather in Torres del Paine and Cerro Fitz Roy can be fairly cold and wet. The wind is always prevalent, even in the high summer season and can exceed 50 miles/hour (80 km/hour). Rain, sleet and snow are always a possibility, especially in the early and late shoulder seasons. The average temperature in the high summer season averages around 12°C (50°F).

Expect maximum daytime temperatures of 75°F and minimums of 35°F (24 °C / 2 °C) in the region. Temperatures, as well as Patagonia weather in general can be very unpredictable in the Torres del Paine and Fitz Roy areas.

There is an old saying about the unpredictable weather in this region of Patagonia: "If you don't like the weather in Torres del Paine or Fitz Roy, wait a minute."

Mandatory equipment:

- Wind and waterproof jacket and pants
- Fleece layers (*one warm fleece pullover or jacket, one lighter fleece layer, a fleece vest is a very good idea, too*)
- Proper fitting, solid trekking boots (*Take the inner sole/foot bed out of your shoe and stand on it. You should have a space of 0,5cm – 1cm from the top of your toes to the top of the sole. If there is less space, your boots are too small, if there is more space, your boots are too big. Also make sure that your heel is not too loose in order to avoid blisters*). *If you are unsure of what brand and model of shoe, please contact Alpine Interface. Most boots today need no break in periods and are extremely comfortable. Buying boots mail order is a recipe for disaster. Boots should have Vibram soles, should be above the ankles and should be waterproof.*
- Jogging shoes/sandals for the lodges
- Technical clothing that is light and dries quickly (*2/3 T-shirts, 1 or 2 t-shirts with long sleeves*)
- Socks / underwear
- Warm hat, gloves (*fleece gloves are enough*)
- Sleeping bag. Comfort rating of -15C
- Sun protection (*sun hat/cap, glasses, cream*)
- 45 litre rucksack (*with rain cover, if possible. Some have one built in on the bottom of the pack, for example 'Deuter' rucksacks. If not, try to get one for your rucksack in a sport shop. Also a good thing, a plastic liner for the inside of the bag, to protect the gear that is inside. Zip lock bag for wallet, tickets, passport, money etc. works as well. Mail order is not recommended as one cannot get an idea of what the pack will feel like when loaded.*)
- Camelbak or water bottle (*if you use a Camelbak, make sure you carry spare parts*)

Optional equipment:

- Telescopic poles (*will help in case you have to cross snow fields and takes weight off the knees*)
- Gaiters
- Map/compass or GPS if you like to use it
- Small head torch (*for nights in the huts*)
- Swiss army knife or similar, small umbrella