

Carretera Austral Packing Lists – Austral Bikes

1. Food & Snacks

- Energy bars / protein bars
- Mixed nuts & trail mix
- Instant oatmeal or granola
- Dehydrated meals or pasta
- Tuna or canned beans
- Dark chocolate or dried fruit
- Coffee or tea
- Salt, sugar, and condiments
- Lightweight stove fuel
- Electrolyte tablets or powder

2. Bicycle & Accessories (Included with Austral Bikes)

- Merida mountain bike (29")
- Rear Ortlieb panniers (waterproof)
- 15L handlebar bag
- Helmet
- Front and rear lights
- Gel saddle cover
- AirTag or GPS tracker
- Reflective safety vest
- Lock
- Mini top tube bag (optional)

3. Tools & Electronics

- Multi-tool for bikes
- Tire levers
- Spare tubes
- Patch kit
- Mini pump
- USB headlamp or flashlight
- Power bank
- Phone and charging cable
- Plug adapter (Chile: Type C/L, 220V)
- GPS device or offline map app

4. First Aid Kit

- Adhesive bandages (various sizes)
- Gauze and medical tape
- Antiseptic wipes
- Ibuprofen or painkillers
- Anti-inflammatory cream
- Antidiarrheal tablets
- Allergy medication (antihistamines)
- Tweezers and scissors
- Blister pads (Compeed or similar)
- Any personal medication

5. Camping & Cooking Gear

- Lightweight tent
- Sleeping bag (rated -5C or lower)
- Sleeping pad
- Camping stove + fuel
- Pot, spork, and mug
- Lighter and waterproof matches
- Water filter or purification tablets
- Dry bags or compression sacks
- Clothesline or cord
- Collapsible bowl or sink

6. Essentials & Personal Documents

- Passport or ID
- Printed ferry ticket (Hornopiren-Caleta Gonzalo)
- Debit/credit cards
- Chilean pesos (cash for remote areas)
- Sunglasses
- Sunblock (SPF 50+)
- Lip balm
- Mosquito repellent
- Notebook & pen
- Knife or multitool

7. Toiletries & Hygiene

- Quick-dry towel
- Biodegradable soap
- Toothbrush & toothpaste
- Toilet paper (travel roll)
- Hand sanitizer
- Menstrual products
- Razor (optional)
- Small mirror (optional)
- Comb or brush
- Small toiletry bag

8. Clothing

- Waterproof jacket and pants
- Thermal base layers (top & bottom)
- Lightweight fleece or down jacket
- 2-3 pairs of padded cycling shorts
- Quick-dry shirts
- Leggings or trekking pants
- Flip flops or sandals
- Warm hat and gloves
- Buff or neck gaiter
- Sturdy shoes or boots