

GOALS

YOUTH RIVER EXPEDITIONS



FUTALEUFU 2020

ITINERARY & INFO PACKET

16 DAYS

CONNECTING TO & IN

PATAGONIA

GOALS



FUTUREFU
2020



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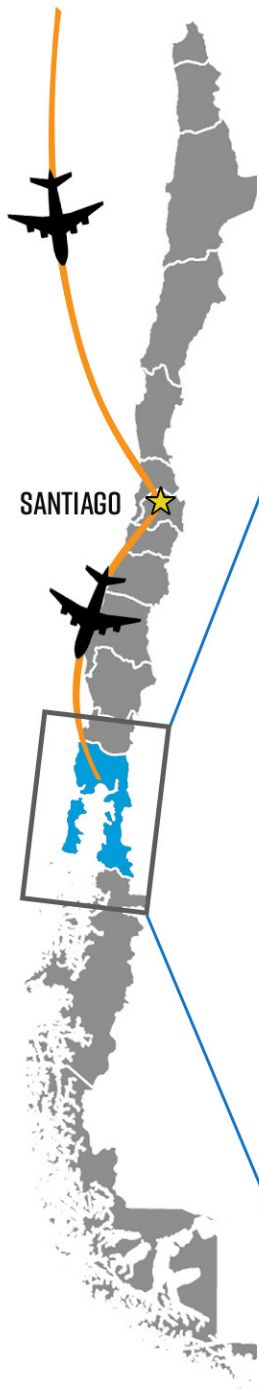
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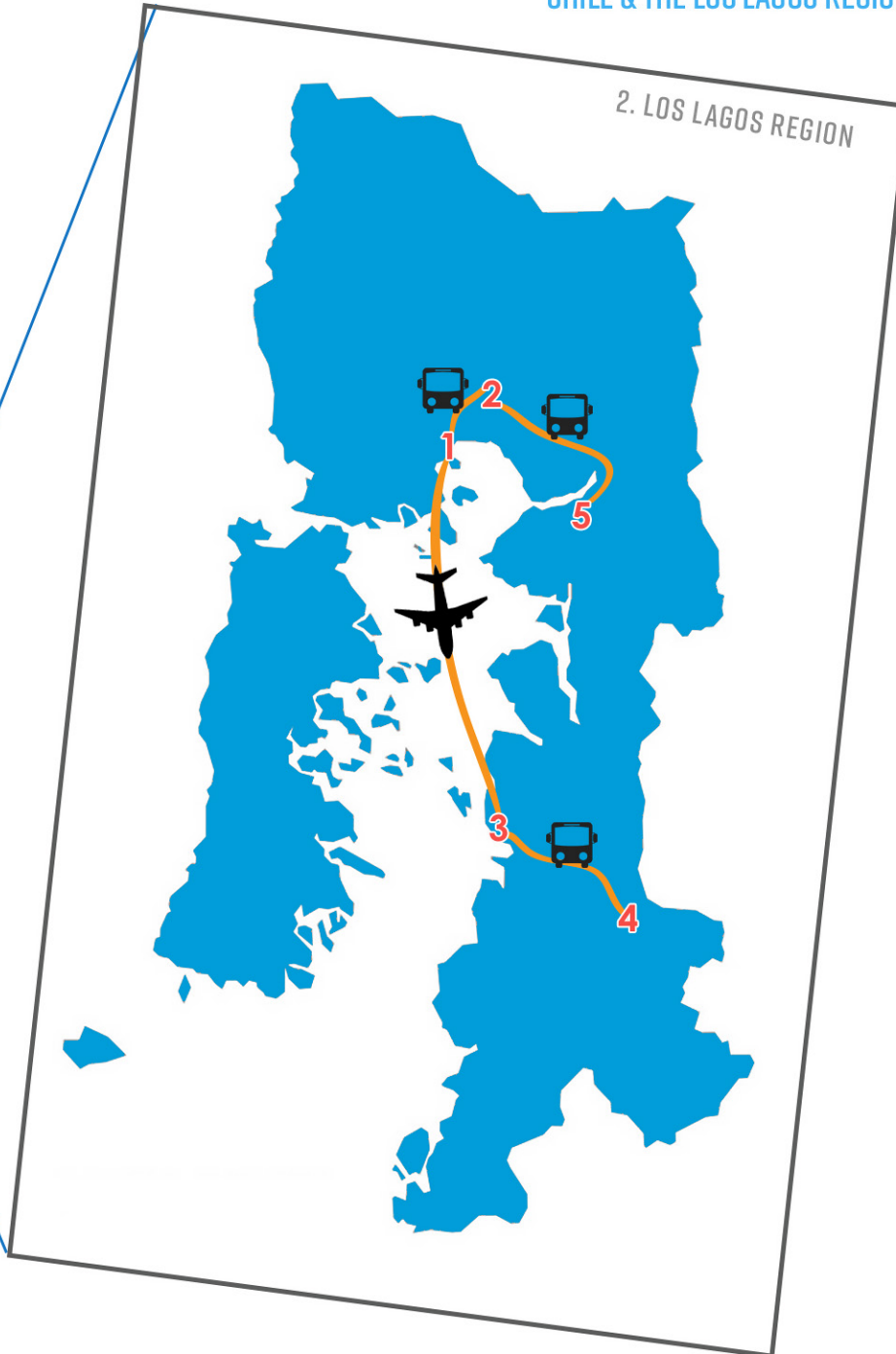
MAPS - OVERVIEW

CHILE & THE LOS LAGOS REGION

I. CHILE OVERVIEW



2. LOS LAGOS REGION



1. PUERTO MONTT.

Puerto Montt is our final flight destination from the US. It is a busy port town which hosts a fishing and artisan market that we will visit if time and energy allow.

2. PUERTO VARAS.

Between our time in Cochamo and our flight to Futaleufu, we will spend one night in the town of Puerto Varas. Situated on the shores of Lake Llanquihue, Puerto Varas has a European feeling - reminiscent of the culture that originally settled here. It is a very safe (albeit somewhat touristy) town - with good restaurants and fine lodging - both of which we'll enjoy during our time here.

3. CHAITEN.

Chaiten is a town that is - quite literally - rising from the ashes. In May of 2008, a large volcano erupted nearby and destroyed much of the town. Those who stayed vowed to bring Chaiten back, and slowly but surely they are making progress in doing so. Chaiten sits right on the coast, and serves as the gateway to Doug Tompkins Pumalin Park - the first National Park in Chile created by the Doug Tompkins Foundation and recently gifted to the Chilean government. We will fly in/out of Chaiten on our way to and from Futaleufu.

4. FUTALEUFU.

The Rio Futaleufu and the valley surrounding it are largely untouched by commercial tourism. Although the "Futa" is widely recognized as one of the world's best rivers, the challenge in getting here and the significant whitewater it is known for make it a destination for only the dedicated traveler and the brave river runner. As such, the locals remain very authentic and very welcoming of those who go to great lengths to explore a region they clearly care deeply about.

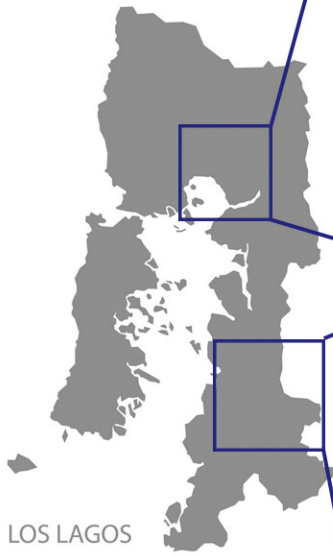
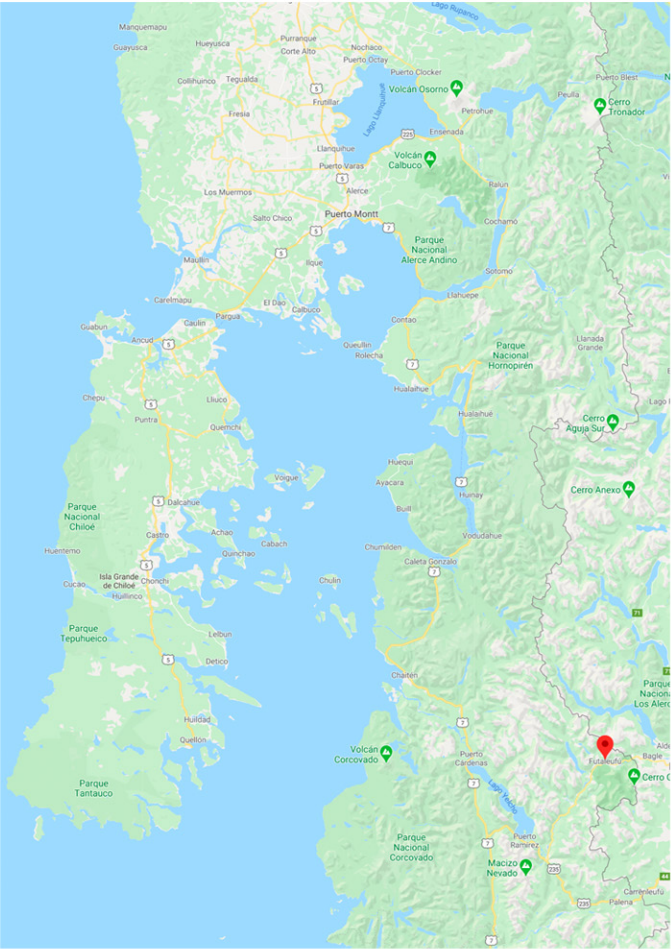
5. COCHAMO.

Cochamo is gaining international recognition as an outdoor recreation paradise. Often referred to as "the Yosemite of South America, climbers revere the Cochamo Valley for its towering granite walls. The fjords surrounding the town also provide incredible opportunities for sea kayaking, and there is enough of a small-town vibe here that the locals still welcome tourists (and travelers) into their homes and onto their farms - which we will experience.

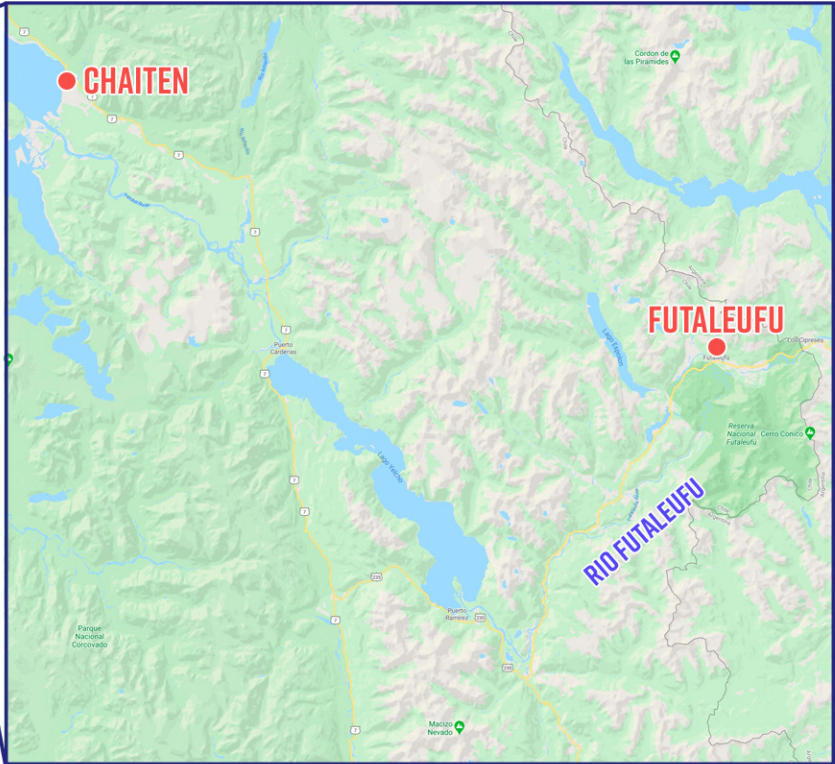


MAPS - MORE DETAIL

PMC / PV / COCHAMO & CHAITEN / FUTALEUFU



LOS LAGOS



GOALS



FUTALEUFU
2020

ITINERARY

The expedition itinerary that follows aims to be as accurate as possible. Due to the nature of international expeditions and the rural regions in which we are traveling, some changes may occur. We have allowed enough time in this itinerary to enjoy unexpected opportunities, and/or to overcome unforeseeable challenges.

DAY 1 & 2

SATURDAY & SUNDAY, MARCH 14 & 15

TRAVEL DAYS.

THE GROUP WILL MEET AT DENVER INTERNATIONAL AIRPORT AT NOON ON SATURDAY, MARCH 14. OUR GROUP FLIGHT ARRANGEMENTS ARE AS FOLLOWS:

MAR 14 DELTA FLIGHT 2590 DENVER 2:00PM - ATLANTA 6:48PM
MAR 14 DELTA FLIGHT 147 ATLANTA 11:20 PM - SANTIAGO 9:35AM MAR 15
MAR 15 LATAM FLIGHT 273 SANTIAGO 11:16AM - PUERTO MONTT 12:57 PM

FOLLOWING OUR LONG TRAVEL, WE WILL ARRIVE IN PUERTO MONTT IN THE EARLY AFTERNOON ON SUNDAY, MARCH 15. A SHORT DRIVE WILL TAKE US TO PUERTO VARAS - IF THERE IS TIME & ENERGY, THE GROUP MIGHT CHECK OUT THE MARKETS, ENJOY A NAP, PLAY AT THE POOL, OR WALK ON THE SHORES OF LLAGO JUANQUIHUE BEFORE GRABBING DINNER AND GELATO IN THE VIBRANT SQUARE AT THE CENTER OF TOWN. LODGING: HOTEL CABANAS LOS LAGOS.

DAY 3

MONDAY, MARCH 16

ONWARD TO FUTALEUFU.

AFTER A MORNING FLIGHT TO CHAITEN, WE WILL MEET OUR BIO BIO GUIDES AND DRIVE TO CAMP - PASSING MULTIPLE HANGING GLACIERS, JAGGED GLACIATED PEAKS, AND TEMPERATE RAINFORESTS. WE MIGHT STOP FOR A SHORT HIKE IN PARQUE PUMALIN ALONG THE WAY, OR JUST HUSTLE TO BIO BIO CAMP WHERE WE'LL ENJOY A WELCOME DINNER AND GET SETTLED INTO OUR BUNGALOWS. BEFORE DINNER, THERE MIGHT EVEN BE TIME FOR A QUICK SOAK IN THE RIVERSIDE HOT TUB OR A ROPE SWING INTO THE MIGHTY FUTALEUFU!



DAY 4

TUESDAY, MARCH 17

BRIDGE TO BRIDGE + A KAYAK LESSON.

AS YOU WAKE UP TO THE SOUNDS OF THE LITTLE CHUCAO BIRD AND THE MIGHTY FUTA FLOWING PAST YOUR TENT, YOU'LL PINCH YOURSELF AND REALIZE THAT IT'S NOT JUST A DREAM - WE'RE REALLY HERE. GET READY - IT'S GO TIME. GRAB COFFEE ON YOUR WAY TO MORNING YOGA. STRETCH, THEN ENJOY A HEARTY BREAKFAST AND GET READY FOR THE FAMOUS "BRIDGE TO BRIDGE" STRETCH - JUST 6 MILES LONG, BUT ALMOST NONSTOP WHITEWATER...A PERFECT WELCOME TO THE FUTALEUFU.

BACK IN CAMP FOR THE AFTERNOON, THERE WILL BE A HARD SHELL KAYAK INTRO CLASS FOR THOSE WHO WANT TO PADDLE CLASS II TOMORROW, THEN HOT TUB TIME TO REFLECT ON THE DAY AND AN INCREDIBLE CULTURALLY INSPIRED CANDLELIGHT CULTURAL DINNER IN THE OPEN-AIR KITCHEN/DINING AREA. IF THE WEATHER ALLOWS, WE'LL CLOSE THE DAY AROUND A CAMPFIRE UNDER THE SOUTHERN CROSS AND SEVERAL OTHER "NEW CONSTELLATIONS" WE DON'T GET TO SEE AT HOME - THEN GET A GOOD NIGHTS SLEEP FOR ANOTHER INCREDIBLE DAY IN PATAGONIA TOMORROW.



DAY 5

WEDNESDAY, MARCH 18

BEYOND THAT SECOND BRIDGE + KAYAK TO ISLAND LUNCH.

MORE CHUCAOS. THE SOUND OF THE ESPRESSO MACHINE, AND WOOD BEING CHOPPED FOR THE MORNING FIRES. ANOTHER PINCH TO CONFIRM IT'S NOT A DREAM. LEAVE YOUR TENT WITH A BIG SMILE AND HEAD FOR THE NOW-BECOMING-ROUTINE-COFFEE-YOGA-BREAKFAST START TO YOUR DAY...THEN B2B PLUS MAS O MENOS AND THE FIRST CLASS V OF THE TRIP - THE BEAUTIFUL AND CHALLENGING CASA DE PIEDRA.

AFTER CASA, WE'LL LET THOSE WHO TOOK THE KAYAK CLASS ENJOY A LONG, CALMER STRETCH AS WE ALL FLOAT TOWARD "ISLAND STYLE LUNCH" - A BEACH BBQ ON THE LOWER FUTALEUFU. CAMP TIME IS A BIT SHORTER THIS AFTERNOON, BUT WE'LL MAKE SURE TO REFLECT ON OUR FIRST CLASS V

EXPERIENCE AND/OR OUR FIRST WHITEWATER IN A KAYAK. NIGHTS AT BIO BIO CAMP ARE SOMEWHAT UNPREDICTABLE. WILL WE BUILD A FIRE? WILL JENNER PLAY AN IMPROMPTU CONCERT? MIGHT WE LEARN TO KNIT WITH THE TIA'S OR LEARN FROM A GUIDE ABOUT THE CULTURE OF THEIR HOME COUNTRY? IT'S ALL POSSIBLE. AND, NO MATTER HOW OUR EVENING COMES TOGETHER, WE'LL LOOK FORWARD TO RETIRING FOR THE NIGHT TO THE GENTLE SOUNDS OF THE FUTA FLOWING BY - THANKING US FOR ANOTHER DAY.



THURSDAY, MARCH 19

DUCKY DAY ON THE RIO AZUL.

TODAY, WE LEAVE THE FUTA AND EXPLORE THE RIO AZUL...IN OUR OWN INFLATABLE KAYAKS! WE'LL DRIVE A SHORT WAY UP A VERY SCENIC CANYON CUT BY THE RIO AZUL - ONE OF THE FUTALEUFU'S TRIBUTARIES, THEN CHALLENGE OURSELVES ON IT'S FUN, TECHNICAL RAPIDS. TODAY IS A DAY OF EMPOWERMENT - WE'RE ALL IN CHARGE OF OUR OWN BOATS IF WE'D LIKE TO BE...AND IF THAT'S NOT SOMETHING WE'RE QUITE READY FOR, WE CAN ALSO PADDLE A "DOUBLE DUCKY" WITH A GUIDE IN THE BACK.

UPON RETURNING TO CAMP, THERE WILL BE AMPLE TIME FOR A HIKE, BIKE RIDE, OR FISHING EXCURSION BEFORE DINNER...SAY NOTHING OF SIMPLY RELAXING WITH A GOOD BOOK AND TAKING ADVANTAGE OF THE DOWN TIME WE DON'T OFTEN HAVE IN OUR BUSY LIVES AT HOME. DUCKY DAY IS SURE TO BE ONE FILLED WITH LOTS OF LAUGHTER, AND THE CHANCE TO SEE MORE STUNNING COUNTRYSIDE IN THE FUTALEUFU VALLEY.



FRIDAY, MARCH 20

AZUL VALLEY ON HORSES OR HIKE TO THE WATER SOURCE.

WE'LL GIVE OUR BODIES A DAY TO DRY OUT TODAY - STAYING ON LAND. IF THE NEIGHBORS HAVEN'T ALREADY TURNED THEIR HORSES OUT TO PASTURE, WE MIGHT RIDE THEM FURTHER UP THE AZUL VALLEY THAN WE KAYAKED YESTERDAY - TAKING THEM TO A SERIES OF CASCADING WATERFALLS AND ENJOYING LUNCH JUST BELOW. IF THE HORSES AREN'T AVAILABLE - OR FOR THOSE WHO PREFER TO AVOID THE SADDLE, ANOTHER OPTION IS TO HIKE THROUGH INCREDIBLE FORESTS TO THE STUNNING LAKE THAT SERVES AS CAMP'S WATER SOURCE. TAKE A COOL, REFRESHING SWIM IN IT'S CRYSTAL BLUE WATERS WITH YOUR MOUTH WIDE OPEN - THIS IS THE SAME WATER WE'RE DRINKING IN CAMP.

IF NEITHER OF THESE OPTIONS SOUND GREAT, TODAY IS ALSO A GOOD DAY TO VISIT THE LOCAL SCHOOL AND UNDERSTAND WHAT IT WOULD BE LIKE TO GROW UP IN THIS VALLEY, OR TO CHECK OUT THE TOWN OF FUTALEUFU.



DAY 8

SATURDAY, MARCH 21

INFERNO DAY.

TODAY FEATURES THE STUNNING SCENERY AND WHITEWATER OF INFERNO CANYON. WE DRIVE 25KM TO THE RIO ESPOLON, ANOTHER ONE OF THE MIGHTY FUTALEUFU'S TRIBUTARIES - LAUNCHING THERE AND WARMING UP BEFORE THE MOST NARROW AND INTENSE CLASS V SECTION OF THE FUTALEUFU - INFIERNO. WE RUN SOME RAPIDS, SCOUT OTHERS, AND EVEN PORTAGE A FEW. THIS IS AN AREA THAT RELATIVELY FEW PEOPLE HAVE EVER SEEN - AS IT CAN ONLY BE EXPLORED BY THE MOST SKILLED RAFT GUIDES AND KAYAKERS ON THE PLANET, AND ONLY ENTERED AT CERTAIN WATER LEVELS. THERE IS A UNIQUE ENERGY IN INFERNO CANYON, AND A WELL-DESERVED SENSE OF PRIDE COMES FROM PADDLING THROUGH IT. AFTER NAVIGATING THE RAPIDS, WE'LL ENJOY EMPANADAS WE'VE PACKED FOR LUNCH, THEN FLOAT TOWARD CAMP - TYING THE BOATS ON SHORE AND SHUTTLING BACK TO CAMP TO SOAK OUR TIRED MUSCLES IN THE HOT TUBS AND RECOUNT THE EXCITEMENT OF ONE OF THE MOST BEAUTIFUL, YET INTENSE, SECTIONS OF WHITEWATER ANYWHERE IN THE WORLD.



DAY 9

SUNDAY, MARCH 22

TERMINATOR AND "THE BLUE ANGELS RUN."

TODAY, WE DRIVE UPSTREAM TO THE SPOT WHERE WE LEFT OUR BOATS AFTER INFERNO - GETTING WARMED UP AND SYNCHED AS TEAMS RAFTING ONE OF THE MOST FAMOUS CLASS V RAPIDS ON THE ENTIRE FUTALEUFU - "TERMINATOR" - AND THE "HIMALAYAS" SECTION OF HUGE, FUN WAVES THAT FOLLOW IT. WE'LL BE BACK TO CAMP BY LUNCH, AND THEN IT'S DECISION TIME ABOUT HOW TO USE YOUR LAST AFTERNOON IN BIO BIO CAMP. WE CAN RUN THE ENTIRE B2B + CASA STRETCH WITH NO STOPS - ONE LAST LAP FOR OUR GUIDES TO CLOSE OUT THEIR SEASON...OR WE CAN ENJOY ANY OTHER ACTIVITIES WE HAVEN'T YET HAD TIME FOR - FISHING, SUP, BIKING, HIKING, ETC. TONIGHT, WE'LL ENJOY A COMMUNITY ASADO BBQ TO CLOSE OUR TIME ON THE FUTALEUFU - WITH CARLOS GRILLING

A LAMB ON A SPIT BEFORE PICKING UP HIS GUITAR AND ENTERTAINING THE GROUP WITH SONGS ABOUT THE REGION. IT'S HARD TO BELIEVE THAT THIS IS OUR LAST NIGHT ON THE FUTALEUFU, AND AS SAD AS WE'LL BE TO LEAVE, THERE IS STILL PLENTY OF EXCITEMENT AND EXPLORATION TO COME IN THE COCHAMO AREA!



DAY 10

MONDAY, MARCH 23

BACK TO PUERTO VARAS.

AN EARLY MORNING BUS RIDE THIS MORNING WILL TAKE US FROM THE BIO BIO BASE CAMP BACK TO THE CHAITEN AIRFIELD, WHERE WE'LL BOARD SMALL PLANES AND TRAVEL BACK TO PUERTO MONTT. THERE, WE'LL MEET OUR DRIVER FROM MAHUIDA PATAGONIA - WITH WHOM WE'LL SPEND THE NEXT SEVERAL DAYS. THE DRIVER WILL TAKE US TO OUR LODGING IN PUERTO VARAS, AND WE'LL HAVE THE AFTERNOON/EVENING TODAY TO VISIT THE ARTISAN SHOPS AND FISH MARKET IN PUERTO MONTT, REFLECT ON OUR TIME TOGETHER ON THE FUTALEUFU, AND PREPARE FOR THE EXCITING SECOND PART OF OUR CHILEAN ADVENTURE - EXPLORING THE COCHAMO REGION.



DAY 11

TUESDAY, MARCH 24

SEA KAYAKING - DAY I

AFTER BREAKFAST AT OUR HOTEL THIS MORNING, WE WILL MEET WITH GUIDES FROM KO KAYAK FOR A SHUTTLE TO OUR OVERNIGHT KAYAK ADVENTURE ON THE PETROHUE RIVER AND THROUGH THE RELONCAVI FJORD. TODAY WILL INVOLVE A FULL DAY OF PADDLING ON THE RIVER - WITH LUNCH SERVED ON THE BANKS AND EVEN A VISIT TO SOME NATURAL HOT SPRINGS. WE'LL PADDLE TO WHERE THE FRESH WATER OF THE RIO PETROHUE ENTERS THE SALT WATER OF THE PACIFIC OCEAN AS IT ENTERS RELONCAVI FJORD. HERE, WE'LL KEEP OUR EYES OPEN FOR CURIOUS SEA LIONS AND PLAYFUL DOLPHINS, HOPING TO INTERACT WITH BOTH. OUR DESTINATION FOR TODAY IS THE FARM OF SENORA YOLANDA, WHO WILL SERVE AS OUR GRACIOUS HOST THIS EVENING - PREPARING A MEAL AND

SHARING HER KNOWLEDGE OF THE REGION. THIS IS AN EXCELLENT OPPORTUNITY TO SINK IN TO THE LOCAL CULTURE AND LANDSCAPE, STAYING AS FAR AS WE CAN ON THE SIDE OF "TRAVELER" RATHER THAN "TOURIST."



DAY 12

WEDNESDAY, MARCH 25

PADDLING TO FJORD TO COCHAMO.

AFTER A HEARTY BREAKFAST AT THE FARM, WE'LL PACK AWAY TENTS AND PADDLE THROUGH THE FJORD FOR A FEW HOURS BEFORE REACHING THE SMALL FISHING VILLAGE OF COCHAMO. LUNCH WILL BE SERVED AGAIN ON THE SHORE OF OUR ROUTE.

WHEN WE REACH THE COCHAMO RIVER, OUR SEA KAYAK JOURNEY WILL BE OVER - AND WE'LL CONNECT WITH A SHUTTLE TO OUR LODGING FOR THE NIGHT AT HOSTAL COCHAMO. AFTER CHECKING IN THERE AND GETTING JUST A BIT SETTLED, WE'LL HEAD TO DINNER AT THE HOME OF ANOTHER LOCAL FAMILY - THE SANDOVALS - WHO LOOK FORWARD TO PREPARING A TRADITIONAL CHILEAN ASADO FOR THIS GROUP OF HUNGRY PADDLERS.



DAY 13

THURSDAY, MARCH 26

HORSE TREKKING TO LA JUNTA

AFTER BREAKFAST AT OUR THE HOSTAL AND A BRIEF SHUTTLE TO THE TRAIL HEAD, WE'LL MEET AND LOAD THE PACK HORSES WHO WILL TRANSPORT OUR GEAR UP TO REFUGIO COCHAMO - A RUSTIC CAMP DEVELOPED FOR THE CLIMBERS WHO TRAVEL FROM AROUND THE WORLD TO TAKE ON THE TOWERING GRANITE WALLS SURROUNDING THE COCHAMO VALLEY. LUNCH WILL BE SERVED ALONG THE TRAIL, AND AFTER ARRIVING TO CAMP AND GETTING SETTLED IN, WE WILL ENJOY A DINNER PREPARED BY OUR GUIDES AS WELL AS STORIES ABOUT THE REGION. FOR GOALS EXPLORERS WHO'VE TRAVELED SECTIONS OF THE GREEN AND COLORADO RIVER WHERE BUTCH CASSIDY AND HIS "WILD BUNCH" GANG OF OUTLAWS CALLED HOME, THIS AREA ALSO HAS PARTICULAR

SIGNIFICANCE, AS IT WAS NOT FAR FROM HERE THAT BUTCH AND THE SUNDANCE KID MET THEIR FATE. WE'LL LEARN ABOUT THIS LORE AND SIT IN AWE OF THE LANDSCAPE HERE - WISHING WE HAD MORE TIME TO EXPLORE IT.



DAY 14

FRIDAY, MARCH 27

PACK DOWN THE TRAIL AND ONE MORE NIGHT IN PV.

AFTER BREAKFAST AT REFUGIO COCHAMO, WE'LL ORGANIZE OUR BELONGINGS AND GEAR, PACK UP THE HORSES, AND HIKE BACK DOWN THE TRAIL WE CLIMBED YESTERDAY - WITH LUNCH SERVED ALONG THE WAY. AT THE END OF OUR HORSEPACKING ADVENTURE, WE'LL BE SHUTTLED BACK TO PUERTO VARAS ONE FINAL TIME - WONDERING JUST HOW IT COULD POSSIBLY BE OUR FINAL NIGHT TO ENJOY CHILE TOGETHER. PERHAPS WE'LL CIRCLE UP ON THE SHORE OF LLAGO LLANQUIHUE, OR WALK TOGETHER TO HELADOS PUDU, OUR FAVORITE LITTLE ICE CREAM SHOP FOR SOME FRESH GELATO. EITHER WAY, WE'LL MAKE SURE TO CLOSE THIS CHAPTER PROPERLY BEFORE THE BUSY TRAVEL DAYS WE MUST EMBARK ON TOMORROW. REMEMBER - DON'T CRY BECAUSE IT'S OVER...SMILE BECAUSE IT HAPPENED.



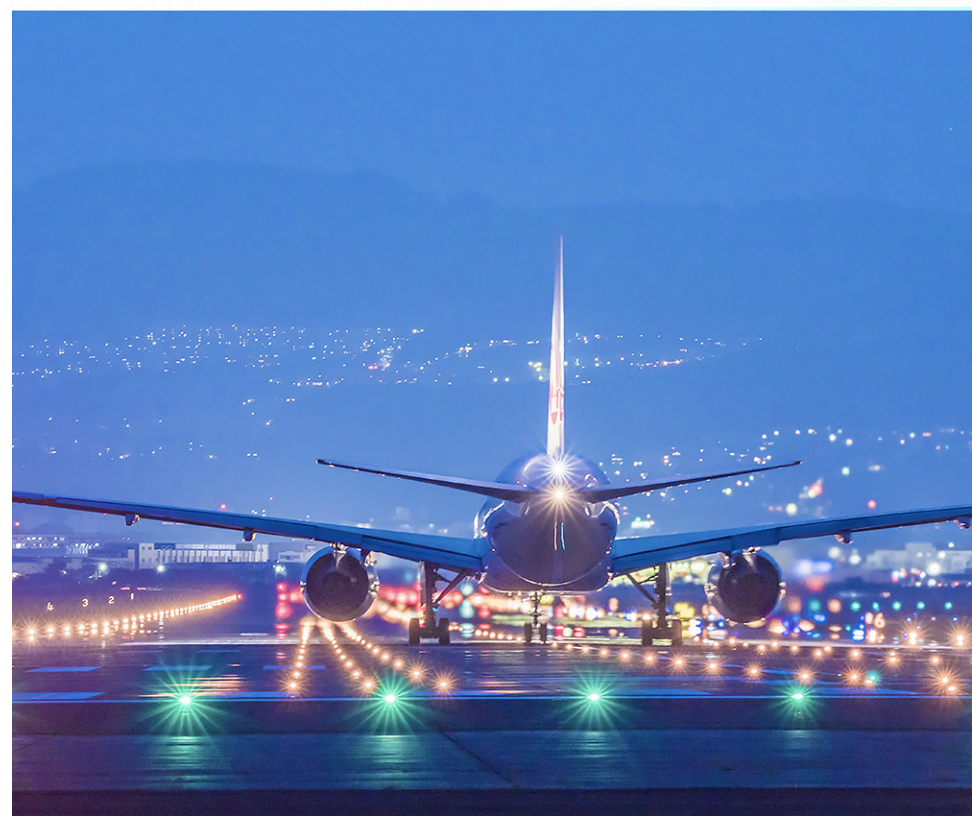
DAY 15 & 16

SATURDAY & SUNDAY, MARCH 28 & 29

HEADING HOME.

UNFORTUNATELY, ALL GOOD THINGS MUST COME TO AN END - AND, THOUGH WE'LL BE SAD TO LEAVE CHILE, WE'LL HAVE SO MANY STORIES AND SO MUCH INFORMATION TO SHARE WITH FRIENDS AND FAMILY BACK HOME, SO WE'LL NEED TO HEAD HOME AND SHARE IT ALL WITH THEM. FORTUNATELY, WE WERE ABLE TO BOOK LATER FLIGHTS LEAVING PUERTO MONTT ON OUR FINAL DAY - OFFERING ONE MORE OPPORTUNITY TO GRAB LAST-MINUTE GIFTS AT THE MARKETS, OR GET IN A GOOD RUN/NAP (DEPENDING ON YOUR STYLE) BEFORE SPENDING SOME TIME IN AN AIRPLANE SEAT. OUR RETURN FLIGHT INFO IS:

MAR 28 LATAM FLIGHT 260 PUERTO MONTT 4:20PM - SANTIAGO 6:06PM
MAR 28 DELTA FLIGHT 146 SANTIAGO 8:50PM - ATLANTA 5:31AM MAR 29
MAR 29 DELTA FLIGHT 1547 ATLANTA 9:22AM - DENVER 10:44AM

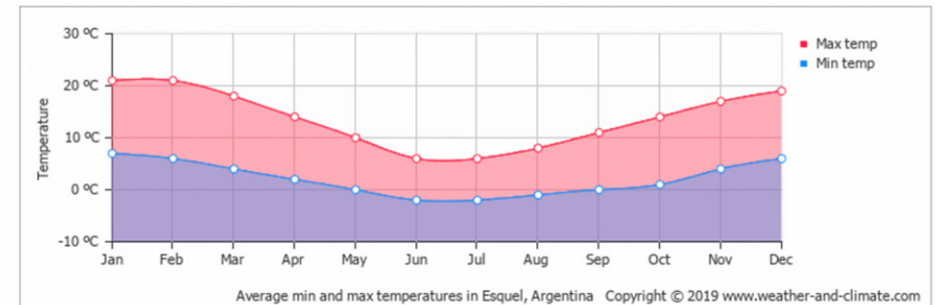
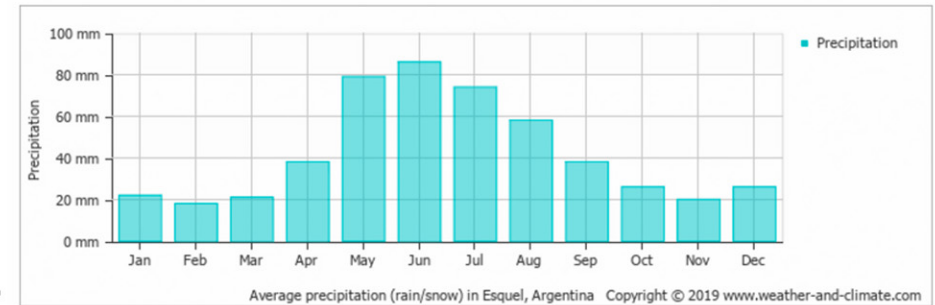


RECOMMENDED PACKING LIST

This is, admittedly, a challenging expedition to pack for. The weather can vary from highs in the low 50s to the low 80s - dry or wet (see graphs below). We want you to be prepared, but also to be efficient - as we can incur significant charges for luggage over 35 pounds on our small flights. As you pack, be aware that there is an opportunity to do laundry at Biobio camp before heading to Cochamo for the second half of our expedition. The cost of laundry is generally about \$10.

1. CLOTHING

- **Cap with visor.** Important for sun protection.
- **Knit cap.** For cold nights. If you'd prefer, you can purchase a Futaleufu knit cap made in camp by Loli - a favorite Futa souvenir.
- **Rain suit.** Necessary for cool or wet conditions. A good rain coat is *required*, and rain pants are strongly recommended. If we're faced with rain on a day that we're scheduled to be horseback or hiking, we won't cancel - we will just enjoy the activity and end up a bit wetter than we would have been on a sunny day. Remember the old saying... "there's no foul weather - only foul gear."
- **Socks.** A few pairs of comfortable socks (cotton, fleece, or wool) are good choices for cool conditions, or to be worn in camp and on side hikes. Bring at least 2 - so you've always got a warm and dry pair to put on!
- **Footwear.** We recommend packing 3 pairs of shoes. The first is a "wet shoe" - to be used on the river. Chacos or other sandals with a strap, neoprene booties, etc. The second is a pair of athletic / light hiking shoes. You'll want these for our horse packing expedition, and maybe even for a run in the afternoon. If they get soaking wet or muddy, you'd then go to pair 3 - another athletic shoe? Flip flops? Up to you.
- **Shirts - cotton.** Bring a few of your favorite t's for around camp.
- **Shirts - polypropylene.** We recommend 2 polypropylene (fleece) long sleeve shirts or some type of synthetic sweater / underwear to wear underneath the paddle jacket that BioBio will provide. The paddle jacket alone will not work well to keep you warm without something underneath. (Cotton is a poor choice here, as it is not an insulator when wet). In addition to keeping you warm on the river, they're also great for nights in the tent at BioBio basecamp - as clear nights can certainly get quite cold.
- **Shorts / swim suits.** We recommend a pair of shorts for the river, a pair of shorts for hanging around camp (dry), and perhaps another pair for hiking/runs.
- **Loose fitting/comfortable clothes** - for morning yoga.
- **Down jacket.** Down is lightweight and is a great insulator. You'll be glad you have it after getting out of the hot tub after the sun has set, wearing it to dinner many nights.
- **Lightweight nylon pants.** A suggestion more than a necessity - very comfortable for wearing around camp after a day of adventure or for a cool hike.
- **Jeans / Carhartts.** If you don't have the above - for cool mornings or evenings in camp, and good for horseback day.
- **Underwear.** Don't underestimate the importance of comfortable undies upon arriving to camp after sitting in a wet swimsuit all day!
- **A nicer shirt / summer dress.** for city life in Puerto Varas or for our "fancy dinner" the last night at Bio Bio base camp.



RECOMMENDED PACKING LIST, CONT'D.

2. PERSONAL ITEMS

- **Sunscreen.** It is absolutely imperative for each participant to bring an ample amount of sunscreen. An SPF rating of at least 30 and waterproof protection are recommended. Aerosol spray sunscreen is not recommended, as it dehydrates skin.
- **Lip balm and lotion.** Moisturized skin = happy skin.
- **Toiletries.** (toothbrush, toothpaste, soap, shampoo, etc.)
- **Sarong / pack towel.** Might be nice to have for our first few days while sea kayaking. Once we reach BioBio, this will become a bit of a luxury item to have at the river take-out – Bio Bio will supply a large bath towel for you in your tent.
- **Prescription medications.** Please notify leaders of your prescription medications, and to create an understanding of the protocol for carrying/maintaining/dispensing any prescription medications.

3. PERSONAL ITEMS

- **Sleeping bag.** A warm sleeping bag that compresses down small will be needed for the overnight sea kayak expedition.
- **Water bottle.** Please bring a durable water bottle that holds at least 1 liter of water. Bonus points if it has a carabiner that can be used to attach it to our raft daily.
- **Camera (at your own risk!).** Consider a waterproof or disposable camera. Brett will bring loads of professional camera gear, and is always happy to share the images and videos he captures.
- **Flashlight / headlamp.** For evenings in camp. Bring some extra batteries, too!
- **Sunglasses.** Best to bring an extra pair in case the first ones get broken/lost - and to secure each pair with an adjustable retainer (Chums, Croakies, etc.)
- **Passport copies.** Please arrive with 2 high-quality color copies of your passport. You'll keep one to travel with, and give one to Brett or Kristin.
- **A good book, sketch pad, journal, etc.** To make the most of your rest and rejuvenate time!
- **Spending money.** You'll need money for meals while traveling (in airports, as well as a few meals in Puerto Varas. Although many meals are included in the itinerary, others are not. Plan to purchase 5-6 meals over the course of 16 days - and to have spending money for souvenirs / gifts as well as laundry or massage at camp (\$1/pound for laundry; \$1/minute for massage).
- **Guide gratuities.** Guide tip has not been built in to the costs of this expedition. Guides make a significant portion of their wages from tips, and appreciate being tipped for a job well done.



FAQS

1. HOW CAN WE REACH YOU?

In some locations, it will be easier than others. Please use the contact info below in the event of an emergency, but also remember that one of the cornerstones of every GOALS program is the disconnect that allows us to re-connect. We will encourage kids to check in when we have reception in places like Puerto Montt and Chaiten – either individually or through a WhatsApp or a group message that will be created prior to departure. Should you need to reach us otherwise, you can try:

GOALS leaders:

Brett Hochmuth cell: (720) 560 – 8056 Kristin Hochmuth cell: (303) 726 – 2734

Bio Bio Expeditions (in California):

Contact: Marc Goddard – co-owner
(800) 246 – 7238
Cell: (530) 913 – 3754

Please note: we will be with BioBio Expeditions on the Futaleufu from March 16-23. From March 24-27, it will be very difficult to reach us while we are sea kayaking and horse trekking. We will check back in when we return to Puerto Varas on March 27.

2. DO I NEED IMMUNIZATIONS?

The CDC recommends several immunizations for travel in Chile - generally Hepatitis A and typhoid. We suggest you visit www.cdc.gov, then consult with your physician for a final recommendation. Please be aware that some of these medications take an extended time period to completely run their course, so don't wait until the last minute.

3. SHOULD I BRING EXTRA PRESCRIPTION MEDS?

Definitely not a bad idea, as they'd be tough to come by if you lost them while traveling. If you currently take prescription medications, be sure to have a plentiful supply, and to travel with it in your carry-on luggage. A doctor's written prescription can be helpful in the event that you need a refill/replacement - but that counts on the ability to access a pharmacy which stocks it - which may not be possible. Also, if you wear prescription glasses or contacts, we advise that you bring along a spare set.

FAQS

4. DO I NEED TRIP INSURANCE?

GOALS not not provide trip insurance - however, when traveling internationally, it can be wise to protect your investment against the unexpected. Ultimately, this is a decision that you will need to make by weighing the risks and rewards of purchasing an insurance plan or traveling without one. If you would like recommendations for trip insurance providers, please contact us.

5. IS IT EASY TO EXCHANGE MONEY?

Yes - we will have frequent access to ATM machines and currency exchanges throughout. We recommend using a combination of your credit card, getting local currency when it is available, and having US dollars which can sometimes be used in Chile. A few tips:

1. Let your bank know you're traveling. Otherwise, your credit / debit card may be denied.
2. Get new, crisp bills to travel with. Bills that are tattered or marked may not be accepted at currency exchanges.

6. WILL MY PHONE WORK?

Sometimes. The best way to communicate effectively and affordably when traveling abroad is to find wifi and use WhatsApp. If you don't already have the WhatsApp app, you should be sure to download it before leaving - and ask those who you'd want to communicate with to do the same. It's a great platform for texting, calling, and even video calling over wifi - all at no cost.

Also - in order to charge your phone or other electronic device in Chile, you'll need a converter - U.S. - style plug-ins will not work. These can be found at stores like Best Buy - or just purchased in the airport.

7. WHAT ELSE AM I FORGETTING?

To relax. One of the biggest benefits of international travel is the vulnerability it brings to the surface for anyone willing to participate. We're immersing ourselves in a new culture with a different language, exploring the outdoors, and stretching our comfort zone. Not everything will go exactly according to plan - and that's part of the beauty. The people leading this expedition have several years of experience in the region, and have partnered with experts in every aspect of what we're offering. It's going to be great...and part of that greatness will come from the unexpected bumps in the road that we put our heads together and sort through as a team. That's where connections are born. That's where growth occurs. That's why we do this - and why it must be embraced.

IN CLOSING - WHY DO IT?

"I HAVE LEARNED THIS FOR SURE. IF DISCONTENT IS YOUR DISEASE, TRAVEL IS MEDICINE. IT RESENSITIZES. IT OPENS YOU UP TO SEE OUTSIDE THE PATTERNS YOU FOLLOW. BECAUSE NEW PLACES REQUIRE NEW LEARNING. IT FORCES YOUR CHILDLIKE SELF BACK INTO ACTION. WHEN YOU ARE A KID, EVERYTHING IS NEW. YOU DON'T KNOW WHAT'S UNDER EACH ROCK, OR UP THE CREEK. SO, YOU LOOK. YOU NOTICE BECAUSE YOU NEED TO. THE WORLD IS NEW. THIS, I BELIEVE, IS WHY TIME MOVES SLOWLY AS A CHILD - WHY SCHOOL DAYS CREEP BY AND SUMMER BREAKS STRETCH ON. YOUR BRAIN IS PAYING ATTENTION TO EVERY SECOND. IT MUST LEARN THE PATTERNS OF LIVING. EVERY SECOND HAS VALUE.

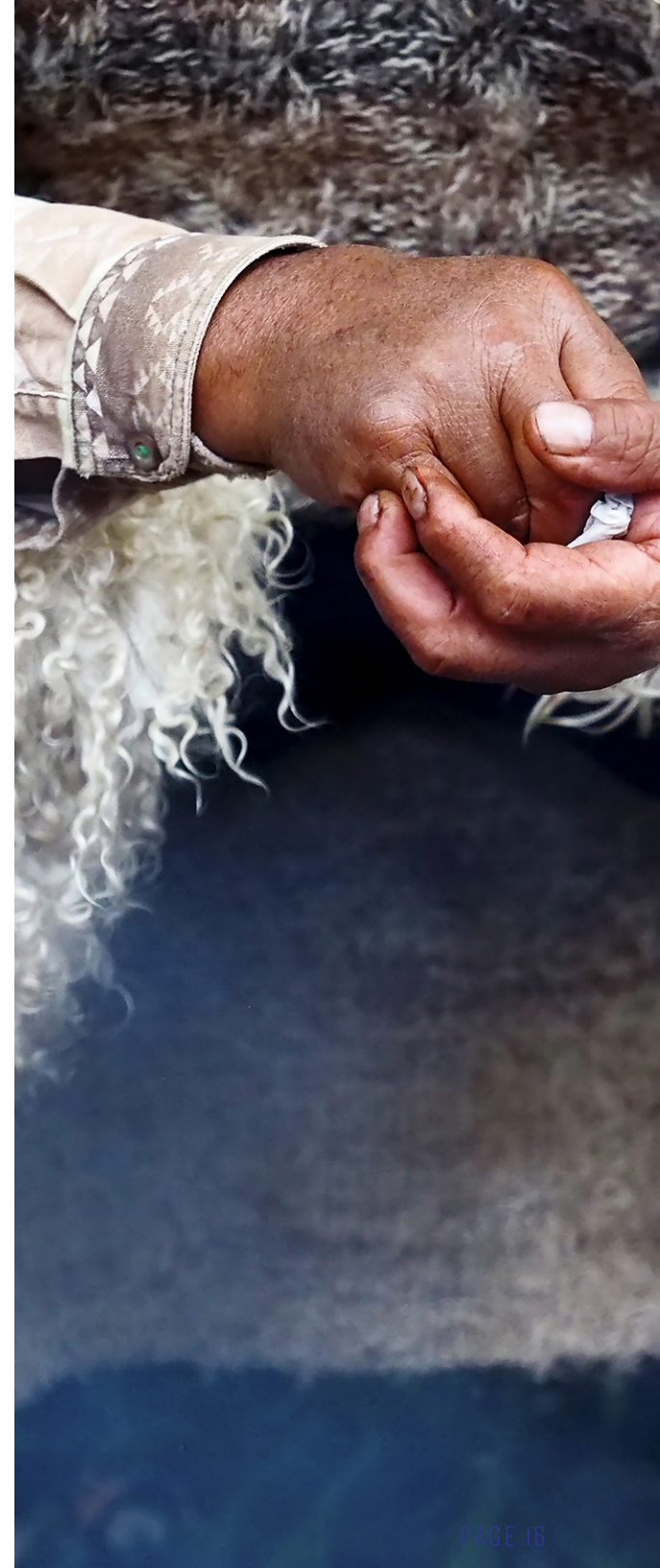
BUT AS YOU GET OLDER, AND THE PATTERNS BECOME MORE OBVIOUS, TIME SPEEDS UP. THE LAYOUT OF YOUR DAYS BECOMES PREDICATABLE, A ROUTINE, AND ONCE YOUR BRAIN RELIABLY KNOWS WHAT'S NEXT, IT RECLINES AND CLOSES ITS EYES. TIME POURS THROUGH YOUR HANDS LIKE SAND.

BUT TRAVEL HAS A WAY OF SHAKING THE BRAIN AWAKE. WHEN I'M IN A NEW PLACE, I DON'T KNOW WHAT'S NEXT, EVEN IF I'VE READ ALL THE GUIDEBOOKS AND FOLLOWED THE INSTRUCTIONS OF MY FRIENDS. I CAN'T KNOW A SMELL UNTIL I'VE SMELLED IT. I CAN'T FEEL THE HOT EXHAUST OF THE BUS BY READING ABOUT IT. I CAN'T UNDERSTAND THE HUMILITY OF WALKING BENEATH THOSE GIANT BUILDINGS. I CAN'T SMELL THE FOOD STANDS AND THE COLOGNE AND THE SPILLED COFFEE. NOT UNTIL I GO AND KNOW IT IN ITS' WHOLENESS.

BUT ONCE I DO, THAT AWAKENED BRAIN I HAD AS A KID, WITH WIDE EYES AND HANDS TOUCHING EVERYTHING, COMES RIGHT BACK. THIS BRAIN ABSORBS THE NEW WORLD WITH GUSTO.

AND ON TOP OF THAT, IT OBSERVES ITSELF. IT WATCHES THE SELF AND PARSES OUT OLD REASONS AND MOTIVES. HEALING IS MIXED IN."

- JEDIDIAH JENKINS, FROM "TO SHAKE THE SLEEPING SELF"



GOALS
YOUTH RIVER EXPEDITIONS



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