



ACONCAGUA EQUIPMENT LIST

FEET

- Socks – 3 pair thick outer socks, synthetic or wool, 3 pair thin inner liner socks, silk, synthetic, or wool (combo of 1 pr thick & 1 pr thin or 2 pair thick & 1 pr thin), AND 2 pair lightweight silk, synthetic, or wool socks (for approach hike)
- Plastic or synthetic-leather double mountaineering boots for above Base Camp, **NOT SINGLE BOOTS**
- Lightweight hiking boots or sturdy approach shoes for hike to Base Camp
- Gaitors (for scree, goretex type work well - NOT overboots)
- One pair velcro-strapped rubber sole sandals (such as tevas or chacos) OR tennis/running shoes for river crossings
- Lightweight running shoes for hike out last day (can also be used for river crossings on approach hike)
- Booties, optional but highly recommended – lightweight down or synthetic with cordura soles

UPPER BODY – wear in layers

- Lightweight synthetic or wool long underwear tops – 2
- Expedition heavy weight synthetic or wool long underwear top – 1 (or 2 midweight long underwear tops)
- Heavy fleece jacket (or similar weight synthetic or down micro-puff jacket)
- Breathable windproof and water-resistant outer jacket, such as goretex, with hood
- Heavyweight down or synthetic expedition parka with insulated hood (-20 F)
- Synthetic t-shirts for approach – 2
- Lightweight, breathable, long sleeved shirt for sun-protection on approach hike

LOWER BODY – wear in layers

- Synthetic or nylon briefs or underwear - 3 pair
- Lightweight synthetic or wool long underwear bottoms - 1 pair
- Expedition heavy weight synthetic or wool long underwear bottoms - 1 pair
- Soft shell synthetic pants for mid mountain – 1 pair (optional)
- Fleece pants (full length side zippers recommended) for camp & summit day – medium or heavy weight
- Breathable windproof and water resistant pants such as Goretex (full length side zippers recommended)
- Shorts - 1 pair for approach hike
- Lightweight synthetic breathable pants for sun protection on approach hike

HANDS

- 1 pair thin wool or synthetic gloves - for lower mountain (windstopper, capilene, fleece, polypro)
- 1 pair insulated, windproof, and water resistant fingered gloves, such as ski gloves, with longer cuff – for upper mountain
- 1 pair heavy insulated mitts for summit day
- OR substitute for insulated mitts above: a combination of 2 pair mitts (fleece, or wool Dachstein) to fit one inside the other with room AND 1 pair Goretex wind shells to wear over mitts

HEAD

- Ski hat, wool or fleece
- Balaclava, wool, fleece or capilene
- Baseball cap for sun

SLEEPING GEAR

- Down or synthetic sleeping bag rated to -20 °F with compression stuff sack
- 1 closed cell foam pad and/or 1 inflatable thermarest pad (full length). BOTH recommended

PACK

- Expedition Backpack, 5000 - 6000 cubic inch / 80-100 liter capacity

- __ Day and a half pack for approach, approx 2000 - 3000 cubic inch / 30-50 liter capacity
- __ Extra large strong duffel bag w/ LOCK (about 7000 cubic inches/140 liter). THIS IS YOUR MULE BAG. Must be able to fit all expedition gear & double boots in this bag for mule to carry on approach
- __ 1 stuff sack w/ straps or lightweight daypack (15 liter) to use as daypack for hike out (If the top of expedition pack is a removable fanny pack this can be used as well)
- __ Combination lock for duffel left in BC (TSA approved so airport security can open it)

TECHNICAL EQUIPMENT - NEEDED FOR ALL ROUTES ON SUMMIT DAY

- __ Ice axe 70 cm. approx. Standing with arm relaxed at side, ice axe should reach from the palm of hand to the ground. For Polish Glacier Route it can be 5-10 cm shorter (60-65 cm)
- __ Crampons, 12 points non-rigid recommended. For Polish Glacier Route: rigid OK
- __ Ski poles or sturdy trekking poles - adjustable preferred
- __ Crampon bag for plane flight and mule load

For Polish Glacier Route only:

- __ Climbing harness, to fit comfortably over bulky clothing
- __ Carabiners, 6 regular, 2 locking
- __ 1 ascender
- __ 30 feet of 6mm perlon rope (for rigging your ice axe, ascender and harness)
- __ Shorter ice axe - 60 to 65 cm (in place of longer ice axe used on other routes)
- __ Climbing helmet

ESSENTIAL PERSONAL ITEMS

- __ Non-breakable plastic bow, LARGE insulated cup w/ lid, durable spoon & fork - **NOT PROVIDED**
- __ 2 water bottles -1 liter capacity, wide-mouth (hard plastic)
- __ 2 water bottle insulators (make sure they fit your water bottles)
- __ Headlamp and extra batteries
- __ Sunglasses - two pair (optional one as a spare)
- __ Ski goggles for summit day & stormy weather
- __ Sunscreen lotion SPF 30 or higher - 1 large or 2 small tubes (zinc oxide also recommended)
- __ Sun screen lip protection - 1 stick / & 1 or 2 tubes chapstick for dry lips
- __ Skin moisturizer - 3 oz.
- __ Personal supply of mole skin, band aids, tape, second skin, throat lozenges
- __ Pocketknife or Leatherman
- __ Toothbrush and toothpaste
- __ Toilet paper - 1 or 2 rolls, in a plastic bag (such as a ziplock bag)
- __ Antibiotics - 1 cycle broad spectrum (for wound or respiratory infections)
- __ Aspirin or Ibuprofen - 30
- __ Disposable lighter (always useful on a mountaineering expedition!)
- __ Stuff sacks 2-3, assorted sizes (also bring a compression sack to use as daypack on hike out)
- __ Iodine or similar water purification tablets – 2 to 3 small new bottles
- \$300-\$500 USD cash (\$10 & \$20 bills) for drinks, snacks, shower, internet in BC, tips, (more if hiring porters) / (\$50 & \$100 USD bills for climbing permit)
- __ Luggage name tags to label bags stored at Hyatt in Mendoza or in Penitentes
- __ Small bag or duffel with shower essentials and clean clothes to be left in Penitentes for the return

OPTIONAL (some of these items may be left in Base Camp - will be taken back to Penitentes by mules)

- __ 1 pair Vapor Barrier Liner (VBL) socks
- __ Camera, batteries, small solar charger
- __ Plug adaptor for hotels
- __ Journal, pen/pencil, book, games, i-pod
- __ Small towel and soap, baby wipes, foot powder (wet wipes are very handy)
- __ Cotton bandana or buff for sun protection
- __ Pee bottle -1 liter capacity, wide mouth, plastic nalgene-type bottle with lid (HIGHLY RECOMMENDED for upper mountain, label w/permanent marker)

- 1 lightweight, metal, mini thermos, 1/2- 3/4 liter capacity, HIGHLY RECOMMENDED for summit day
- Your favorite energy bars (we provide full lunches), in original package for customs
- Hydrating system, 2-quart capacity (i.e. camelback) Does not replace water bottles CAMELBACKS FREEZE - for approach hike only
- Portable water purification system (be prepared to share this item with your team) i.e. Katadyn, steripen
- 2 large plastic garbage bags to use in sleeping bag stuff sack
- Neoprene or windstopper facemask (for cold summit day), neck gaitor, buff
- Warm vest or lightweight wind shell
- Straps for outside of pack to carry crampons, sleeping pad, etc. (essential if pack is smaller)
- Chemical hand warmers 2 pr - pack out with personal garbage