



## Aconcagua Equipment List

### Climbing Gear

- ❑ **Ice axe.** This must be a classic mountaineering axe, straight shaft, (piolet) with a simple leash. Avoid technical ice climbing, curved shaft, tools. The lighter the better. *Guide's pick: Black Diamond [Raven Pro Ice Axe](#), [Raven Ice Axe](#), or [Raven Ultra Ice Axe](#).*
- ❑ **Crampons.** Classic alpine style crampons with horizontal front points are best. Crampons with straps or combination heel bail-straps works great and fits on all boots. Avoid aluminum crampons. *Guide's picks: Black Diamond [Sabretooth Crampon](#), [Serac Crampon](#), [Contact Crampon](#).*
- ❑ **Trekking poles.** Adjustable. *Guide's picks: Black Diamond [Trail](#) or [Trail Compact](#).*

### Feet

- ❑ **Hiking boots or shoes.** Used for approach and sometimes during carries to high camps. Good fit, cushion and support is required. Comfortable trail running shoes are a great choice. *Guide's picks: La Sportiva [Hyper MID GTX](#), [Ganda Guide](#), or Five [Ivo Knivo](#), [Exum Guide Twilight](#).*
- ❑ **Sandals.** For river crossings and base camp hot days.
- ❑ **Double boots.** High quality high altitude boots. Could be plastic, composite, or leather. Just be sure they're specifically made for colder temperatures. *Guide's pick: La Sportiva [Spantik](#), [Olympus Mons EVO](#), Asolo [Manaslu GV](#), [AFS 8000](#).*
- ❑ **Gaiters.** Expedition style. Insulated gaiters are optional; **Do Not** get gaiters with neoprene soles. *Guide's pick: Outdoor Research [Expedition Crocodiles](#), [Crocodile Gaiter](#) Black Diamond [Apex](#).*
- ❑ **Liner socks.** 3 pairs. Capilene or lightweight wool. They should fit well with your expedition weight socks.
- ❑ **Expedition weight socks.** 3 pairs. Wool or synthetic, with padded shins.



- ❑ **Running socks:** 2 pairs. These are ideal for the approach to base camp.
- ❑ **Down booties.** Good option to wear inside the tent. *Guide's pick:* *Western Mountaineering* [Flash Down Bootie](#).

## Lower Body

- ❑ **Midweight underwear bottoms.** 1 pair. Synthetic or wool. *Guide's pick:* Patagonia [Merino 2 Bottoms](#).
- ❑ **Soft Shell pants.** Best choice for climbing, approaching and for layering. *Guide's picks:* Outdoor Research [Ferrosi Pant](#), [Rambler Pant](#).
- ❑ **Hard Shell Pants:** Fully zip pants are the best for easy access. *Guide's picks:* Outdoor Research [Mentot Pant](#), [Paldin Pant](#).
- ❑ **Trekking pants.** Synthetic or cotton, for base camp and approach. *Guide's picks:* Outdoor Research [Equinox Convert Pant](#), [Vagabond Pant](#).
- ❑ **Shorts (optional)** for approach and base camp.
- ❑ **Insulated synthetic pants.** A great extra layer for summit day and hanging out at camp. *Guide's picks:* Outdoor Research [Neoplume Pant](#).

## Upper Body

- ❑ **Lightweight synthetic shirt.** 2 pairs. Patagonia [Capilene 2](#).
- ❑ **Expedition weight shirt.** *Guide's picks:* Patagonia [Capilene 4 Expedition](#).
- ❑ **Soft shell hooded jacket.** Ideal if it has a thin fleece interior so it works as a shell and also provides an extra layer of warmth. *Guide's picks:* Outdoor Research [Transfer Hoody](#), [Centrifuge Jacket](#).



- ❑ **Ultralight hardshell.** A light and easy to pack wind and weather shield, avoid thick Goretex. *Guide's picks: Outdoor Research [Furio Jacket](#), [Enchainment Jacket](#).*
- ❑ **Down parka with hood.** Expedition style thick and warm. *Guide's picks: Marmot [Greenland Baffled](#), Western Mountaineering [Meltdown](#), Marmot [8000 Parka](#).*
- ❑ **Cotton t-shirts.** A couple for base camp. *Guides picks: Patagonia [Merino 2 Lightweight T-Shirt](#).*
- ❑ **Synthetic Puffy pullover or jacket (optional):** Works great for extra warmth on summit day and for relaxing at camp. *Guide's picks: Outdoor Research [Transcendent Hoody](#), [Incandescent Hoody](#).*

## Head

- ❑ **Sun hat or baseball cap.** Synthetic works best.
- ❑ **Warm hat.** Wool or fleece.
- ❑ **Balaclava.** Midweight. *Guide's picks: Outdoor Research [Wind Pro Balaclava](#), Patagonia [Midweight Merino Balaclava](#), [Capilene 4 Balaclava](#).*
- ❑ **Neck Gaiter.** 100 or 200 fleece.
- ❑ **Buff:** This is a must for extra warmth and to protect your face and neck from sun and wind.

## Eyewear

- ❑ **Sunglasses** 2 pairs. Glacier style glasses with 100% UV, IR protection are a must to protect your eyes. Prescription glacier glasses are recommended if you use glasses. *Guides Picks: Julbo [Explorer](#), [Julbo Explorer XL](#)*
- ❑ **Ski Goggles.** With low light lenses. They work great for windy days.



## Hands

- ❑ **Light synthetic gloves.** Capilene or similar, as a first layer. Guides picks: Outdoor Research [Versaliner](#), Patagonia [Midweight Merino Glove Liners](#).
- ❑ **Fleece finger gloves.** 100 to 200 fleece, best with windbloc. Guides picks: Outdoor Research [Sensor Glove](#), [Stormtracker Glove](#).
- ❑ **Insulated Finger Gloves:** this works well for a not so cold summit day and other situations when mittens are not the best option. *Guide's picks: Outdoor Research [Highcamp Glove](#), [Revolution Glove](#).*
- ❑ **Expedition mittens.** Wool, synthetic or down, big enough to use with your other gloves. *Guide's pick: Outdoor Research [Alti Mitt](#), [Highcamp Mitt](#), Black Diamond [Absolute Mitt](#).*
- ❑ **Hand & toe warmers.** 3 pairs of chemical warmers each hand and toe.

## Personal Equipment

- ❑ **Down or synthetic sleeping bag.** Should be at least -15° F. Good fit is very important for heat retention. *Guide's picks: Mammut [Altitude EXP Winter](#), [Altitude EXP 5-Season](#), [Sphere UL Winter](#), Marmot [Cwm MemBrain](#), [Col MemBrain](#), Western Mountaineering [Puma GWS](#).*
- ❑ **Foam sleeping pad.** Closed cell, full length, adds warmth and protects inflatable pad. *Guide's pick: Thermarest [Z Lite](#).*
- ❑ **Inflatable pad.** ¾ size works well and saves weight but, a full length pad guarantees a better nights sleep. Light series are great combined with a foam pad. Include repair kit. *Guide's picks: Mammut [Light Pump EXP](#), Thermarest [ProLite Plus](#).*
- ❑ **Large backpack.** 5000 to 6000 cu inches. Simple design, good fit. *Guide's picks: Mammut [Heron Pro](#), Arcteryx [NoZone 75](#), [Naos 85](#).*
- ❑ **Daypack.** For summit day and approach. As light as possible. *Guide's picks: Black Diamond [Bolt](#), [Speed 22](#).*



- ❑ **Compression stuff sacks.** Makes packing easy and keep gear organized.
- ❑ **Headlamp and spare batteries.** LED small headlamps work well. *Guide's picks: Black Diamond [ReVolt](#), [Cosmo](#), [Storm](#).*
- ❑ **2 water bottles.** Wide mouth 1-liter Nalgene style.
- ❑ **1 thermos.** 1 liter.
- ❑ **Sunscreen and lip protection.** At least 30 SPF for both.
- ❑ **Small Personal First-aid Kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, molefoam, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind.
- ❑ **Drugs/Medications/Prescriptions.** Climbers should bring Pepto Bismol. Mupirocin (Bactroban) cream, excellent topical antibiotic for scrapes and cuts, especially in SE Asia. Cirprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections. Loperamide (Lomotil) or Immodium for diarrhea. Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity.
- ❑ **Pocket knife.** Light and simple, Swiss Army style is perfect.
- ❑ **Insulated cup, plastic bowl and spoon.** Insulated cup/mug with lid. Pick one up at your favorite truck stop. Lexan Spoon and bowl.

## Travel gear

- ❑ **Large duffel bag.** With lock. 7500+ cu in.
- ❑ **Small duffel bag.** For leaving stuff at Hotel/office.
- ❑ **Travel clothes.** Mendoza's temperature could reach 90 degrees, so bring cool summer clothes.



## Optional items

- Books, Kindle, notebook, pencil.** Waterproof Rite'n the rain notebooks suggested. Avoid ink pen. Download guides picks from the AMG website at: [www.andesmountainguides.com/reading\\_list/readinglist.php](http://www.andesmountainguides.com/reading_list/readinglist.php)
- Ipod.** Bring battery charger. We will have a WiFi connection in Plaza de Mulas which will allow you to use Skype and e-mail with an I Pod Touch, I Pad, an I Phone, or other WiFi capable device.
- Camera and film/usb cable.** Small disposable cameras work good. If you are bringing digital camera, bring usb connection if you want to send pictures from basecamp.
- Shower items.** Light towel, soap and shampoo for base camp.
- Hydrating system.** For approach. This is not a substitute for the Nalgene bottles listed above.
- Hand sanitizer.**
- Pee bottle /Pee funnel (for women).** Extra secure lid!
- Personal food treats.** Favorite candy, jerky or other snacks.
- Personal energy supplies.** Energy bars, Gatorade, Citomax, Gu, etc.
- Toiletry bag.** Toothbrush, toothpaste, wipes, etc.

## Polish Direct Route Only (Add the next items)

- Climbing Harness.** With adjustable legs, look for something light. *Guide's picks: Black Diamond [Aspect](#), [Xenos](#), [Flight](#).*
- Climbing Tools:** A hybrid pair of tools not too classic and not too technical are the ideal set for this climb. *Guide's Picks: Black Diamond [Venom](#).*
- Climbing Helmet:** Large enough to accommodate a thick warm hat. *Guide's picks: Black Diamond [Vector](#), [Half Dome](#).*