***ADVANCED WILDERNESS LIFE SUPPORT COURSE (MEXICO) – GEAR LIST***

* Lightweight walking trousers x 1
* Shorts (lightweight / trekking)
* Socks and underwear (sufficient for 10 days – no laundry outside Mexico City)
* Base layer, wicking T shirts
* Lightweight / expedition weight, long sleeve jungle shirt (such as north face, crag hopper, Columbia, etc) for town and lower altitude scenarios
* Lightweight fleece/ warm top
* Long sleeved thermal base layer
* Waterproof Jacket / pants
* Warm jacket for summit day (may or may not be worn on climb, depends upon conditions)
* Sandals / flip-flops for evenings in lodge
* Casual clothing for dinner at the hotels in Mexico City and Tlachichula (Temp range from 10-25 degrees Celsius)
* Lightweight comfortable shoes (trail shoes, trainers, or summer walking shoes / boots) for approach hikes and classroom based activities
* Sun hat
* Sunglasses
* Watch
* 10 Meters of paracord / utility cord
* 1 Screwgate carabiner
* Head torch and spare batteries. Essential for the climb through the Labyrinth on summit day
* Compass / GPS unit (optional)
* Map of Orizaba (optional)
* Spanish phrase book (optional)
* Chargers for all electronic equipment
* Ear plugs
* Sleeping bag liner (optional)
* Pocket Knife / multi-tool
* Walking poles
* Ice Axe
* Climbing Harness
* B2/B3 winter mountaineering boots (broken in) – recommended
* C2/3 crampons (compatible and fitted to your boots)
* Crampon tool / repair kit
* Woolen hat and buff or balaclava
* Climbing helmet
* Thin contact gloves / liners
* Warm gloves / mitts for altitude treks / summit (ex. Black Diamond Mercury Mitts)
* Glacier glasses / ski goggles
* Water resistant sun screen
* Sleeping bag, suitable for cold weather 0 degrees F
* Thick foam sleeping mat / pad
* Lip salve / sun screen
* Hydration bladder for 2-3 liters of fluid (insulator)
* Nalgene water bottle (for summit to keep from freezing)
* Water purification system (tablets)
* Insect repellent (optional)
* Waterproof notebook and pen (optional)
* Selection of waterproof canoe bags – recommended for protection of important items
* Flask/thermal mug
* Knife, fork, spoon
* Plastic plate, bowl, cup
* Whistle and lanyard
* Camera and waterproof case / extra batteries
* Lightweight Trek towel
* Storage bag for extra luggage to be left behind during climb
* 60L Backpack
* Wash kit / toiletries
* Small personal first aid kit – to include any prescription meds and labelled

 Suggestions: Plasters / antibacterial wipes

 Elasticated bandage

 Antiseptic cream

 Anti-Histamine

 Anti-diarrheal

 Anti-emetic

 Analgesics: motrin / Tylenol

 High Altitude Medications: (travel clinic)

 Antibiotics – broad spectrum

* Backpacks, sleeping bags, roll mats, jackets, harnesses, ice axe, carabiners can be hired from the guide company for an extra fee

\*The course team / faculty will carry comprehensive first aid kit, along with emergency medications and primary care meds, stretchers and emergency satellite communications

**DOCMENTS:**

* Passports and color copy of passport
* Insurance documents (ex. Global Rescue)
* Vaccination Card – please fill out personal medical questionnaire (email with questions)