



## Aconcagua Equipment List

### Climbing Gear

- **Ice axe.** This must be a classic mountaineering axe (piolet) with simple leash. Avoid technical ice climbing tools. Look for a light one. *Guide's pick: Black Diamond Raven Ice Axe.*
- **Crampons.** With straps or combination heel bail-straps works the best. Avoid aluminum crampons. *Guide's picks: Black Diamond Sabretooth, Petzl Vasak.*
- **Trekking poles.** Adjustable.
- **Climbing Helmet.**
- **Light harness.** *Black Diamond couloir LT*

### 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 Crossleather, Five Ten Insight, La Sportiva FC.*
- **Sandals/Crocs:** For river crossings and base camp hot days.
- **Double boots.** First quality high altitude boots. Could be plastic, composite, or leather. Just be sure they're specially made for the colder temperatures. *Guide's pick: La Sportiva Olympus mons, Millet everest. La Sportiva G2.*
- **Gaiters** (boots with no gaiters) Expedition style. Insulated ones are optional; just don't get gaiters with neoprene soles. *Guide's pick: Black Diamond Apex.*
- **Liner socks (optional).** 2 pairs. Capilene or lightweight wool. They should fit well with your thicker socks.
- **Expedition weight socks.** 2 pairs. Wool or synthetic, with padded shins they feel great.
- **Running socks:** 2 pairs. These are ideal for the approach to base camp.
- **Down booties** (optional) Good option to wear inside the tent. *Guide's pick: Big Agnes Mountain Booties.*



## Lower body

- **Midweight underwear bottoms.** 1 pair. Synthetic or wool. *Guide's pick: Mammut All Year Pants, Patagonia Merino 2 Bottoms.*
- **Soft Shell pants.** Best choice as climbing, approaching and layering pant. *Guide's picks: Mammut Glacier Pants, Patagonia Alpine Guide Pants, Arcteryx Gamma AR Pants.*
- **Hard Shell Pants:** fully zipped. Look for lightweight. *Guide's picks: Mammut Convey Pants, Arcteryx Beta LT Pant.*
- **Trekking pants** (optional) Synthetic or cotton, for basecamp and approach. *Guide's picks: Mammut Cyclone, Patagonia Rock Guide, Arcteryx Rampart.*
- **Shorts (optional)** for approach and base camp.
- **Insulated synthetic pants (optional).** A great extra layer for summit day and hanging out at the camps. *Guide's picks: Patagonia Micro Puff Pants, Mountain Hardwear Compressor PL.*

## Upper body

- **Lightweight synthetic shirt.** 2 pairs. *Guide's picks: Mammut Zip All Year, Patagonia Capilene 2, Arcteryx RHO LT Zip.*
- **Expedition weight shirt.** *Guide's picks: Mammut Jasper Zip, Patagonia R1 Pullover.*
- **Soft shell hooded jacket.** It's ideal if it has a thin fleece interior so it works as a shell and also provides extra warmth. *Guide's picks: Arcteryx Gamma SV Hoody, Mountain Hardwear Mercurial, Marmot ROM Jacket, Mammut Ultimate Hoody.*
- **Light hardshell.** A light and easy to pack wind and weather shield, avoid thick Goretex. *Guide's picks: Mammut Wing*
- **Down parka with hood.** Expedition style. *Guide's picks: Marmot Greenland Baffled, Western Mountaineering Meltdown,*
- **Cotton t-shirts** (optional) A couple for base camp.
- **Synthetic Puffy pullover or jacket (optional):** this works great for extra warmth on summit day and for camps. *Guide's picks: Patagonia Nano Puff pullover, Montbell UL Thermarap.*



## Head

- **Sun hat or baseball cap.** Synthetic works better.
- **Warm hat.** Wool or fleece.
- **Balaclava.** Midweight. *Guide's picks: Patagonia R1, Mountain Hardwear Power Stretch.*
- **Neck Gaiter.** 100 or 200 fleece.
- **Buff:** This is strongly recommended for extra warmth and to cover our face and neck.

## Eye gear

- **Sunglasses** 1 pair. Go with glacier style ones, 100% UV, IR protection. Prescription glacier glasses are recommended if you use glasses.
- **Ski Goggles.** With maximum protection and low light transitions. They work great for windy days.

## Hands

- **Light synthetic gloves** (optional) Capilene or similar, as a first layer.
- **Fleece finger gloves.** 100 to 200 fleece, better with windbloc.
- **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: Black Diamond Guide, Marmot Randonee.*
- **Expedition mittens.** Wool, synthetic or down, big enough to use with your other gloves. *Guide's pick: Black Diamond Absolute Mitt.*
- **Hand & Toe Warmers.** 3 pairs of each.



## Personal equipment

- **Down or synthetic sleeping bag.** Should be at least -15° F. Good fit is really important for heating retention. *Guide's picks: Marmut Ajungilak Sphere Winter, Marmot Col MemBrain, Montbell UL Super Spiral, 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.**  $\frac{3}{4}$  size should work, full length guarantees a better sleep. Light series are great combined with a foam pad. Include repair kit. *Guide's picks: Marmut Light Pump, Thermarest ProLite Plus.*
- **Backpack.** 4000 to 5000 cu inches. Simple design, good fit. *Guide's picks: Arcteryx Bora 80, Lowe Alpine TFX Cerro Torre.*
- **Daypack** (optional) For summit day and approach. As light as possible. *Guide's picks: Black Diamond Blitz 20, Marmut Lithium, Marmot Ultra Compressor.*
- **Compression Stuff Sacks** (optional) Makes packing easy and keep gear organized.
- **Headlamp and spare batteries.** LED small headlamps work well. *Guide's picks: Black Diamond Spot, Marmut Lucido TR1, Petzl Tikka Plus.*
- **2 water bottles.** Wide mouth 1-liter Nalgene style.
- **1 thermos.** 1 liter.
- **Sunscreen and lip protection.** At least 30 SPF for both.
- **Small first aid kit.** Include ear plugs, tape, blisters kit (lots of moleskin), several Ibuprophen, acetaminophen or and/or tablets, personal medications.
- **Pocket knife.** Light and simple, Swiss style.
- **Insulated cup, plastic bowl and spoon.** Cup insulated and with lid. Lexan Spoon and bowl are light and durable.



## Optional items

- **Book, Kindle, notebook, pencil.** Waterproof Rite'n the rain notebooks suggested. Avoid ink pen.
- **Battery bank/solar charger.**For high camps
- **Shower items.** Light towel, soap and shampoo for base camp.
- **Hydrating system** (camelback). For approach. This doesn't substitute the 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.

## 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.