

Orizaba: Mountain Medicine 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

DOCUMENTS:

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