

# ACONCAGUA EQUIPMENT LIST



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## EQUIPMENT CHECKLIST

Experienced climber or not, it's easy to forget an important item in the rush to get ready for the next trip. Seasoned climbers have learned that using a checklist is the only sure way to avoid an oversight. The following list is a good foundation for formulating your own personal checklist. Add to or subtract from this list as you see fit; then get in the habit of checking your own list before each trip



*Andes Explora  
Travel & Adventure*

## HEAD WEAR

## DESCRIPTION

SUN HAT	One with a good visor to shade the nose and eyes. Consider a baseball cap
<a href="#">BALACLAVA</a>	Face mask or Balaclava (Something like super hero Balaclava).
WOOL or FLEECE HATS	One thicker or more windproof for camp. One Light weight wool or fleece hat.
GLACIER GLASSES	With side covers or wrap around.  100% UV, IR, high quality optical lenses designed for mountain use, must have side covers, leashes, and a nose guard is particularly helpful. No more than 8% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber). Regular sunglasses are not dark enough and do not provide any side protection from the sun.

## HAND WEAR

## DESCRIPTION

<a href="#">Lightweight Synthetic Liner Gloves</a>	2 Pair. To wear alone on very sunny days for hand protection or as a layering piece with your Shell mitts. <a href="#">1 pair polypro</a> line and <a href="#">1 pair polartec</a> .
<a href="#">Soft Shell Gloves</a>	1 Pair. This glove is usually worn alone and during times when the shell mitts would be too warm. A medium synthetic will do a better job of keeping hands warmer when wet than a lighter synthetic. This glove can have a light shell exterior
<a href="#">Expedition Mitts</a>	1 pair. Should be large enough to fit lightweight Synthetic Liner Glove
<a href="#">Hand &amp; Toe Warmers</a>	Bring 3 sets of each. Toe Warmers are different that hand warmers because they are formulated to work in a lower oxygen environment, like the inside of a boot, they also burn out more quickly.

PERSONAL EQUIPMENT

DESCRIPTION

<a href="#">Expedition Backpack</a>	1 Internal frame pack expandable to 6,000 cubic inches. Keep it simple and light, avoid unnecessary zippers, etc which add weight.
<a href="#">Trekking Pack</a>	1 Small pack approx. 2,500 cu. in for trek in.
<a href="#">Sleeping bag</a>	1 Down or synthetic sleeping bag (-25°C). Goose down preferred over synthetic for bulk & weight.
<a href="#">Self Inflating pad</a>	1 Full length therma rest. Include a valve stem and patch repair kit.
<a href="#">Closed-Cell foam pad</a>	One full length closed cell is recommended.
<a href="#">Headlamp</a>	Plus batteries.(Extra batteries).
Knife	Medium size. Keep it simple and light
Sunscreen and Lipscreen	Sunscreen older than 6 months loses half of its SPF rating; make sure that you have new sunscreen. Consider Sun protection Factor up to 40°. In a small tubes.
Water Bottles	2 bottle with minimum 1 Liter capacity per bottle
<a href="#">Hydration Reservoir (Camelbak)</a>	Optional for use on trek to basecamp. Not a substitute for water. Bottles above basecamp.
<a href="#">Water Purification tablets</a>	1 tablet for 1 liter. 50 tablets are recommended.
<a href="#">Pee Bottle (1 Liter).</a>	Mark bottle clearly,
<a href="#">Pee Funnel (for women).</a>	It is a good idea to practice, see the video.
<a href="#">Toiletry Bag</a>	Basics: Toothpaste, Toothbrush, Baby Wipes, Hand Sanitizer. Toilet paper is provided by our base camp.
<a href="#">Trash Compactor bags</a>	To line stuff sacks to keep gear dry & one large enough to line pack.
Thermo bottle	1 Litre capacity for hot water, tea, coffee to take in base camp & use for summit days.
Small towel	Use a small towel for base camp.

## FOOT WEAR

## DESCRIPTION

Trekking shoes	For day hikes and trek to Base Camp, The trail to Base Camp is rocky and rough
Sport Sandals	For river crossings and to take arrest on base camp.
<a href="#"><u>Double plastic climbing boots</u></a>	Good quality plastic shells with inner boots
Gaiters	Expedition gaiters with cordura on the inside, to keep the snow, sand, small rocks, away from the inside of your boots.
Wool or Synthetic Socks	3 pairs. Use two pairs for rotational hiking use and one that you keep completely dry for base camp. Socks with padded shins are especially nice with plastic boots
Liner Socks	3 pairs, of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.

## TECHNICALL CLOTHING

## DESCRIPTION

<a href="#"><u>Lightweight Long Underwear</u></a>	2 pair tops & bottoms, Capilene, other synthetic or wool. No Cotton. One set of white for intense sunny days and one <a href="#"><u>pair of dark for faster drying gives the most versatility.</u></a>
<a href="#"><u>Heavyweight Long Underwear Top</u></a>	For added comfort and warmth.
<a href="#"><u>Soft Shell Pants &amp; Jacket</u></a>	Soft shells bring durability, water and wind resistance, mobility (stretch) and light insulation together in one jacket/pant.
<a href="#"><u>Hard Shell Jacket &amp; Pants</u></a>	Can be Gore-Tex or another type of 3 layer laminate
<a href="#"><u>Expedition Down Parka</u></a>	Must be fully baffled, have insulated hood, and go below the waist
<a href="#"><u>Insulated Synthetic Pants</u></a>	Full separating side zippers (This is very important for ventilation. Full side zips also allow pants to be taken off without having to remove boots).

## TECHNICALL GEAR

## DESCRIPTION

Ice Axe with Leash	Sizing is important: under 5'7" use a 60cm tool; 5'7" - 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long). No technical leashes designed for technical ice climbing
Crampons	Your crampons should be steel, not aluminum for strength and durability.
Ski/Trekking Poles	Adjustable 3 section, Shock absorbers are not recommended.

## TRAVELLING

## DESCRIPTION

Large duffel bag w/ lock	Heavy Cordura for transporting all gear.
Smaller Duffel w/ travel lock	To store excess gear in hotel.
Travel clothes	In Central Andes, Santiago & Mendoza: It is hot, so shorts and T-shirts, etc. work well. Trek: Very lightweight trekking pants and long sleeve shirts to protect from sun & dust while staying cool.
Camera/film	Optional.
Ziploc bags	Use to waterproof small items (ie, notebook, map, camera, etc.).
Medication	If needed.
Eye glasses & contact solution	If needed.
Small Personal First-Aid Kit	Ear plugs, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids.
Optional	Journal, pen, book

This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our Current Suggested Brand List we encourage you to shop around, do research, and use your experience and the listed features to find the best gear for you. If you have questions please give us a call to [+0056 2 7107637](tel:+005627107637) (24 hours a day, 7 days a week). If we are out in the field, please feel free to leave us a message, we will contact you soon as possible. Also consider an online date and talk online by [msn](mailto:msn) or [Skype](https://www.skype.com). Email us [aexplorar@live.cl](mailto:aexplorar@live.cl)