



## Peru Mountaineering Expedition Equipment List

### **EQUIPMENT**

Mountaineering Boots – highly insulated leather or plastic double boots  
Crampons -12 point or 10 point mountaineering crampons  
Ice axe  
Harness  
Helmet  
Sleeping bag - rated to 0 degrees (down preferred for saving weight)  
Sleeping pad - full length  
Internal frame pack 4,000-5,000 cubic inch volume (65-80 liters)  
Ski poles or collapsible trekking poles  
Summit pack

### **OUTER SHELL LAYER**

Parka – Gore-Tex or equivalent  
Pants or bibs – Gore-Tex or equivalent Note: Side zippers are a nice feature  
Gore-Tex gloves with windproof shells or equivalent  
Gaiters

### **INSULATING LAYERS**

2 Short sleeve synthetic t-shirts  
2 Cotton t-shirts  
Long sleeve synthetic top  
Synthetic thermal bottoms  
Pile, fleece or down jacket  
Synthetic pants – Note: Schoeller material works great or the Patagonia Guide Pant  
2-3 pairs synthetic socks - No cotton  
2-3 pairs light Liner Socks  
Light weight liner gloves  
Wool or fleece hat

### **OTHER IMPORTANT ITEMS**

Nylon stuff sacks for gear organization (only a couple are needed)  
3-one liter wide-mouth water containers  
Swiss Army-Type Knife or small pocket knife  
Sunglasses – dark wrap style or glacier glasses  
Cup and spoon  
Small plastic bowl (lightweight)  
Sun block (Rated 25)  
Chapstick  
Long-sleeved light colored t-shirt and bandana (for the hot approach)

Sunhat  
Headlamp (2 sets of batteries)  
Toothbrush and toothpaste  
Small first aid kit with personal medications

Foam ear plugs-- helps provide a good nights sleep by minimizing tent & tent mate noise  
Toilet paper  
Sports drink water additive such as Gatorade, Cytomax, etc.

**Snacks for between meals – Can be purchased in Peru**

Camera  
Ski Goggles  
Balaclava (face mask, nice if it's storming)  
Heavy Duty Trash Bags 2 (trash compactor bags work well)  
Iodine Tablets  
Hand Sanitizer  
Meds - including: Imodium, Anti-inflammatory, Antacid, Consider a prescription for Diamox to aid in acclimatization if necessary.  
Book  
Blister Kit

### **CLIMBING GEAR**

3 - locking carabiners  
2 - 6 mm Perlon accessory cord cut in 60 inch lengths for prussiks  
2 - 24 inch nylon sewn runner  
1 - 48 inch nylon sewn runner

### **TRAVEL GEAR**

City Clothes  
Comfortable shoes for travel and light hiking  
Toiletry Kit  
Spanish Translation Book  
Large Duffels with Padlocks

### **A few words on packing light:**

We all want to do it, but really don't want to leave behind the essential items. So, the answer is to purchase lighter weight gear. The main items to pay attention to are the backpack and the sleeping bag. Shoot for 3.5-4.5 lbs. for the pack. Thinner hip pads, thinner fabric and less buckles all shave weight. The sleeping bag should be down and weigh about 2.5-3.5lbs. The lightest sleeping pads are the foam models. Thermarest also makes a light weight line of air mattresses called the prolite series. Best of luck with your packing and give us a call if you have any questions! 1-877-686-2546