



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