



Aconcagua Expedition Equipment List

EQUIPMENT

Mountaineering Boots – Fully insulated double boots, either plastic or synthetic leather/plastic combo with high altitude liners
Sleeping bag - rated to -15 deg F minimum (down preferred for saving weight)
Sleeping pad - full length
Internal frame pack 5,000 cubic inch volume (80-90 liters)
Harness
Climbing helmet
Ice Axe
Crampons
Collapsible trekking poles

OUTER SHELL LAYERS

Parka – Gore-Tex or equivalent
Pants or bibs – Gore-Tex or equivalent Note: Side zippers are a must
Heavy-weight Gore-Tex (or equivalent) gloves or mitts – expedition weight

INSULATING LAYERS

Heavy down jacket with hood
2 Short sleeve synthetic t-shirts
2 midweight long sleeve synthetic top layer underwear
1 lightweight long sleeve top layer underwear
Soft shell top layer or windshirt (not waterporoof, just wind resistant)
Synthetic heavy weight or expedition weight long underwear bottom
Syntjetic lightweight long underwear bottom
Regular underwear – cotton or synthetic
Midweight fleece layer – pullover or jacket style
Synthetic soft shell climbing pants – Note: Schoeller material works great
3 pairs synthetic socks - heavyweight
3 pairs light Liner Socks
Light weight liner gloves
Mid-weight gloves (does not have to be waterproof)
Wool or fleece hat
Balaclava or Buff (face mask)

OTHER IMPORTANT ITEMS

Approach Shoes – Lightweight mid top or low top hiking shoes
Sport sandals or water shoes (for river crossings)
1 Cotton t-shirt (for basecamp)
Nylon stuff sacks for gear organization (only a couple are needed)
2 one-liter wide-mouth water containers (can not substitute a hydration bag)
Swiss Army-Type Knife or small pocket knife
Sunglasses – Glacier glasses with side shields

Insulated mug
spoon
Plastic bowl (lightweight)
Sun block (Rated 30 spf or higher)
Lip block
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
Sports drink water additive such as Gatorade, Cytomax, etc.
Snacks for between meals – Can be bought in Mendoza
Camera – pocket size
Ski Goggles
4 Heavy Duty Trash Bags - trash compactor bags
Hand Sanitizer
Meds - including: Imodium, Anti-inflammatory, Antacid, Consider a prescription for Diamox to aid in acclimatization if necessary.
Book
MP3/ipod music player (optional)
Blister Kit
Pee funnel (for women) – It is not always possible during the climb to fully drop pants
Pee Bottle – a collapsable wide mouth nalgene “canteen” bottle soley to hold urine

TRAVEL GEAR

City Clothes
Comfortable shoes for travel and light hiking
Toiletry Kit
Large Duffels 2 with TSA Padlocks

A few words on packing light:

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