



**NORTH RIDGE
MOUNTAIN GUIDES**
GUIDED MOUNTAIN ADVENTURES

PERU EXPEDITION GEAR CHECKLIST

July 10-24, 2018

THIS IS OUR REQUIRED GEAR LIST FOR OUR PERU EXPEDITION. ALL TECHNICAL GEAR IS PROVIDED, PLEASE BE SURE TO FIT BOOTS AND GET PROVIDED TECHNICAL GEAR PRIOR TO YOUR DEPARTURE IF YOU WILL BE USING OURS.

PROVIDED TECHNICAL GEAR*

*This gear is available to be used for our trip. Feel free to bring your own. If you are planning on using ours, you must let us know ahead of time so we can make sure we have it, and can put it aside for you

- Ice Axe— A mountaineering ice axe that is a few inches from the ground when in your hand
- 2 Ice tools- for technical sections

- Belay device
- 2 slings- 120cm and 40cm
- 2 prusiks
- Harness— A comfortable climbing harness with a few loops for gear
- 4 Locking carabiners— For tying into ropes
- Helmet— A UIAA Certified climbing helmet that is comfortable and fitted
- Crampons— A pair of 10 or 12 point crampons
- Mountaineering Boots— A pair of double mountaineering boots with toe and heel welts

NRMG WILL PROVIDE ALL NECESSARY GROUP GEAR. THIS INCLUDES ROPES, ICE SCREWS, PICKETS, MED KIT, AND CLIMBING HARDWARE.

REQUIRED PERSONAL GEAR

HEAD

- Hat— A warm hat that covers your ears
- Balaclava— a full face neoprene balaclava for windy weather
- Buff— A lightweight buff for neck and face protection
- Cap— A baseball style cap
- Goggles— A pair of goggles with good ventilation
- Glacier Glasses— A pair of glacier glasses with side shields
- Headlamp— A headlamp with fully charged batteries and extra batteries

HANDS

- ❑ Liner Gloves: A lightweight pair of fleece liner gloves
- ❑ Mid Weight Gloves: A pair of insulated waterproof gloves
- ❑ Heavy Gloves or Mittens— A thick pair of gloves or mittens

UPPER BODY

- ❑ 2 Lightweight baselayers— 2 thin poly blend or wool baselayers
- ❑ Softshell Jacket— A thin to medium weight softshell jacket
- ❑ Thin Insulating Jacket— A thin down or synthetic jacket
- ❑ Hard Shell— A water and windproof jacket with hood
- ❑ Thick Insulating Parka— A thick, puffy down or synthetic blend parka

LOWER BODY

- ❑ Wicking Underwear— A pair of non—cotton underwear or boxer—briefs
- ❑ Lightweight Baselayer— Merino wool or synthetic long underwear
- ❑ Soft Shell Pants— A pair of wind and water resistant softshell pants
- ❑ Hard Shell Pants— A pair of wind and waterproof hard shell pants or bibs
- ❑ Hiking Shorts— A pair of lightweight hiking shorts. Pants with bottoms that zip off into shorts are best

FEET

- ❑ Mountaineering Boots— A pair of insulated double mountaineering boots (provided if needed)
- ❑ Hiking Boots— A pair of sturdy hiking boots for approaches
- ❑ Hiking shoes— A pair of lightweight hiking shoes for exploring the city and surrounding areas
- ❑ 2 pairs of socks— Thick wool socks, liner socks are optional but do help with blisters
- ❑ Gaiters— Knee high gaiters to protect from snow and crampon points

BAGS AND PACKS

- ❑ 2 Duffel Bags— 120—150 liter duffel bags with sturdy zippers and handles for travel (one if it fits all your gear, check airline baggage requirements!)
- ❑ Backpack— A 70+ liter backpack with waist and sternum straps
- ❑ Backpack- A 30-40 liter pack for summit climbs
- ❑ Daypack— a small daypack for exploring the city
- ❑ Compression sack— For compressing your sleeping bag to a packable size
- ❑ Sleeping Bag— A minimum of a 20f sleeping bag
- ❑ Sleeping pad- an inflatable sleeping pad

TRAVEL CLOTHES

- ❑ 2 Casual Pants for nights on the town

- 4 Casual Shirts for dinners and travel
- Bathing Suit
- 4 Clean Pairs of Socks
- 4 Clean Underwear— Cotton is fine here

TOILETRIES

- Toothbrush
- Toothpaste
- Toilet Paper— Bring a small amount with you as toilet paper isn't stocked in all restrooms
- Baby Wipes
- Small Hand Sanitizer

TRAVEL DOCUMENTS

- Valid Passport— A valid passport that expires at least 6 months from your trip end date
- 2 Copies of Passport— 2 copies of the first 2 pages of your passport
- Flight Itinerary— A copy of your flight itinerary
- 2 Extra Passport Photos

MISCELLANEOUS

- Sunscreen— SPF 30 or higher
- Lip Balm— with SPF protection

- 2 Liter Bottles— 2 one liter Nalgene bottles with a Wide mouth
- Trash Bags— Large trash bags for lining your pack
- Stuff Sacks— various sized stuff sacks to organize your gear
- Luggage Locks— TSA approved luggage locks
- Personal First Aid Kit— A first aid kit with various medications and bandages
- Duct Tape— A small roll or a few spins of duct tape around your water bottles
- Mess Kit— A bowl, spoon/fork, mug, and pocket knife
- Iodine or Chlorine Water Treatment— For treating the water in Peru before drinking
- Hiking poles (optional, but nice)

PRE— TRIP CHECKS

- Purchase Travel Insurance
- Purchase Rescue Insurance
- Purchase Flights
- Get Fitted for any rental gear you will be using
- Go through this entire checklist and check items as you pack
- Be in big mountain shape!

If you have any questions if what you have will work, feel free to call us at (978) 944-2885 or email us at jamie@northridgemountainguides.com. See you in Peru!

