

Gear List – Aconcagua

Essentials Items:

Solid Hiking Boots- Boots should have high ankle support with a solid Vibram®, or equivalent, sole. Gore Tex®, or other waterproofing, is recommended to have for wet days as well as added insulation. Be sure to break your boots in at least **4 WEEKS** prior to departure. Additionally, bring a spare set of laces.



Down Parka – An 800 fill down 800-fill-power down and a polyester shell fabric that’s extremely tough and durable, lightweight, windproof, down proof and water-repellent. Your jacket will be worn at the higher camps and on summit day.



Day Pack - The most important things to look for if you need to purchase one is size (35-45L is good), hydration pack compatibility, hip and chest straps, frameless, good padding on shoulder straps, and water bottle holders.



Water/Wind proof Jacket - Your water/windproof jacket is your outer water repellent layer. Gore Tex, seam-sealed is recommended as well as a hood for added warmth.



Water/Wind proof Expedition Pants – Your pants will be worn on summit day as well as on colder acclimating climbs. These pants are essential for warmth and should be Gore Tex lined and have lower leg zips.



Water/Wind proof Mittens or Gloves - These are used for extreme temperatures and primarily worn on summit day. Be sure your gloves or mittens have a wrist cords as well as a reinforced palms to maintain grip during wet conditions. A removable liner is essential for drying, washing, and replacing.



2 large duffel bags – One we will leave at the hotel in Mendoza to store non-essential gear when on the mountain (such as clean clothes for changing when off the mountain and for onward travel) and the other for carriage by the mules when on the mountain.



Goggles – We will wear our goggles on our summit day for extra protection in the wind and cold. The goggles should have an adjustable head strap, polarized lenses, and fog resistant.



Sleeping Mat - Thermarest® is a great product for inflatable sleeping mats and provides puncture resistant material. Ideally, a sleeping mat that inflates to 2 inches thick and at least 3/4 length will provide the most comfort.



Sleeping Bags - Down bags are recommended primarily for their comfort and the ability to compress down to a significantly smaller size. Your sleeping bag must be a -30° or warmer.



Foam Pad – The standard blue foam regular sleeping pad is great for high camps and adds additional warmth as well as provides a spare in the event of a puncture.



Plastic Expedition Boots – A double layer boot with crampon compatibility is essential for the high camps on Aconcagua. The boots should be 8000 meter boots with insulation for extreme temperatures.



Crampons – The crampons that we will be using are only in the event we have heavy snow fall the days preceding our summit bid. The crampons will be carried up by your porters and will attach to your plastic expedition boots when required. We will have a review of this at base camp and practice putting them on and off.



Ice Axe (Piolet) with Leash – If there is heavy snowfall in the Canaleta, or through the final stages of our climb, we will outfit the group with axes. We will run through self-arresting prior to our ascent outside of base camp and make sure everyone understands how to use the axes safely and effectively.



Things to Keep in Mind about the Essentials

Look for items that will add less volume to your overall pack. We will be using mules to carry our equipment however they are limited in the amount each can carry. Heavy synthetic materials will be very limiting and could cause issues when packing up for the hike.

Clothing & Layering:

2 pair synthetic warm weather trekking socks - These socks are for trekking in the warmest part of the day since they are made of a Coolmax® fabric. What is Coolmax®? - CoolMax® wicks moisture, dries quickly and breathes well, keeping your feet dry and preventing blisters.



4 pairs heavier synthetic or wool blend socks - Your wool socks are ideal for climbing to the high camps and at night above PDM. Merino wool is very comfortable and dries quickly with fewer odors than synthetic blends.



2 pair sock liner – The sock liners are worn when climbing to high camps underneath your wool socks and heavier mountaineering socks. These help reduce blisters and keep your feet dry. The socks should be thin and moisture wicking.



2 pairs long underwear top - This will be your base layer for colder mornings, evenings, and days where the temperature drops considerably. The material is lightweight, tight fitting, moisture wicking, and comfortable.



2 pairs long underwear bottom - This will be your bottom base layer for colder mornings, evenings, and days when the temperature drops considerably. The material is lightweight, tight fitting, moisture wicking, and comfortable.



Warm pants - These pants will be worn on your summit day as well as around camp on cooler nights. Common fabrics include; lightweight fleece, wool, Polypropylene and Wind Pro material.



Mid layer wool or capilene top – A heavier base layer made of wool or capilene material to be worn at high camps for extreme cold conditions. A Patagonia Wool 3 or 4 or capilene 3 or 4 are recommended.



Fleece top - This Polartec® 200 weight top will provide added warmth during the evenings as well as on cold morning starts. Please look for fleece material and stay away from cotton sweatshirts. Ideally, this item is worn over the thermal base layer and underneath your water/wind proof jacket.



2 pairs Shorts/Pants for Hiking- These convertible shorts/pants will be what we hike in everyday. They should be of a lightweight, quick drying nylon material. Some come with UPF protection and mosquito protection.



2 pairs long or short sleeve shirts for the trail - Your trekking shirt is what we should wear early in the climb in warmer climates. The shirt is moisture wicking, light weight, and designed for multi-day hikes.



Warm hat/Beanie - This fleece or wool hat is ideal for evenings and will be valuable in the event of cold weather and temperatures on the summit. The hat should be tight fitting with minimal loose ends.



Lightweight gloves - Fleece gloves are essential. Look for gloves that are Polartec® 200 weight with a leather reinforced palm. For more protection wind proofing is available and will add an extra layer of warmth.



Balaclava – The balaclava provides added warmth on summit day and colder evening. The balaclava should be of synthetic or wool material, light weight, and close fitting.



Sun hat – Your sun hat should be worn at the lower camps and should provide ample coverage for the face. A full brimmed hat is good for added shade and increased sun protection. Additionally, a neck scarf should also be considered to protect the back of the neck”.



Waterproof breathable gaiters – Your gaiters should be lightweight and durable. Look for Gore Tex lined with the ability to fit over your boots. Velcro or adjustable sides for easy access is recommended.



Buff – The air on Aconcagua is very dry and the region is extremely dusty. The buff will help prevent coughing and adds protection during dusty parts of the trail.



Things to Keep In Mind for Clothing

Less is more!!! It is important to bring the essential gear discussed above, but it is more important to refrain from bringing items that are not recommended. Items to stay away from are cotton socks, jeans, multiple pairs of shoes, and heavy sweatshirts. Look for items that are moisture wicking and quick drying fabrics as opposed to cotton fabrics.

Additional Items:

Sunglasses – Your sunglasses should have 100% UV protection and should reduce glare as well as visible light. The frames should be lightweight with a wrap-around design for enhanced grip and staying power. Additionally, side shields are recommended to block peripheral light.



Head lamp- Petzl® and Black Diamond® make several models of small and efficient head lamps. Look for ones that have multiple lighting levels, LED bulbs and uses AAA batteries.



* Please bring at least 3 sets of spare batteries to ensure ample lighting on your summit attempt.

Trekking Poles - Collapsible poles are great for steep downhill terrain and assistance up hill. If you have knee problems they reduce the impact on your joints by 20-30%. A nice soft foam grip will help prevent blisters and the ones with an aluminum shaft are durable and light weight.



Camp shoes (Teva, Crocs, Sandals) - These are great for around camp after a long day on the trail. These can also be used for creek crossings that may be higher than the boot. Flip flops work well in warmer climates but are not as effective during cold nights.



Hydrator - Hydrators are ideal when hiking for several hours because they enable you to drink slowly and frequently. 2-3 liters is a good size and should fit easily into your pack. All Camelbaks® come with a bite valve, or on/off switch, as well as a large access port for filling. You must bring a **NEOPRENE SLEEVE** for the hose to prevent freezing.



Sun Screen - 30 SPF or higher is recommended as well as water proof and sweat proof. 8 ounces will be plenty and we typically carry one with 45+ SPF for our faces and a 30 SPF for other exposed areas. Banana Boat, REI, Kinesis and All Terrain are good options.



2 wide mouth water bottle - A 1 liter water bottle is essential for hydrating at lunch, around the camp, and refilling throughout the day. Stay away from glass and heavy metals and look for lexan® for durability.



* For males a third water bottle should be considered for use as a potty at night and must be labeled accordingly.

* For females the Go-Girl is a popular item used at high camps on colder evenings.

Pillow– A Thermarest® pillow that compresses down or folds into itself is ideal. A good benchmark for size and weight are 18 X 14 inches and 9 ounces total.



2-3 Dry Bags or Stuff Sacks – A few 20 liter + dry bags or stuff sacks is great for ensuring your personal items are safe in case of rain. Cameras, wallets, money, and any other valuables can be kept dry at all times. We will be able to separate our gear for the porters with these bags before proceeding up to the high camps.



Pack Cover - The pack cover is an additional item we recommend everyone carry in case we encounter heavy rains. The pack cover should have a drawstring cord and elastic edges to fit firmly over your bag. A 40 liter cover will work well on any day pack.



Camp Towel - the camp towel should be of a polyester nylon blend that dries quickly and compacts tightly in your pack. The large (50 X 27 inches) is a good size and can be used to wash up at the end of the day. Stay away from house or beach towels.



Optional Items:

- Camera
- Paperback book
- Journal with pen or pencil
- Person First Aid Kit (band aids, mole skin or second skin, Ibuprofen, Aspirin)
- Hand sanitizer
- Sani-wipes
- Hand & feet warmers (2X) –Air activated 12 hour + are best
- Bandanna
- Cell phone (with solar charger e.g. solar monkey charger) since you tri and quad band phones work on Kilimanjaro
- Chocolate
- Snack – Clif Bars, Pro Bars, Mojo Bars etc. (1 per day)
- Clif Shots – Great for energy on summit day
- A supply or rehydrate sachets
- 2 extra garbage bags for waterproofing and separating dirty laundry
- Ear plugs
- Ipod or MP3 player
- Pocket knife
- Water-flavoring to mask the iodine taste in the purified water

Layering Information: In general, there are four types of layers:

Base Layer: The task of the base layer is to maintain a dry and comfortable microclimate next to your skin. The base layer will therefore absorb all the moisture from your skin and then spread it out over the surface of the base layer where it will be evaporated via the other clothing layers. Typical base layer fabrics are: CoolMax®, Polartec® PowerDry®, Wool, Patagonia®Capilene®.

Insulation Layer(s): This layer provides more warmth if the base layer and the shell layer do not provide enough insulation on their own. It traps small pockets of air in the fabric the insulation layer is made of which slows down the loss of heat. Typical insulation fabrics are: Polartec® Classics®, Berber pile, and Windstopper®.

Shell Layer: The shell layer provides protection from wind, rain, sleet, and snow, without allowing the build-up of condensation inside the clothing system. It protects while allowing moisture vapor to pass through. Shell fabrics are Gore-Tex, Hyvent, Aqua-Dry, and Dri-Lite.

'Super' Insulation Layer: It is enough for most people to have the first three layers. However, in extremely cold conditions, you will need to add a large amount of insulation as a fourth layer. Down and Polarguard can both be used for this layer. This layer is either worn as a shell layer or underneath the shell layer for added warmth on summit bids or high camps.

Dressing on Aconcagua

For the walk to base camp wear a pair of light-weight synthetic underwear, a pair of liner and light-hiker socks, comfortable trekking boots, lightweight convertible pants or shorts, a lightweight polypropylene shirt (long-sleeves work well in the sun), a good sun hat that also keeps the sun off your neck and a pair of 100% UV proof sunglasses. We will also carry a fleece, warm hat and waterproof jacket in the event of weather.

In base camp and moving between Camp 1 and Camp 2 lightweight underwear, pair of liner and mid-weight socks, light or mid-weight long underwear top and bottom, soft shell jacket and pant, a hat and sunglasses. We will be wearing our plastic boots from Camp Canada and higher and will need a pair of heavy socks and out down jacket on the approach to camp 3.

Summit day light-weight underwear, pair of liner and heavy-weight socks, a combination of light weight and mid-weight long underwear top and bottom, with or without a fleece jacket and pants (depending on personal comfort and experience), Gore-Tex jacket and pants, down jacket (if required), toque or balaclava and sunglasses or goggles.

Gear Checklist

Essentials

- Solid Hiking Boots
- Down Jacket
- Day Pack
- Water/Windproof Jacket
- Water/Windproof Expedition Pants
- Water/Windproof Mittens or Gloves
- Large Duffel for hotel
- Large Duffel for porters
- Goggles
- Trekking Poles
- Sleeping Mat
- Sleeping Bag (-30)
- Foam Pad
- Plastic Boots
- Crampons
- Ice Axe

Clothing & Layering

- 2 Pair Synthetic Warm Weather Trekking Socks
- 4 Pair Heavier Synthetic or Wool Blend Socks
- 2 Pair Sock Liners
- 2 Pair Long Underwear Top
- 2 Pairs Long Underwear Bottom
- Warm Pants
- Mid Layer Top
- Fleece Top
- 2 Pairs Shorts / Pants for Trekking
- 2 Pairs Long Sleeve or Short Sleeve Shirts
- Warm Hat
- Lightweight Gloves
- Balaclava
- Sun Hat
- Waterproof Breathable Gaiters
- Buff

Additional Items

- Sunglasses
- Headlamp (3x batteries)
- Trekking Poles
- Camp Shoes
- Hydrator (Neoprene Sleeve)
- Sun Screen
- 2 Wide Mouth Water Bottles
- Pillow
- Dry Bag (20L +)
- Pack Cover
- Camp Towel

Optional Items

- Camera (With extra batteries)
- Paperback book
- Journal & Pen
- Personal First aid
- Hand Sanitizer
- Sani-Wipes
- Hand & Feet Warmers (2X each)
- Bandana
- Cell Phone
- Chocolate
- Energy Bars
- Rehydrate Sachets
- 2 Extra Garbage Bags
- Ear Plugs & Ipod
- Pocketknife
- Water Flavoring (Cytomax)