

# Aconcagua Expedition

## Equipment List

### Climbing Equipment

**Ice Axe w/Leash.** General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"- 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long). Please no rubberized grips on the shaft of the ice axe. Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for technical ice climbing—they are too short, heavy, and not versatile.

**Crampons.** With flat rather than “cookie cutter” frame rails. Your crampons should be steel, not aluminum for strength and durability. A combination heel bail/toe strap is a better system than a heel and toe bail system.

**Adjustable 3 section Ski/Trekking Poles.** Shock absorbers are not recommended.

### Footwear

**Light hiking boots or trekking shoes.** For day hikes and trek to Base Camp. The trail to Base Camp is rocky and rough. Light weight, high comfort, plenty of room in the toe bed, and good support should be stressed here.

**Sport Sandals/Water Shoes.** For river crossings.

**Double plastic climbing boots w/ altitude liners.** Good quality plastic shells with inner boots. Avoid tight fit with heavy socks.

**Booties.** Recommended synthetic or down booties. **(Optional)**

**Gaiters.** Expedition gaiters with cordura on the inside.

**Wool or Synthetic Socks. 3 pair** heavyweight socks to be worn over the liner socks. When layering socks, check fit over feet and inside boots.

**Liner Socks. 3 pair** of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.

### Technical Clothing

**Lightweight Long Underwear. 2 pair** tops & bottoms, Capilene, other synthetic or wool. No Cotton. Lightweight is preferable as it is more versatile (worn single in warmer conditions and double layer for colder). Zip-T-neck tops allow more ventilation options. One set of white for intense sunny days and one pair of dark for faster drying gives the most versatility.

**Heavyweight Long Underwear Top.** For added comfort and warmth.

**Soft Shell Jacket.** A full-zip version is easier to put on and has better ventilation than a pullover.

**Soft Shell Pants.** These non-insulated pants can be worn everyday during the climb as they are more versatile than fleece.

**Hard Shell Jacket w/ hood;** We recommend a waterproof breathable shell material with full front zipper, uderarm zips, and no insulation. This outer layer protects against wind and rain.

**Hard Shell Pants.** Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants, no short lower leg zippers allowed.

**Expedition Down Parka.** Expedition Weight, must be fully baffled, have insulated hood, and go below the waist.

**Insulated Synthetic Pants.** Full separating side zippers (This is very important for ventilation. Full side zips also allow pants to be taken off without having to remove boots).

### Handwear

**Lightweight Synthetic Liner Gloves. 1 Pair.** To wear alone on very sunny days for hand protection or as a layering piece with your Shell mitts.

**Soft Shell Gloves. 1 Pair.** This glove is usually worn alone and during times when the shell mitts would be too warm.

**Expedition Mitts. 1 pair.** Should be large enough to fit lightweight Synthetic Liner Glove.

**Hand & Toe Warmers.** Bring 3 sets of each. Toe Warmers are different than hand warmers because they are formulated to work in a lower oxygen environment, like the inside of a boot, they also burn out more quickly.

### Headwear

**Baseball Cap or other Sun Hat.** One with a good visor to shade the nose and eyes. Synthetic (quick dry).

**Wool or synthetic ski hat.**

**Balaclava (1).** Lightweight model.

**Neck Gaiter.** For added neck & head warmth at the higher camps.

**Glacier glasses (w/ side covers or wrap around).** 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers, leashes, and a nose guard is particularly helpful. No more than 8% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber). Regular sunglasses are not dark enough and do not provide any side protection from the sun.

**Bandana or Buff.** To shade the neck.

**Ski Goggles, 1 pair. Dark 100% UV & IR. (Optional)**

*Over Please*

## Personal Equipment

- Expedition Backpack.** Internal frame pack expandable to 6,000 cubic inches. Keep it simple and light, avoid unnecessary zippers, etc which add weight.
- Trekking Pack. (Optional but recommended).** Small pack approx. 2,500cu. in for trek in.
- Sleeping bag.** Rated to at least -10<sup>o</sup> F. If you sleep cold, consider a -20<sup>o</sup> F bag. Goose down preferred over synthetic for bulk & weight. If well-cared-for a down bag will last much longer than a synthetic bag. Your bag needs to be long enough that your feet are not pressing out the foot box which will make you colder. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.
- Compression Stuff Sacks.** Work very well for reducing volume of sleeping bags and bulky down clothing.
- Self Inflating pad.** One 3/4 or full length pad. If you are over 6' a long is recommended. Include a valve stem and patch repair kit.
- Closed-Cell foam pad.** One full length closed cell is recommended.
- Headlamp.** (spare batteries). LED outperforms incandescent in bulb life, battery efficiency and weight.
- Knife.** Medium size. Keep it simple and light.
- Cooking Gear.** **Cup:** 16oz. plastic insulated mug with snap-on lid (retains heat well and is spill-resistant in the tent).  
**Spoon:** Good quality tough plastic (lexan).  
**Bowl:** Deep plastic with 2-3 cup capacity.
- Sunscreen.** SPF 40 or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating, make sure that you have new sunscreen.
- Lipscreen.** SPF 30, at least 2 sticks. Make sure your lipscreen is new.
- Water Bottles.** 2 to 3 Wide mouth bottles with minimum 1 Litre capacity per bottle.
- Water Bottle Parka. (Optional)**
- Hydration Reservoir.** Optional for use on trek to basecamp. Not a substitute for water bottles above basecamp.
- Water Treatment tablets. (2 bottles/ 100 total tablets).** Filters are too heavy and clog quickly with silt.
- Pee Bottle (1 Liter).** Large mouth. Make sure the bottle is clearly marked, "Pee Bottle."
- Pee Funnel (for women).** It is a good idea to practice, practice, practice.
- Toiletry Bag.** Nothing but the basics: Toothpaste, Toothbrush, Baby Wipes. Toilet paper is provided.
- Hand Sanitizer.** 4 oz. size should be sufficient. Alcohol based hand cleaners work well.
- Trash Compactor bags (4).** To line stuff sacks to keep gear dry & one large enough to line pack. Trash Compactor bags are made from a heavier plastic.

## Traveling

- Large duffel bag w/ lock.** Heavy Cordura for transporting all gear.
- Smaller Duffel w/ travel lock.** To store excess gear in hotel.
- Travel clothes.** In Mendoza: It is hot, so shorts and t-shirts etc. work well. Trek: Very lightweight trekking pants and long sleeve shirts to protect from sun & dust while staying cool.
- Camera Gear.** We recommend small instant or point and shoot cameras. Disposable cameras work great. For the best pictures bring slow speed film, 50-200. Digital cameras work well but require a greater degree of attention.

## First Aid

- Small Personal First-Aid Kit.** Ear plugs, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids.
- Drugs/Prescriptions/Medications.** Pepto Bismol. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets, or Excedrin, for altitude headaches, sprains, aches, etc. Acetaminophen (Tylenol) 325mg tablets for sensitive stomach.

## Aconcagua Climbing Lunch Food List (Climbers are required to bring the below items)

- Electrolyte Replacement Cold Drink Mix** (Emergency, Cytomax, Nuun). 20 days worth. Most mountain guides prefer to add 1 package to a 1 liter water bottle, so 20 packages.
- Energy Gel.** for summit day (GU, Powergel, Clifshot) : 6-8 Packets
- Energy Bars.** (Cliff bar, Power bar, Balance bar, Luna bar, etc.): 12 of your favorite energy bars
- Hard Candy.** 1/2 qt. bag of your favorite hard candies
- Candy Bars or Granola bars.** (Snickers, Twix, Milky Way, Hershey, Nature Valley, etc): 10 bars
- Crackers.** Peanut butter or cheese: 10 packages or Corn Nuts: 4 packets
- Crackers.** Wheat Thins or Triscuits

\* For those climbers who do not eat cheese, dried meat, fruit etc you will need to bring more of the above to supplement your lunch food.



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This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our Current Suggested Brand List we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you. If you have questions please give us a call (8:30am-4:00pm M-F PST). Or email [Climb@AlpineAscents.com](mailto:Climb@AlpineAscents.com).