

Aconcagua Polish Route

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 preferred as they add unnecessary weight.
- Climbing helmet.** Must be adjustable to fit with or without balaclava hat on.
- North Wall Hammer w/leash.** Short (40-55cm) tool.
- Alpine climbing harness.** Harness should fit over all clothing, have gear loops, adjustable leg loops and be reasonably comfortable to hang suspended in. Make sure you can get into the harness without having to step through any part of it.
- Locking carabiners.** 2 pear-shaped automatic locking.
- Standard carabiners.** 2 standard ovals.

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 (or fleece) Jacket.** A full-zip version is easier to put on and has better ventilation than a pullover.
- 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).
- Expedition Down Parka.** Expedition Weight, must be fully baffled, have insulated hood, and go below the waist.
- Down Pants.** (Optional) Potentially helpful for those climbers without avalanche liners in their boots.
- Hard Shell jacket w/ hood.** We recommend a waterproof, breathable shell material with full front zipper, underarm 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.

Headwear

- Baseball Cap or other Sun Hat.** One with a good visor to shade the nose and eyes. Synthetic (quick dry)
- Wool or fleece ski hat.**
- Balaclava.** 1 lightweight.
- 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

Handwear

- Synthetic/Soft Shell Gloves.** 2 pair. Should fit comfortably inside mitts. A heavier fleece will do a better job of keeping hands warmer when wet than lighter polypropylene or Capilene.
- Shell Mitts with insulated removable liners.** 1 pair. Should be big enough so that gloves fit inside pile liners.
- Hand warmers and 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.

Personal Equipment

- Expedition Backpack.** Internal frame pack expandable to 6,000 cubic inches. 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 -10⁰ F. If you sleep cold, consider a -20⁰ 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. Make sure to include a valve stem and patch repair kit.
- Closed-Cell foam pad.** One full length closed cell is recommended.
- Headlamp.** (spare bulbs & batteries). **No Halogen bulbs.**
- 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. Suggested: Tupperware 3 cup bowl
- 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. Suggested: Dermatone or AloeGator.
- Lipscreen.** SPF 30, at least 2 sticks. Make sure your lipscreen is new. Suggested: Blistex, Chapstick, Dermatone.
- Water Bottles.** 2 to 3 Wide mouth bottles with minimum 1 Litre capacity per bottle.
- Water Bottle holder. (Optional)**
- Hydration Reservoir.** Optional for use on trek to basecamp. Not a substitute for water bottles above basecamp.
- Water Purification tablets.** 2 bottles. 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. Other alcohol based hand cleaners also 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/ travel 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.** Small disposable or digital cameras recommended. For the best pictures bring slow speed film, 50-200.

First Aid

- Small Personal First-Aid Kit.** (Simple and Light) 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.

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.



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