

Volcanoes of Mexico

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). No rubberized grips—they are heavy and do not plunge well into the snow. Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for ice climbing—they are too short, heavy, and not versatile.
- Crampons.** With flat rather than “cookie cutter” frame rails. Avoid anti-balling plates which are heavy and are useful only in very specific snow conditions. A combination heel bail/toe strap is a better system than a heel and toe bail system.
- 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.
- Prussiks.** Bring your prussiks if you have attended a climbing course and know how to use them.
- Locking Carabiners.** 2 Pear or D-shaped locking. Screwgates are ok.
- Climbing helmet.** Must be adjustable to fit, with or without hat or balaclava on.
- Adjustable 3 Section Ski or Trekking poles.** Helpful for balance when carrying a heavy pack or if you have knee problems.

Footwear

- Light hiking boots or trekking shoes.** For acclimation hikes and wearing in towns. Light weight, supportive and comfortable.
- Double plastic climbing boots.** Good quality plastic shells with inner boots. Avoid tight fit with heavy socks. Comfort is key in buying plastic boots. Spend a little extra time walking around the store or take them home and wear them around your house to make sure the fit is right. A little big is always better than a little small.
- Gaiters.** Make sure your gaiters fit around the plastic boot without being too tight around the boot. No lightweight hiking gaiters.
- Wool or Synthetic Socks. 3 pair** heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit over feet and inside boots. It is very important to buy new socks regularly as they lose their cushioning over time. Socks with padded shins are especially nice with plastic 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 helps 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 layer in warmer conditions and double layer for colder). Zip-T-neck tops allow more ventilation options. One white top for intense sunny days on the glacier and one dark top for faster drying gives the most versatility.
- Heavyweight Long Underwear top.** For extra warmth.
- Synthetic/Soft Shell 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).
- 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.** Waterproof, breatheable. 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.
- Insulated Down Parka w/ hood.** Needs to fit over all insulation layers but should not be too bulky or heavy. Outer shell must be windproof and waterproof.

Headwear

- Lightweight synthetic/wool hat.** Both the hat and the balaclava should be able to fit under the helmet. Hat should cover ears.
- Balaclava.** Look for a simple lightweight model.
- Baseball cap/sun hat.** One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.
- Glacier glasses (w/ side covers or wrap around).** Regular sunglasses are usually not sufficient. 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).
- Bandana.** Used to shade your neck.

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 w/ insulated removeable liner.** Waterproof, breatheable. Make sure that you can fit one of your gloves inside the mitten with the shell over the top, three layers total.

Over Please

Personal Equipment

- Expedition Backpack.** Internal frame pack expandable to a minimum of 5,500-6,000 cu.in. Keep it simple and light, avoid unnecessary zippers, etc which add weight.
- Sleeping Bag.** High quality with hood rated to at least 0oF. Goose down preferred over synthetic for bulk & weight. If well-cared-for, a down bag will last much longer than a synthetic bag. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.
- Compression stuff sack.** Necessary to reduce volume when packing a sleeping bag.
- 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.
- Cooking gear:**
 - Cup:** 12-16oz. plastic **insulated mug** with snap-on lid (retains heat well and is spill-resistant in the tent).
 - Spoon:** Good quality tough plastic (lexan). You do not need a plastic knife and fork.
 - Bowl:** Deep plastic with 2-3 cup capacity.
- Headlamp.** Bring spare bulb & batteries. **No Halogen bulbs:** they take more power and have a shorter life.
- Small personal first-aid kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.
- Sunscreen.** SPF 40 or better, 2 small tubes. Make sure that the sun screen is not older than 6 months. Sunscreen older than six months loses half of its SPF rating.
- Lipscreen.** SPF 30, at least 2 sticks. Not older than 6 months.
- Water Bottles:** 2 to 3 Wide mouth bottles with minimum 1 Litre capacity per bottle. **No water bag or bladder systems,** they freeze or are hard to fill.
- Water Purification tablets.** 1 bottle. Water filters are too heavy and clog quickly with silt.
- Toiletry bag.** Include toilet paper, alcohol hand sanitizer, toothbrush, toothpaste. You should also include soap, shampoo for the nights we stay in hotels on the expedition.
- Knife.** Medium sized. Keep the knife simple.
- 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.
- Camera gear. Optional.** We recommend a small instant or point and shoot cameras. Please do not bring large SLR cameras with extra lenses. For the best pictures bring slow speed film, 50, 100, or 200. Simple and light. Disposable and digital cameras also work well.

Traveling

- Large duffel bag w/ travel lock.** 1 for transporting all gear.
- Travel clothes.** Nylon trekking pants are nice for the acclimatization hike. We stay in Hotels inbetween and after the climbs. Having a couple of changes of cotton clothes is encouraged for those times. **Note:** Shorts are not commonly worn in Mexican culture.

First Aid

- Small personal first-aid kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.
- Drugs/Medications/Prescriptions.** Climbers should bring Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity.

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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