

Peru 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). 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.
- Carabiners.** 2 Pear shaped locking. 2 standard oval or lightweight D.
- Ascender.** 1 right or left.
- 40 ft 6mm perlon or completed prussiks.** If you have attended a course, please bring your glacier rig.
- Rappel/Belay Device.**
- Climbing helmet.** Must be adjustable to fit, with or without hat or balaclava on.
- Adjustable 3 Section Ski or trekking poles.** With snow baskets. 3 Section poles are helpful when travelling.

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.
- 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.** Please 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. S
- Heavyweight Long Underwear top.** For extra warmth.
- Synthetic/Soft Shell jacket.** Mid- to Heavyweight. 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, uderarm zips, and no insulation. This outer layer protects against wind and rain.
- Hard Shell Pants.** Waterproof, breathable. 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.** Expedition Weight, must be fully baffled, have insulated hood, and go below the waist.

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.
- Neck Gaiter (optional)** Simple lightweight method for added warmth.
- 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 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/ single liner.** Waterproof, breathable. 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.
- Trekking Pack.** (Optional but recommended). Small backpack approx. 2,500cu. in for acclimatization hikes and trek.
- Sleeping Bag.** High quality with hood rated to at least -10. If you sleep cold bring a warmer bag. 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 of 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.
- Sunscreen.** SPF 30 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.
- 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.** Include toilet paper, alcohol hand sanitizer, toothbrush, toothpaste.
- Knife.** Medium sized. Keep the knife simple.
- Trash Compactor bags (4).** To line stuff sacks to keep gear dry. 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. Digital and disposable cameras also work well.

Traveling

- Large duffle bag w/ travel lock.** Used for transporting your gear.
- Travel clothes.** A couple sets of clean clothes is nice to have to change intoduring the trip. Include trekking pants for acclimatization hikes. Shorts are not common in Peruvian 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) 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.



109 West Mercer Street
Seattle, WA 98119
P: 206.378.1927
F: 206.378.1937
Climb@AlpineAscents.com
www.AlpineAscents.com