



## Aconcagua Equipment List

The weather on Aconcagua can be volatile and clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below will layer together to provide appropriate insulation in the most demanding conditions. Because it may snow or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronilla, fleece, and pile are best, though wool will also work. Cotton is unacceptable. It is also a very good idea to test all of your gear before you arrive in Argentina

### Upper Body Layers

Upper body layers are some of the most important components of a good layering system. They should be comfortable, lightweight and breathable.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight top made of synthetic material that can be layered together to increase warmth. A light-colored silk weight (white/tan/light blue/etc...) is a good idea because it will decrease the amount of solar radiation (warmth) that your shirt absorbs. Conversely, your mid-weight base-layers should be darker so that they do absorb the sun's warmth.	-
T-Shirt	1		To be worn as a sun shirt while hiking at lower elevations. Synthetic fabric is the way to go, and can double as a bandana or extra sun protection under a baseball cap.	-
Lightweight Long-Sleeved Top	1		To be worn for sun protection while hiking at lower elevations. This could be substituted with one of your base layers.	-
Medium Weight Top	1		To be worn over the base layers, this should be synthetic or wool. (a soft shell is an acceptable substitute)	-
Synthetic Jacket	1		Should be made of fleece or synthetic fill and fit over several layers.	-
Down Jacket	1		Should fit over all other layers and have a warm hood.	\$50
Outer Wear	1		A jacket made of waterproof / breathable material such as Gore-Tex is vital for keeping you warm and dry. It needs to fit over all layers.	-

### Lower Body Layers

Lower body layers should be versatile and easy to change into and out of under changing weather conditions.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2		One silk weight and one heavy weight bottom layer made of synthetic material that can be worn together to increase warmth.	-
Fleece or Synthetic Pants	1		These should be either fleece or synthetic down. Side zips will make it easier to change layers without removing your foot wear. We recommend the Patagonia <a href="#">'micro-puff pants'</a>	-
Outer Wear	1		Pants made of waterproof / breathable material such as Gore-Tex. They need to fit over all layers and should have side zips.	-





### Head, Neck, Hands & Feet

Keeping your extremities warm & dry is crucial. We lose a massive percentage of body heat through our heads, and our hands and feet are the most susceptible to inconveniences like trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Warm-Hat	1		Should be made of synthetic material or wool, cotton is unacceptable and dangerous.	-
Sun-Hat	1		The sun can be very bright especially with reflection off the snow, the more protection your cap offers from the sun the better.	-
Sunglasses	1		Dark lenses are a must. The sun can be very bright and can cause permanent eye damage. Most of our guides wear <a href="#">Costa Del Mar</a> sunglasses	-
Goggles	1		Double lens models work best.	-
Light Weight Gloves	1		Windstopper fleece works best.	-
Fleece Mittens	1		To be worn over the light weight gloves and with over mittens.	-
Outer Mittens	1		1 pair made of Gore-Tex, StormH2no or equivalent.	-
Neoprene Face Mask, or, Balaclava:	1		For full-face wind protection	-
Socks	3-4		These should be synthetic or wool. Having a mix of light and heavy weight socks is nice to adjust to variable weather.	-
Hiking shoes	1		We will wear them on the trek in and carry them as part of our loads. They should be lightweight and broken in.	-
Mountaineering Boots	1		Plastic mountaineering boots are necessary for the potential cold on the upper mountain and summit day. Make sure to break them in before the climb.	\$50
Gaiters	1		These fit over boots to keep out snow and stones.	-

### Trekking Gear

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Day Pack	1		For the trek in, it should be lightweight and have a hip belt	\$50
Back Pack	1		An expedition pack that is at least 5000 cubic inches.	-
Trekking Poles	1		Ski poles work, however adjustable ones work best.	\$20
Large Duffel Bag	1		For carrying your equipment on the plane and on the mules going to base camp.	\$35
Ice Axe	1		Light weight is best	-
Crampons	1		Light weight	-
Light Weight Climbing Harness	1		Adjustable leg loops to fit over different layering	-
Locking Carabineer	1			-

### Sleeping Bag & Pads





Having a good sleep system is essential in the mountains. While down bags are very warm and pack incredibly small, they lose all insulating properties when they get wet.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping bag	1		Down bags are warmer, lighter, and more compressible than synthetics. Your bag should be rated to -15 F. If you generally "sleep cold" or have other questions about sleeping warm at night we recommend a -25 F bag. A vapor barrier liner or bivy sack can be used to raise a bag's temperature rating by 3 degrees F. Although they can help make a bag marginally warmer they will not make up for a bag that is not adequately warm to begin with. They also create additional weight and bulk in the pack.	\$75
Sleeping pads	2		One compact inflatable pad, such as a Thermarest. The other, a closed cell foam pad such as a Z Rest, or, Ridge Rest. 2 foam pads will also work.	-

<b>Miscellaneous</b>				
Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Passport	1		Make sure you have this critical item for international travel.	-
Headlamp	1		We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries.	-
Iodine	2 bottles		'Potable Agua' works well.	-
Lip Balm	1-2		Should have some type of SPF protection.	-
Sunscreen	4-8oz.		Should be SPF 30 or higher and be waterproof.	-
Personal Med-Kit	1		A personal prescription of a broad-spectrum antibiotic like Ciprofloxacin or Erithromycin is required. Diamox is optional; speak to your doctor for additional information. Your kit should also include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Imodium, Band-Aids, and Neosporin. A group Med-Kit will be available for everyone, however bringing a personal kit is mandatory. A blister kit with moleskin is also required	-
Toilet Paper	2 rolls		Pack in ziplock bags	-
Hand Sanitizer	2		Purell makes nice travel size bottles that work well.	-
Water Bottles	2		Wide mouth 1-liter Lexan bottles ('Nalgene') work best. You may also bring one bottle and one "hydration system".	-
Drinking Mug	1		Sturdy, plastic and insulated with a lid is best.	-
Bandana	1		Used for extra sun-protection. Your t-shirt can be used in place of a bandana if you are trying to shave weight (which is a good thing).	-
Stuff Sacks	2-4		For organizing your gear inside of your backpack and duffel bags. You should also consider bringing a few plastic zip bags and garbage bags for keeping gear dry and/or organized.	-
Spoon	1		Lexan is best	-





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Plastic Bowl	1		Should hold 2 to 4 cups and be sturdy	-
Lighter	1		Small is fine	-
Energy/Candy Bars	10		Bring bars that taste good for between meals	-
Chemical hand warmers	6 pair		Important for summit day	-

<b>Optional</b>				
Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping Bag Liner	1		Can be used to increase the comfort rating of your sleeping bag.	-
Pee Bottle	1		1-liter wide-mouth Lexan with a SECURE LID. Nice to have when there is really inclement weather outside.	-
Drink Mix	-		Condensed powdered mix like crystal light works best.	-
Glucose Tabs	-		Great energy for up high.	-
Cough Drops	-		Nice to have for dry throats up high on the mountain.	-
Chemical Hand Warmers	1-2 sets		They are great to have for summit day.	-
Book	1-2		Leave the 15 pound hardcover at home.	-
Backpack Cover	1		Should be waterproof and fit over your backpack when it is completely full.	-
Journal	1		'Rite in the Rain' or similar water resistant papers work best.	-
Camera	1		Digital or Film. Bring an extra memory card.	-
<b>Additional Information</b>				

**We provide the following:** American guides, tents, group climbing equipment, expedition first aid kits, cooking equipment, and trip food.

**The following are available for rent:** Backpacks, sleeping bag and pads, trekking poles, and down jackets.

**Please don't hesitate to call us with any questions on anything.  
1.800.766.3396**

