

# EQUIPMENT & CLOTHING ACONCAGUA EXPEDITION



Please bring as much of the listed gear as possible. There is no facility to rent from Alpine Guides.

You can buy and rent equipment in Mendoza. We recommend "Shelter" Aconcagua Mountain (El Refugio Aconcagua), which is close to our accommodation. After the exchange rate, the prices are similar to shopping in NZ/AU.

---

## Footwear

- 3 x pairs of outer socks (thick wool or synthetic).
- 3 x pairs of inner socks, thin silk, wool, or synthetic.
- 2 x pairs of silk, wool, or synthetic socks (for approach).
- 1 x pair of mountaineering boots: plastic **or double leather**.
- 1 x pair of lightweight hiking boots or sturdy approach shoes.
- 1 x pair of hut booties, down or synthetic.
- 1 x pair of gaiters.

## Lower Body

- 3 x pairs of synthetic or nylon briefs or underpants.
- 1 x pair of lightweight synthetic or wool thermal pants.
- 1 x pair of expedition-weight synthetic or wool thermal pants.
- 1 x pair of fleece or down pants (full-length side zippers are recommended).
- 1 x pair of softshell trousers
- 1 x pair of shell pants (breathable windproof and water-resistant pants) such as Gore-Tex. Full-length side zippers recommended.
- 1 x pair of shorts.

## Upper Body

- 2 x lightweight synthetic or wool thermal top.
- 1 x expedition weight synthetic or wool thermal top.
- 1 x breathable windproof and water-resistant outer jacket, such as Gore-Tex, with hood.
- 1 x fleece jacket or similar weight micro-light puffer jacket.
- 1 x heavy weight down or synthetic expedition-style parka with heavyweight expedition hood (-20 C).
- Synthetic T-shirts.
- Lightweight, breathable, long-sleeved tops.

## Headwear and Gloves

- 1 x pair of heavy insulated mittens, thick fleece, down or thick wool.
- 1 x pair of thin gloves, synthetic or wool.
- 1 x Pair of insulated windproof and water-resistant finger gloves.
- 1 x pair of Gore-Tex wind shells for mittens (needed only if your mittens are not made of windproof material)

- 1 x wool or fleece beanie
- 1 x balaclava or Buff: wool or synthetic - to cover neck, chin & face.
- 1 x sun hat

## Backpacks

- 1 x climbing Pack 65 – 80-litres.
- 1 x day pack for approach 30 – 45-litres.
- 1 x extra large duffel bag (80-90 litres) with a strong zipper and a lock, large enough for pack to fit in. For mules to carry and for storage of gear.
- 1 x extra-large stuff sack for gear storage in camp.
- 1 x stuff sack with straps or lightweight day pack (15-litre) to use as daypack for hike out last day.

## Sleeping Gear

- 1 x down or synthetic sleeping bag comfortable to -20° C.
- 1 x foam pad and/or 1 Thermarest pad (both are recommended).
- 1 x silk liner.

## Technical Gear

- 1 x ice axe approx. 70 cm. Stand with your arm relaxed at your side, the ice axe should reach from the palm of your hand to the ground.
- 1 x crampons, 12 point, non-rigid and lightweight are recommended.
- Hiking poles - adjustable preferred.
- 1 x crampon bag.
- 1 x climbing helmet.

## Personal Gear

- 1 x head torch and extra batteries.
- 2 x pairs of sunglasses (one as a spare).
- 1 x ski goggles.
- Sunscreen SPF 30 or higher
- Sunscreen lip balm SPF 30 or higher
- Skin moisturizer.
- Pocketknife or Leatherman.
- 1 x plastic bowl, large cup (insulated), spoon and fork.
- 2 x water bottles, 1 Lt. capacity wide mouth (Nalgene recommended), and water bottle insulator.
- Toothbrush and toothpaste.
- Toilet paper - 1 or 2 rolls.
- 1 x pee bottle .1-litre capacity, wide mouth. Nalgene bottles are ideal (useful at higher camps).
- Hand Sanitizer.
- Personal medicines and first aid kit.
- Blister kit.
- Disposable lighter.
- Dry/stuff sacks x 2- of assorted sizes (one extra-large to store contents of pack on summit day).
- \$300 - \$500 US dollars in \$10s & \$20s for drinks and snacks in Penitentes, lunch in Uspallata, extra services in Base Camp, such as shower, internet, beer, soda, pizza, and for tips.
- \$50 & \$100 USD bills for payment of climbing permit.

## Optional Gear

- Camera.
  - 1 x pair of lightweight synthetic breathable pants for sun protection (for the hike in, base camp, etc.).
  - Journal, pen/pencil, book, games, etc.
  - Plug adaptor for hotels.
  - Solar panel charger, extra battery charger.
  - 1 x Thermos 1 quart capacity (useful up high).
  - Small towel and soap, baby wipes, foot powder.
  - Swimsuit.
  - Sandals.
  - Earplugs (for windy nights and noisy tents).
  - Favorite snacks or energy bar (we provide lunches).
  - 2-litre hydration system, (e.g. Camelbak). This does not count as a replacement for water bottles, as bladders can freeze at altitude.
  - Hand and feet warmers (for summit day).
  - Extra straps to carry gear on the outside of your pack, if necessary (essential if pack is smaller).
-