

Aconcagua Gear Checklist

Travel Items:

- ☐ Travel wallet/crossbody bag
- ☐ Cash
- ☐ Passport and travel documents
- ☐ Casual travel/in-town clothes
- ☐ Swimsuit (optional)
- ☐ In-town toiletries
- ☐ Travel adapters, charging cables, battery packs, etc.
- ☐ 3 x XXL duffel bags with locks

Lower Body:

- ☐ 2 x pairs of hiking socks
- ☐ 2 x pairs of climbing socks
- ☐ Hiking boots or trail runners
- ☐ Sport sandals or water shoes
- ☐ Triple-insulated climbing boots
- ☐ Electric foot warmers (optional)
- ☐ Foot powder (optional)
- ☐ Down booties (optional)
- ☐ Midweight gaiters (optional)
- ☐ 4 x pairs of synthetic underwear
- ☐ 2 x pairs of base layer thermal bottoms
- ☐ 2 x pairs of soft shell climbing pants
- ☐ Belt (optional)
- ☐ Shell pants
- ☐ Insulated pants

Upper Body:

- ☐ Lightweight sun hoody
- ☐ 2 x base layer thermal top
- ☐ 2 x midweight layers
- ☐ Shell jacket
- ☐ Down parka
- ☐ 2 x neck gaiters
- ☐ Balaclava or face mask
- ☐ Winter hat
- ☐ Baseball or sun hat
- ☐ Lightweight liner gloves
- ☐ Midweight gloves
- ☐ Climbing gloves
- ☐ 8000m mitts
- ☐ Chemical hand & foot warmers (optional)
- ☐ 2 x glacier glasses
- ☐ Goggles
- ☐ Prescription eyewear

Climbing Gear:

- ☐ 85 - 100L+ climbing pack
- ☐ 30 - 40L day pack
- ☐ Lightweight climbing harness
- ☐ 1 x locking carabiner
- ☐ 2. x non-locking carabiners
- ☐ Climbing helmet
- ☐ Alpine ice axe
- ☐ 12-point crampons
- ☐ Trekking poles with snow baskets
- ☐ 3 - 5 x compression sacks
- ☐ -20°F/ -28°C down sleeping bag
- ☐ Closed-cell foam sleeping pad
- ☐ Inflatable sleeping pad
- ☐ 2 x headlamps
- ☐ Extra batteries

Personal Items:

- ☐ Water bottles
- ☐ Insulating bottle covers
- ☐ 0.5 - 1L thermos
- ☐ Water purification system
- ☐ Book, Kindle, or tablet
- ☐ Headphones (optional)
- ☐ Earplugs (optional)
- ☐ Camera (optional)
- ☐ Watch (optional)
- ☐ Cup, bowl, and spork
- ☐ Sunscreen with zinc
- ☐ 2 x lip balm with SPF
- ☐ Hand sanitizer (several small bottles)
- ☐ Toothbrush and toothpaste
- ☐ Trek towel (optional)
- ☐ Baby wipes (optional)
- ☐ Personal toiletries
- ☐ Hand sanitizer (several small bottles)
- ☐ Toothbrush and toothpaste
- ☐ Trek towel (optional)
- ☐ Baby wipes (optional)
- ☐ Personal toiletries
- ☐ Nail trimmers
- ☐ Medical kit
- ☐ 2 x rolls of toilet paper + bag
- ☐ Pee funnel (women-only)
- ☐ Pee bottle
- ☐ 5 x heavy duty trash bags
- ☐ 5-6lbs/2-3kg snack foods

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.