



# 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

## Gear Notes: