



ACONCAGUA GEAR LIST

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Aconcagua Gear List

This detailed gear list is provided for your reference. Each item has been selected by our owners and trusted guide staff over the course of many expeditions to the peak and experience from hundreds of expeditions to other peaks. Please follow these guidelines carefully. Every item on the list is mandatory (except where noted as optional) and if you arrive missing some of them you will be required to track them down prior to the climb at your own expense, which can be difficult and costly. We have identified our favorite items and highly recommend these to you. Please Choose Items Like this but your selections don't need to be these exact items.

Please make sure you are fully prepared so that your trip and the trips of your teammates goes smoothly. If you have any gear questions please shoot us an email or give us a call and we can discuss it: we're here to help!

Travel Wallet

- With passport, cash, travel documents (travel itinerary and hotel vouchers if overnighiting en route), and pen.
- This must be discreet and able to be hidden underneath clothing layers with either a neck lanyard or a waist belt.



Eagle Creek RFID Blocker Neck Wallet

Day Pack

- Light weight and 30 - 40 L
- This pack will be used as a carryon bag for the trip to Argentina and then for the day hikes trekking to base camp
- It should be light weight and have both a waist belt and chest strap.



Hyperlite Prism Pack (40L)



Archeon 30 (Women's)



Osprey Skarab 30 (Men's)

Duffel Bags (with locks)

- 2 Duffel Bags.
- Ideally made of high-durability PVC with shoulder straps
- Please do not use duffels with a roller frame. They are much heavier and very difficult for the mules to carry.
- These are ideally waterproof.
- One of these will be stored at the hotel off the mountain, one will be used for your climbing gear on the trek to base camp.



The North Face Extra Large Base Camp Duffel (132L)

Casual Travel Clothes

- These should be comfortable and suitable for wearing to nicer restaurants while in Mendoza.

Light weight sneakers

- For travel and around Mendoza.

Swimsuit

- For pool at hotel (optional).

Tooth paste and toothbrush

Print out of team emails and bring with you

Hiking shoes or light hiking boots

- These are for the approach hike, to wear at camps on the mountain, and for the hike out of the mountain on the last day.
- These will come up the mountain with us as a camp booties and for the trek out from base camp on the other side of the mountain the final day, so keep them light.
- These need to have ankle support and be waterproof with a good tread.



Merrell Moab 2 Mid Waterproof



Salomon Women's Quest 4D 3 Gore-Tex® Boots

2 pairs of trekking socks

- These should be medium weight and need to extend above the boot top.



Darn Tough Coolmax Micro Crew



Cushion Darn Tough Hiker Boot Sock Full Cushion

Triple Climbing Boots

- These are ideally Everest-style triple boots with a built-in gaiter and exposed tread. We don't recommend "double boots" with a neoprene over boot because the fit isn't as snug or secure and the tread isn't exposed making them dangerous walking on snow, ice and steep terrain. We find that "double boots" are often not warm enough on summit day.



Millet Everest



LaSportiva Olympus Mons

2 pairs of climbing socks

- To be worn with triple boots.
- These need to be heavy weight and extend above the top of your Everest-style “triple” boots.
- They need to fit well so they don’t bunch up while climbing.



Darn Tough Mountaineering Over-the-calf Extra Cushion

Medium weight gaiters

- These must be waterproof and fit your trekking boots well.



Sea To Summit Tumbleweed Ankle Gaiters

Electric Foot warmers (optional)

- You will want to fit and use these before leaving home in the same boots you plan to climb in to familiarize yourself with them.



Hotronics Foot Warmer Power Plus Universal

Foot powder

- Keeps feet dry and warm

Down booties

- These will be worn at base camp and at upper camps.
- They need to have grip on the sole to walk around on snow.



Feathered Friends Down Booties

2 pairs of thermal bottoms

- 1 light
- 1 medium



Icebreaker Men's Merino 260 Tech
Thermal Base Layer Leggings



Women's 250 Vertex Leggings
Snow Storm

4 pairs of synthetic underwear

- For climbing, trekking and base camp.

2 pairs of synthetic climbing/trekking pants:

- 1 light weight
- 1 medium weight
- These need to fit over your thermal under layers and under your full-zip shell pants.
- Zippered pockets are good and thigh vents can be useful on hot days.
- “Convertible” pants are useful to turn into shorts on hot days.



Outdoor Research Men's Ferrosi
Convertible Pants



Outdoor Research Men's Methow
Pants



Outdoor Research Women's
Ferrosi Pants



Outdoor Research Women's
Cirque II Pants

Insulated pants

- These will be worn around camp and may be useful to climb in on summit day depending on temperature.
- Synthetic or Down is good.
- Medium weight is ideal.
- These should fit over BOTH your thermal under layers and your climbing pants.
- These must have full zips on the sides to get them on and off over your climbing boots and crampons without taking your boots off.



Mountain Hardware Compressor Pants

Shell pants

- These must fit over your thermal under layers AND climbing pants.
- These MUST be waterproof and have full zips on the side to get on and off over your climbing boots and crampons.
- Lightweight and breathable are ideal.



Outdoor Research Men's Apollo
Rain Pant



Outdoor Research Women's Apollo
Rain Pants

Belt

- For climbing pants

Neoprene surf booties

- For river crossings.
- Must have a sole and ideally an ankle for warmth.



Neoprene surf booties

Thermal under layer tops

- 2 tops. (1 light weight and 1 medium weight)



Men's Merino 260 Tech Long Sleeve
Half Zip Thermal Base Layer Top



Women's 260 Tech Long
Sleeve Half Zip

Sun hoodie

- The trek in and out can be hot, dry, and dusty. Having a good lightweight sun hoodie can make those days much more pleasant.



Outdoor Research Echo Hoodie

2 medium weight layers: 1 synthetic pile jacket, 1 down or synthetic vest

- You will want a combination of options. We recommend a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.
- These should be lightweight with maximum warmth and very packable.



Himali Altocumulus Down
Jacket 2.0



Patagonia Classic Retro-X
Jacket

1 shell jacket

- This should be lightweight, waterproof and packable with a hood.
- Must fit over all your upper body layers except your largest down parka.



Outdoor Research Men's
Helium II Jacket



Outdoor Research
Women's Helium II Jacket

Down Parka

- This needs to be very warm yet light and packable with a hood.
- This will be worn at camps on the mountain and during summit day. Do not underestimate the cold on summit day.



Feathered Friends Khumbu
Parka



Mountain Hardware
Absolute Zero Parka

2 buff neck gaiters

Face mask

- This is in addition to the Buff neck gaiters.
- This need to cover your entire face in conjunction with your glacier glasses or goggles to prevent frostbite on the Lobuche climb or at the lower camps on Everest.



Neck Gaiters



Outdoor Research Face Mask

2 winter hats

- This must be very warm and cover your ears.

1 baseball hat/sun hat

- This should be lightweight and breathable for hot and sunny days yet cover as much exposed skin as possible.



Outdoor Research
Spitsbergen Hat



Outdoor Research
Sun-Runner Cap

Fleece gloves

- These will be worn on the trek, on warmer days on the mountain, and in mountain camps.
- They should be medium weight.



Outdoor Research Waterproof Liners

Climbing gloves

- Heavy weight.
- These will be worn when it is colder at the lower camps and on summit day.
- These need to be the warmest climbing gloves you can find. Do not skimp on this item as it is one of the most important items of gear you will have.
- These need to have room in the fingers to not be constrictive and cut off warmth and circulation to your fingers. More room in the gloves is better than less.
- You must have enough dexterity to use your technical gear (ascender, carabiners, rappel device) while wearing these gloves. It is important to be very familiar with these gloves and get used to using them with your gear BEFORE your climb.



Black Diamond Guide Gloves

8000m mitts

- These must fit over your medium weight liner gloves and your heavy weight climbing gloves without constriction. Larger is always better than smaller.
- Hopefully you will be able to climb in your heavy weight climbing gloves all the way to the summit of Aconcagua and back because gloves offer you a lot more dexterity than mitts. These down mitts serve as a backup in case you drop a glove or your hands are simply too cold in the heavy weight gloves and need a warmer option (gloves PLUS mitts).



Outdoor Research Alti Mitts

Chemical Hand warmers and foot warmers (optional)

- Bring enough pairs to get you through the expedition but not more as they are heavy to carry up the mountain.
- If you are bringing the Hotronics electric foot warmers you will likely not need the chemical warmers.
- Note: chemical hand warmers use oxygen to burn so do not work well at high altitude and the foot warmers in the boots do not really work at all on summit day.



Hand warmers

Glacier glasses X 2 pairs

- 2 pairs. (one spare)
- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light.

Goggles

- These must be the darkest lenses you can buy (Cat 4).
- If your goggles accept multiple lenses bring one super dark lense and one clear or high light transmission yellow for low-light/high wind conditions.

Prescription eyewear

- If you need perscription Glacier Glasses contact the manufacturer for options well in advance of your trip.



Julbo Skydome Reactive 2-4



Julbo Explorer 2.0 Spectron 4

Climbing pack

- large sized, must be 85L – 110L+.
- 85L is the absolute minimum size, and you will want to go larger so you don't struggle to fit everything in your pack. Go bigger rather than smaller.
- This must have compression straps on the sides to attach sleeping pads and attachments for ice axe and crampons.
- You want the pack to be as light as possible for the size and have a minimum of “bells and whistles.”



hyperlite 5400 Porter Pack
(85L)



Mountain Hardware Big
Mountain Guide Pack
(BMG)

Lightweight Harness

- This must have detachable leg loops and be big enough to fit over your down layers but also fit snugly over just a base layer when it is hot down low.



Black Diamond Couloir Harness

1 locking carabiners and 2 non-locking carabiners



Black Diamond Oval
Wire Carabiner



Black Diamond VaporLock
Screwgate Carabiner

Helmet

- This must fit well and be light weight.
- This must accept a headlamp securely.



Black Diamond Vapor Helmet

Alpine Ice Axe

- This must be long enough for walking and have a leash to clip to your harness.



Black Diamond Raven Ice Axe

12 Point Crampons

- These MUST fit your boots perfectly. There is no way to get new crampons once on the mountains.
- These must be steel (NOT aluminum) and be 12 points.
- Please no vertical-style front points. These are more aggressive than you need and are dangerous for less technical sections.
- We have found that to get the best fit on most Everest-style triple boots you want to have a clip on heel bail and rounded plastic toe bail (as pictured on the Petzl Vasak). The wire toe bails can break and often do not fit properly.



Petzl Vasak 12 point crampons



Black Diamond 12 point
Sabretooth Crampon

Trekking Poles

- These must be lightweight and collapsible to fit in your duffel bag.
- The “flick lock” style is the most reliable.
- Larger powder snow baskets are the best option.



Black Diamond Trail Pro

Pack cover



Osprey Ultralight Rain Cover

Down sleeping bag

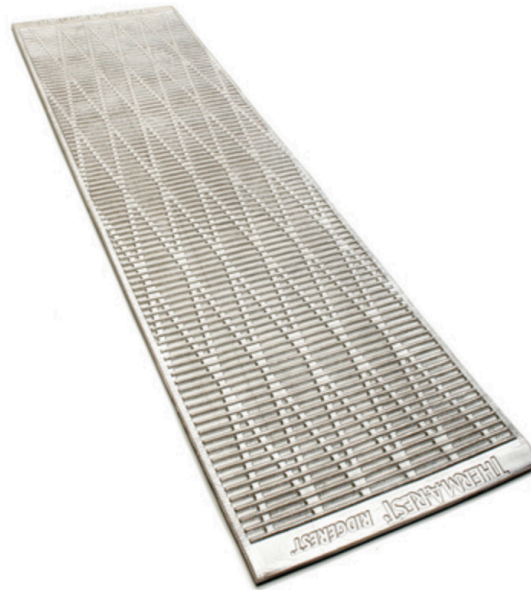
- Rated to -20F
- These must be roomy enough to fit your water bottles inside so they don't freeze.



Marmot Col (-20F)

2 sleeping pads: 1 closed cell foam, 1 inflatable

- 2 pads: 1 closed cell foam, 1 inflatable.
- You will use these together.
- The closed cell foam (Ridgerest type) protects your inflatable (Neoair-type) pad from the rocks and gravel underneath your tent. Neither is warm enough on their own.



Thermarest Ridgerest



Thermarest Neoair XLite

2 headlamps: 1 medium sized and 1 small sized as a backup

- Your main headlamp needs to be powerful enough to climb during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to climb with in an emergency should your main headlamp fail.
- Please bring extra batteries for both headlamps (battery powered headlamps are better than rechargeable headlamps for Aconcagua because you can bring extra batteries).

Batteries

- Make sure to have enough batteries for the expedition with spares



Black Diamond Icon 700



Black Diamond ReVolt 350

Water Bottles

- Must be wide mouth bottles for easy filling.
- Either 2 X 1 L water bottles, or 1 X 1.5 L and 1 X .5L.
- Camelback-type hydration systems are unacceptable. They freeze, pop and break so are unreliable.
- We have found that having one large 1.5L water bottle in an insulator in the pack works better because it doesn't freeze as quickly as a 1L. You can combine this with a .5L water bottle small enough to fit in your front down parka pocket to be able to access without taking your pack off and another .5L thermos that will keep liquid unfrozen for a longer time. Drink the .5L accessible water bottle first, then the thermos, and when both of these are empty then you can refill from the larger 1.5L in the pack or simply use that to drink from.



Nalgene 48 oz wide
mouth Silo



Nalgene 32 oz wide
mouth



Nalgene 16oz wide mouth

Insulating bottle covers

0.5L thermos

- This should be small enough to fit in the front pocket of your down suit.



Forty Below Bottle Boot



Thermos 470ml E5

Water purification: Iodine tablets, filter or UV treatment

- Water on the upper mountain is usually just melted, not boiled. It is very important to have a way to purify your drinking water up high.



Katadyn Steripen Classic 3

Book or Kindle/iPad with movies/tv series

Camera

Multitool



Gerber Suspension NXT Multi-Tool

Altitude watch

- This should have a long-lasting battery and an alarm.



Suunto Traverse



Coros VertiÓ GPS Watch

Cup, bowl, spoon

- Collapsible is good.
- Make sure they are strong and lightweight.



Sea to Summit X-Bowl



Sea to Summit AlphaLight
Cutlery Set



Sea to Summit Delta
Insulmug

Sun screen & zinc

- Buy sunscreen with a high zinc content and sweat resistance.
- This must be 30 spf or higher.



Neutrogena Sheer Zinc

Hand Sanitizer (several small bottles)

Lip Balm with spf

Small Soap

Small Shampoo

Umbrella and Rain Poncho

Trek Towel

- Showers are available at both basecamps for a fee.
- This should be compact and quick-drying.

Tooth Brush and Toothpaste

Nail trimmers

Baby wipes



Sea to Summit Tek Towel

Medical kit

- Should include: blister kit, low dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, basic repair kit, scissors, Diamox (acetazolamide, 125mg) for AMS, nifedepine (for pulmonary edema, time release), dexamethazone (for cerebral edema, 4mg), antacids, NSAIDs such as aspirin or ibuprofen, anti-diarrheal, duct tape, ear plugs, Antibiotics (upper respiratory such as Azithromycin and a gastro-intestinal such as Ciproflaxin), melatonin, Asthma medication if you use it (Advair), cold and flu medication. Prescription medications in consultation with your doctor.

Power battery/recharger/solar charger with cords (optional)

Toilet paper (2 rolls)

Pee bottle (1 liter)

Pee funnel (women)

Ear plugs

- For sound sleep when there is wind or if a tent mate snores.

Small Aloe Vera

- For sun burn.

5 large heavy duty trash bags

- These are used for waterproofing duffels, backpack, and caching gear at camps.

Snack food

- We recommend 10 pounds/4 kilograms. You need to have an assortment of food you know will be palatable to you at high altitude when you don't want to eat. We will provide you with most of the food you will need for the mountain but it is invaluable to supplement with food that you know works for you. We recommend a wide variety of cheeses, meats, nuts, dried fruits hard candies, chocolates and specialty athletic foods such as "Gu," "Nuun," shot blocks and the like



Gu Energy Gels



Gu Hydration Tabs



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