

Travel Items:

- Travel wallet/ crossbody bag (optional)
- Cash
- Passport and 3 x passport photo
- Team emails, pre-trip packet, travel details
- Casual travel and in-town clothes
- Lightweight sneakers
- Swimsuit (optional)
- In-town toiletries
- Travel adapters, charging cables, battery packs, etc.
- 2 x 120 - 150L Duffel Bags with Locks

Lower Body:

- 2 x pairs trekking socks
- 1 x pair climbing socks
- Hiking boots or trail runners
- Double-insulated climbing boots
- Heavyweight gaiters
- 2 x pairs synthetic underwear/sports bras
- 1 x pair thermal midweight base layer bottoms
- 1 x pair soft shell climbing pants
- 1 x pair insulated pants
- 1 x pair shell pants with full zip sides

- Belt (optional)
- Down booties (optional)
- Foot powder (optional)

Upper Body:

- 1 x lightweight sun hoody
- 1 x thermal midweight base layer top
- 2 x midweight insulating layers
- 1 x shell jacket
- 2 x neck gaiters
- Down parka
- Winter hat
- Baseball hat or sun hat
- Fleece gloves
- Climbing gloves
- 8,000-meter mittens
- 2 x pairs glacier glasses
- Goggles
- Prescription eyewear (if needed)
- Chemical hand and foot warmers (optional)



Climbing Gear:

- 70 - 80L climbing pack
- Lightweight climbing harness
- 2 x double-length slings (120cm)
- 1 x single-length sling (60cm)
- 1 x locking carabiner
- 3 x non-locking carabiners
- Climbing helmet
- Alpine ice axe
- 12-point crampons
- Trekking poles with snow baskets
- 3 x compression sacks
- Down sleeping bag (0°F / -18°C)
- Closed-cell foam sleeping pad
- Inflatable sleeping pad

Personal Gear:

- 2 x 1L water bottles
- Insulating bottle covers
- .5L thermos (optional)
- Water purification system
- Earplugs
- 2 x headlamps
- Batteries

- Watch
- Camera (optional)
- Multitool (optional)
- Headphones (optional)
- Book, Kindle, or tablet for entertainment
- Sunscreen and zinc
- 2 x lip balm with SPF
- Hand sanitizer
- Toothbrush and toothpaste
- Baby wipes
- Medical kit
- Personal toiletries
- 1 x roll toilet paper + Ziploc bag
- Pee bottle
- Pee funnel (women, optional)
- 1 x heavy-duty trash bag
- Cup, bowl, spoon
- Snack foods (2lbs / 1kg)

• Add 1lb / .5kg for Iztaccíhuatl climbers