



ORIZABA GEAR LIST

www.climbingthesevensummits.com

Orizaba 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 hundreds of expeditions. 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 them to you. Please choose items like these, although your selections don't need to be these exact items.

Please make sure you are fully prepared so that your and your teammates' trip goes smoothly. If you have any gear questions, please shoot us an email, and we can discuss them. We're here to help!

Travel Wallet/Crossbody Bag (optional)

- With your passport, cash, travel documents, and pen.

Cash



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

Passport and 3 x Passport Photos

Team Emails, Pre-Trip Booklet, Travel Details

- Print out team emails to bring with you or download them on your phone for quick reference.

Casual Travel and In-Town Clothes

- Some restaurants are nice, so a collared shirt or dress is not a bad idea.

Lightweight Sneakers

Swimsuit (optional)

- For the pool at the hotel.

In-Town Toiletries

Travel Adapters, Charging Cables, Battery Packs, etc.

2 x 120 - 150L Duffel Bags with Locks

- Waterproof PVC rugged construction with shoulder straps.
- Do not use duffels with a roller frame.



The North Face Base Camp Duffel - XXL

2 x Pairs of Trekking Socks

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



Darn Tough Men's Hiker Micro Crew Midweight Hiking Sock



Darn Tough Women's Hiker Micro Crew Midweight Hiking Sock

1 x Pair of Climbing Socks

- To be worn with your double boots.
- These need to be heavyweight and extend above the top of your boots.
- They need to fit well so they don't bunch up while climbing.



Men's Darn Tough
Mountaineering Over-the-Calf
Extra Cushion



Women's Darn Tough
Mountaineering Over-the-Calf
Extra Cushion

Hiking Boots or Trail Runners

- Lightweight hiking boots or trail running shoes for the hike into camp.



La Sportiva Ultra Raptor II
Men's



La Sportiva Ultra Raptor II
Women's



La Sportiva TX Hike Mid
GTX Men's



La Sportiva TX Hike Mid
GTX Women's

Double-Insulated Climbing Boots

- Don't underestimate the cold on summit days.
- Leather boots are NOT acceptable.
- Your crampons must fit your boots perfectly before the trip.
- Make sure your boots fit well and leave a bit of room with the socks you are going to use so they are not cold and cramped.



La Sportiva
G2 EVO



Scarpa Phantom
6000 HD

Heavyweight Gaiters

- These must fit over your climbing boots (only required if your boots don't have built-in gaiters).



Outdoor Research Men's Expedition Crocodile
GORE-TEX® Gaiters

2 x Pairs of Synthetic Underwear / Sports Bras

1 x Pair of Thermal Base Layer Bottoms

- 1 x lightweight or midweight pair.



Icebreaker Men's Merino 260 Tech
Thermal Leggings With Fly



Icebreaker Women's Merino 260
Tech Thermal Leggings

1 x Pair of Soft Shell Climbing Pants

- 1 x midweight pair.
- These need to fit over your thermal underlayer and under your full-zip shell pants.
- Zippered pockets are good, and thigh vents can be useful during periods of high exertion.

Belt (optional)

- For climbing pants if needed.
- It should be low profile to fit underneath a harness.



Outdoor Research Men's
Cirque II Pants



Outdoor Research Women's
Cirque II Pants

1 x Pair of Insulated Pants

- Synthetic or down is good.
- These should fit over BOTH your thermal base 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 Hardwear Men's
Compressor Alpine Pant



Mountain Hardwear Women's
Compressor Alpine Pant

1 x Pair of Shell Pants with Full Zip Sides

- These must fit over your thermal underlayers AND climbing pants.
- These must be waterproof and have full zips on the side so you can put them on and off over your climbing boots and crampons.
- Lightweight and breathable are ideal.

Down Booties (optional)

- These will be worn around the mountain huts.

Foot Powder (optional)

- Keeps feet dry and warm.



Outdoor Research Men's
Apollo Rain Pants



Outdoor Research Women's
Apollo Rain Pants

1 x Lightweight Sun Hoody

- Non-cotton, long-sleeved sun shirt with a hood.



Black Diamond Men's
Alpenglow Hoody



Black Diamond Women's
Alpenglow Hoody

1 x Thermal Midweight Base Layer Top



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



Icebreaker Women's Merino 260
Tech Long Sleeve Half Zip Thermal
Top

2 x Midweight Insulating Layers

- 1 x fleece or sweater.
- 1 x down or synthetic jacket.
- You will want a combination of options, including both a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.



Himali Accelerator Down Jacket 2.0



Patagonia Women's Down Sweater Hoody



Patagonia Men's R1 Air Full-Zip Hoody



Patagonia Women's R1 Air Full-Zip Hoody

1 x Shell Jacket

- This should be lightweight, waterproof, and packable with a hood.
- It must fit over all your upper body layers except your largest down parka.
- Any waterproof/breathable jacket with a hood can work. It shouldn't have any additional insulation, only a waterproof shell.



Outdoor Research Men's
Helium II Jacket



Outdoor Research
Women's Helium II Jacket

2 x Neck Gaiters



Buff Lightweight Merino
Neck Gaiter

Down Parka

- This needs to be heavyweight, very warm yet light, and packable with a hood. Don't underestimate the cold on summit day.



RAB Men's Positron Pro
Down Jacket



RAB Women's Positron
Pro Down Jacket

Winter Hat

- It must be very warm and cover your ears.

Baseball Hat or Sun Hat

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



Outdoor Research Vigor
Grid Fleece Beanie



Outdoor Research
Sun Runner Cap

Fleece Gloves

- Midweight.
- These need to be slim enough to fit under your climbing gloves. If necessary, use the lightweight version to ensure you have room to move your fingers.



Outdoor Research Men's Vigor
Midweight Sensor Gloves

Outdoor Research Women's Vigor
Midweight Sensor Gloves

Climbing Gloves

- 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 so as not to be constricting 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 (e.g., ascender, carabiners, etc.) while wearing these gloves.



Black Diamond
Guide Gloves



Black Diamond Women's
Guide Gloves

8,000-Meter Mittens

- These must fit over your midweight liner gloves and your heavyweight climbing gloves without constriction. Larger is always better than smaller.
- Hopefully, you will be able to climb in your heavyweight climbing gloves all the way to the summit 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 heavyweight gloves and need a warmer option (i.e., gloves plus mitts).



Outdoor Research Men's
Alti II GORE-TEX Mitts



Outdoor Research Women's
Alti II GORE-TEX Mitts

2 x Pairs of Glacier Glasses

- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light for climbing on the snow.
- Bring a second pair as a spare.

Goggles

- These should be the darkest lenses you can buy (Cat 4) to wear on the snow.

Prescription Eyewear

- If you need prescription glacier glasses, contact the manufacturer for options well in advance of your trip.



Julbo Camino with
Spectron 4 Lens



Julbo Monterosa 2



Julbo Skydome REACTIV 2-4

Chemical Hand and Foot Warmers (optional)

- Bring enough pairs to get you through the expedition, but not more, as they are heavy to carry.
- Note: chemical hand warmers use oxygen to burn, so they do not work well at high altitudes, and the foot warmers in the boots do not really work at all on summit days.



Hand Warmers

70 - 80L Climbing Pack

- This pack should be lightweight with as few “bells and whistles” as possible. We find that a simple tube design with no outside pockets (other than a crampon pouch) works the best.
- There needs to be a crampon pouch and a way to fasten an ice axe.
- You will need to be able to fit all your gear in your pack to carry it to high camp.



Hyperlite Mountain Gear
Halka 70L



Osprey Ariel Pro 65L

Lightweight Climbing Harness

- This must have detachable leg loops and be big enough to fit over your puffy pants but also fit snugly over just a base layer if it is hot at lower altitudes.



Black Diamond Couloir
Harness

2 x Double-Length Slings (120cm)

- This will be used for rigging and safety while climbing.

1 x Single-Length Sling (60cm)

- This will be used for rigging and safety while climbing.



Black Diamond Nylon Slings

1 x Locking Carabiner

3 x Non-Locking Carabiners



Black Diamond
Hotwire Carabiner



Black Diamond VaporLock
Screwgate Carabiner

Climbing Helmet

- Must fit well and be lightweight.
- Must accept a headlamp securely.
- Must be made for climbing (not skiing, biking, etc.).



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.
- These must be steel (NOT aluminum) and be 12-point.
- 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, you want 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



Black Diamond Sabretooth
Crampons

Trekking Poles with Snow Baskets

- 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 Powder Baskets



Black Diamond Trail Trekking Poles

3 x Compression Sacks

- These will be used to compress gear to fit better in your pack.
- Compression sacks are more versatile than stuff sacks.



Sea to Summit Lightweight
Compression Sack

Down Sleeping Bag

- Rated to 0°F / -18°C.
- This must be roomy enough to fit your water bottles inside so they don't freeze.



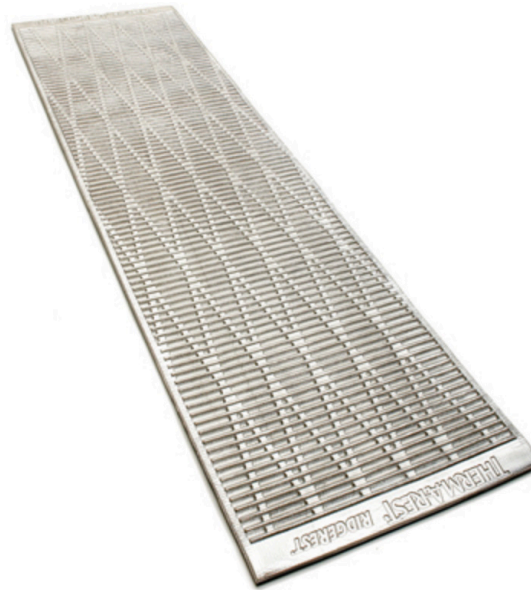
Mountain Hardwear Women's
Bishop Pass 0°F/-18°C



Mountain Hardwear Men's
Bishop Pass 0°F/-18°C

2 x Sleeping Pads

- 1 x closed-cell foam.
- 1 x inflatable.
- You will use these together for more comfort and warmth.
- 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.



Therm-a-Rest RidgeRest



Therm-a-Rest NeoAir XLite

2 x 1L Water Bottles

- Must be wide-mouth bottles for easy filling.
- Either 2 x 1L water bottles or 1 x 1.5L and 1 x .5L water bottles.
- CamelBak-type hydration systems are unacceptable. They freeze, pop, and break, so they are unreliable.



Nalgene 48oz wide mouth
Silo



Nalgene 32oz wide mouth



Nalgene 16oz wide mouth

Insulating Bottle Covers

- One for each water bottle.

.5L Thermos (optional)



Forty Below® Bottle Boot™

Water Purification System

- This could be iodine tablets, filters, or a UV treatment.
- Water on the mountain is usually just melted, not boiled, to save time and fuel. It is important to have a way to purify your drinking water.



Katadyn Steripen Adventurer Opti
UV Water Purifier

Earplugs

- For sleeping if it is windy or if a teammate snores.

Camera (optional)

2 x Headlamps

- 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 use in an emergency should your main headlamp fail.

Batteries

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



Black Diamond Storm 450
Headlamp



Black Diamond Deploy 325
Headlamp

Watch

- This should have a long-lasting battery and an alarm.
- The altitude function is optional.



Garmin Instinct 2S Solar



Coros Vertix 2

Multitool (optional)

Headphones (optional)

Book, Kindle, or Tablet for Entertainment

Sunscreen and Zinc

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

2 x Lip Balm with SPF

Hand Sanitizer

- Bring several small bottles.

Toothbrush and Toothpaste

Baby Wipes



Neutrogena Sheer Zinc

Medical Kit

- A basic medical kit should include a blister kit, low-dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, a basic repair kit, scissors, antacids, NSAIDs such as aspirin or ibuprofen, and duct tape.
- It should include any prescription medication.

Personal Toiletries

1 x Roll of Toilet Paper + Ziploc bag for storage

Pee Bottle

- 1L bottle with a wide mouth.

Pee Funnel (women only) (optional)

1 x Heavy-Duty Trash Bag

- For waterproofing your backpack.

Cup, Bowl, Spoon

- Small, strong, and lightweight are good.



Sea to Summit Passage
Dinnerware Set

Snack Food

- We recommend 2lbs / 1kg.
- Iztaccíhuatl climbers add an additional 1lb / .5kg of snack foods.
- You need to have an assortment of food you know will be palatable to you at high altitudes when you don't want to eat. We will provide you with dinners and breakfasts, but "lunch" will mainly consist of your snacks that we eat while we're climbing or relaxing in the tent. It is invaluable to have a large assortment of 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, Clif Bloks, and the like.



Gu Energy Gels



Gu Hydration Tabs



CLIMBING
THE SEVEN SUMMITS

www.climbingthesevensummits.com