



CLIMBING  
THE SEVEN SUMMITS

# ACONCAGUA GEAR LIST

[www.climbingthesevensummits.com](http://www.climbingthesevensummits.com)

## 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 favorites as examples of each item, which we highly recommend, but you don't need these specific brands/examples, just items that are similar and fit for the same purpose.

Being fully prepared will ensure that your trip and that of your teammates go smoothly and will contribute to your success in the mountains.

If you have any gear questions, please email or give us a call, and we can discuss them: we're here to help!

### Travel Wallet/Crossbody Bag (optional)

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

### Cash

### Passport and Travel Documents

### Casual Travel / In-Town Clothes and Shoes

- Sandals or flip flops can be nice for the hotter weather in Mendoza.
- These can be left at the hotel in a bag and do not need to go on the expedition.

### Swimsuit (optional)

- For pool at the hotel
- This can be left at the hotel in a bag and do not need to go on the expedition

### In-Town Toiletries

- These can be left at the hotel in a bag and do not need to go on the expedition.

### Travel Adapters, Charging Cables, Battery Packs, etc.



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

### 3 x Large Duffel Bags (with locks)

- 2 x duffel bags that will go up the mountain that are ideally made of high durability waterproof PVC with shoulder straps and between 120 - 150L.
- Please do not use duffel bags with a roller frame; they are much heavier and very difficult for mules to carry.

#### **This is how the duffels will work on the mountain (duffel 1 and 2):**

- The first duffel will be sent to base camp with your climbing gear.
- The second duffel will be your trekking bag for the way in, and will meet you each night at camp with your clothes, sleeping bag, pads, etc.
- Your third bag can be a smaller duffel bag, backpack, or suitcase that you will leave at the hotel in Mendoza with anything you bring with you but don't want to take on the mountain.



The North Face Base Camp Duffel - XXL

## 2 x Pairs of Hiking Socks

- These should be midweight and need to extend above the shoe/boot top.
- These will be worn on the trek into base camp.



Darn Tough Men's Hiker Micro Crew Midweight Hiking Sock



Darn Tough Women's Hiker Micro Crew Midweight Hiking Sock

#### 4 - 5 x Pairs of Climbing Socks

- To be worn with your triple 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.



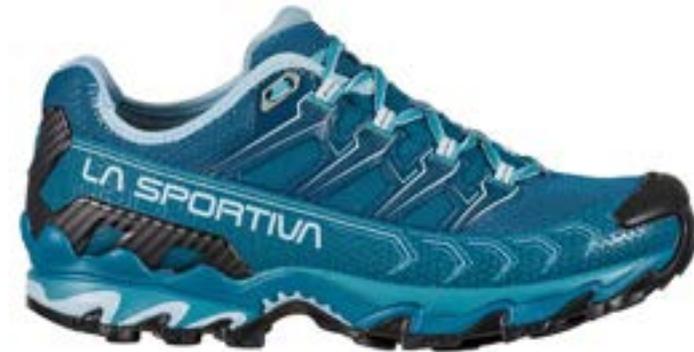
Darn Tough Mountaineering Over-the-Calf Extra Cushion

## Hiking Boots or Trail Runners

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



La Sportiva TX Hike Mid GTX



La Sportiva Ultra Raptor II Women's

## Sport Sandals or Water Shoes

- Crocs or sport sandals that stay on your feet for a river crossing on the way into base camp.
- Flip-flops will not work.
- You may not need them if you choose to ride a mule across the river.

## Triple-Insulated Climbing Boots

- These are ideally suited for Everest-style trip boots, featuring 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 as the tread isn't exposed making them dangerous walking on snow, ice and steep terrain.
- We find that double boots are not warm enough on summit day.



Scarpa Phantom 8,000 Thermic HD



La Sportiva Olympus Mons Cube S

### Electric Foot Warmers (optional)

- If you have cold feet, these can be a nice addition to your boots.
- You will want to fit and use these in your boots before the climb, so you are familiar with how they work.

*Note: these are built into the Scarpa Phantom 8,000 Thermic HD boots.*



Hotronics Foot Warmer Power Plus Universal

### Foot Powder

- Helps to keep feet warm and dry

### Down Booties (optional)

- 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

### Midweight Gaiters (optional)

- These should be waterproof and fit over your trekking shoes/boots, as well as your mountaineering boots if you don't have built-in gaiters.



Outdoor Research Women's Helium Gaiters



Outdoor Research Men's Helium Gaiters

5 - 10 x Pairs of Synthetic Underwear & Bras

2 x Pairs of Base Layer Thermal Bottoms

- 1 x lightweight pair.
- 1 x midweight pair.



Icebreaker Men's Merino 260 Tech  
Thermal Base Layer Leggings



Women's 250 Vertex Leggings  
Snow Storm

## 2 x Pairs of Soft Shell Climbing Pants

- 1 x lightweight pair for the trek to Base Camp.
- 1 x midweight pair for climbing above Base Camp.
- 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  
Research Cirque II Pants



Outdoor Research  
Women's Cirque II Pants



Outdoor Research  
Men's Ferrosi Pants



Outdoor Research  
Women's Ferrosi Pants

## Shell Pants

- These must fit over your thermal under layers AND climbing pants.
- These must be waterproof, and it is recommended that they have full zips on the side so you can easily put them on and off over your hiking boots.
- Lightweight and breathable are ideal.



Outdoor Research Men's  
Stratoburst Stretch Rain Pants



Outdoor Research Women's  
Stratoburst Stretch Rain Pants

## 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

## Lightweight Sun Hoody

- Non-cotton, long-sleeved sun shirt with a hood.
- The trek can be hot and dusty. Having a good lightweight sun hoody can make those days much more pleasant, as well as keep the sun off your shoulders and head.
- This can also function as one of your base layer tops.



Patagonia Tropic  
Comfort Sun Hoody  
Men's



Patagonia Tropic  
Comfort Sun Hoody  
Women's



Black Diamond Men's  
Alpenglow Hoody



Black Diamond Women's  
Alpenglow Hoody

## 2 x Base Layer Thermal Tops

- 1 x lightweight.
- 1 x midweight.



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 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.



RAB Microlight Alpine  
Down Jacket - Men's or  
Women's



Patagonia Nano-Air  
Hoody Men's or  
Women's



Patagonia R1 Air Full-Zip  
Hoody Men's or Women's



Patagonia Nano-Air  
Light Vest Men's or  
Women's

### 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.



Arc'teryx Alpha Jacket Men's and Women's

## Down Parka

- This needs to be heavyweight, very warm yet packable with a hood.
- This will be worn at various camps on the mountain and during summit day.
- Don't underestimate the cold.

### Specs to look for in a jacket:

- A fill weight ~ 350 - 500 grams.
- An overall weight ~ 900 - 1,000 grams.
- A water resistant shell.



Feathered Friends Khumbu Parka



Mountain Hardware Absolute Zero Parka

## 2 x Neck Gaiters

- Daily use of a buff over your face is key for respiratory health.

## Balaclava or Face Mask

- This is in addition to the neck gaiters.
- This needs to cover your entire face in conjunction with your glacier glasses or goggles to prevent frostbite.



Buff Lightweight Merino  
Neck Gaiter



Outdoor Research Gorilla  
Gore-Tex® Infinium™ Balaclava

## 2 x Winter Hats

- It must be very warm and cover your ears.
- Needs to fit under your climbing helmet.

## 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

## Lightweight Liner Gloves

- These need to be slim enough to fit under your climbing gloves.



Outdoor Research Men's Vigor  
Midweight Sensor Gloves

Outdoor Research Women's Vigor  
Midweight Sensor Gloves

## Midweight Gloves

- Lightly insulated gloves (ideally leather for durability) for general use on the mountain when mittens and climbing gloves are too warm and liner gloves are not warm enough.



Outdoor Research Men's  
Extravert 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 essential 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 sufficient dexterity to use your technical gear (e.g., ascenders, carabiners) while wearing these gloves.



Black Diamond  
Guide Gloves



Black Diamond Women's  
Guide Gloves

## 8000m Mittens

- These must fit over your midweight liner gloves and possibly 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

## Chemical Hand and Foot Warmers (optional)

- Bring enough pairs to get you through the expedition, but not more, as they are heavy to carry.
- If you are bringing the Hotronics electric foot warmers or have the Scarpa Phantom 8000 Thermic HD boots you will likely not need the chemical warmers.
- 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 day.



Hand warmers

## 2 x Glacier Glasses

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

## Goggles

- It is good to have goggles with photochromic lenses that can adjust from a low to high VLT, or a CAT 1/2 - 3/4.
- They can be easily used in a variety of weather conditions, from sunny and windy to stormy.

## 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  
with Spectron 4 Lens



Julbo Skydome REACTIV 2-4

## 85 - 100L+ Climbing Pack

- Your pack should fit you comfortably above all else.
- This pack should be lightweight with as few bells and whistles as possible. We find that a simple tube design with no external pockets (except for a crampon pouch) works the best.
- There needs to be a place to store your crampons and a way to fasten an ice axe.



Hyperlite Mountain  
Gear Porter 85L



Osprey Ariel 85+  
Women's Backpack

### 30 - 40L Day Pack

- Your pack should fit you comfortably above all else.
- This pack can be used as a carry-on 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.
- There are many trekking packs out there, the following are examples.



Hyperlite Prism Pack (40L)



Black Diamond Speed Goat 40

## Lightweight Climbing Harness

- This must have detachable leg loops so you can easily put it on over your boots and crampons.
- This needs to 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.

1 x Locking Carabiner

2 x Non-Locking Carabiners



Black Diamond Couloir Harness



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 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 - 5 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

- 1x Rated to -20°F/ -28°C.
- These must be roomy enough to fit your water bottles inside so they don't freeze.



Mountain Hardwear  
Lamina -20°F/-29°C



Feathered Friends  
Plover ES -25°F  
Women's Sleeping Bag

## 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 rock and gravel underneath your tent.



Therm-a-Rest RidgeRest



Therm-a-Rest NeoAir XLite

## 2 x Headlamps

- Your main headlamp needs to be powerful enough to hike during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to climb with during an emergency should your main headlamp fail.
- Please select battery-powered headlamps over rechargeable headlamps because recharging can be difficult on the mountain.

## Extra Batteries

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



Black Diamond Storm 450  
Headlamp



Black Diamond Deploy 325  
Headlamp

## Water Bottles

- Must be wide-mouth bottles for easy filling.
- You will need a water-carrying capacity of at least 2 liters.
- 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.

## 0.5 - 1L Thermos

- For hot water and rinks to help with hydration on cold mountain days.
- Avoid narrow mouthed thermoses which are challenging to fill.



Forty Below Bottle Boot



20 oz Coffee with Flex Sip™ Lid

## Water Purification: Iodine Tablets, Filter, or 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.



Aqua Mira



Katadyn Steripen Adventurer Opti  
UV Water Purifier

### Book, Kindle, or Tablet

- Download movies or TV series for entertainment on rest days or during weather delays.

### Headphones (optional)

### Earplugs (optional)

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

### Camera (optional)

### Watch (optional)

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



Suunto Traverse



Coros Vertió GPS Watch

## Sunscreen and Zinc

- Buy a sunscreen with high zinc content and sweat resistance.
- This must be 30 SPF or higher.
- **Balm:** Non-toxic, pocket size for high rotations/lightweight at 25g. We like the balm because you can use for sun and wind protection AND recovery for sunburn, windburn and cuts/abrasions as deeply hydrating, and fits in a pocket for quick, easy access on the go.
- **Stick:** Non-toxic, doesn't have a white cast, the metal tube, means it doesn't get contaminated over a long expedition with microbes. It is a non plastic solution (recyclable) and most importantly it is rugged, durable, and can be applied without taking your gloves off. Product doesn't freeze as contains no water and is sweat resistant for 80mins+

As a CTSS climber, you can enjoy 20% off **Utu Outdoor Skincare** with code **CTSS20%**.

*Note: CTSS does not receive any commission or affiliate benefit from this offer.*



Utu Hydrating Sun Balm  
Face & Lip Protector  
SPF50 Mineral Sunscreen



Utu SPF50 Mineral  
Sunscreen Stick

2 x Lip Balm with SPF

Hand Sanitizer

- Bring several small bottles.

Tooth Brush and Toothpaste

Trek Towel (optional)

- Showers are available at base camp and teahouses.
- Bring small soap if you plan to shower.

Baby Wipes (optional)

Personal Toiletries

Nail Trimmers

Cup, Bowl, and Spork

- Make sure they are strong and lightweight.



Sea to Summit  
Passage Dinnerware Set



Sea to Summit  
Tek Towel

### Medical Kit

- **First Aid items:**

- Blister kit
- Band-Aids
- Wound closure strips
- Triple antibiotic ointment
- Basic repair kit
- Scissors
- Duct tape

- **High altitude medications:**

- Diamox (acetazolamide, 125mg) for AMS
- Nifedepine (time release) or pulmonary edema
- Dexamethazone (4mg) for cerebral edema

- **Other medications:**

- Antacids
- NSAIDs such as aspirin or ibuprofen
- Anti-diarrheal
- Antibiotics
  - An upper respiratory one, such as Azithromycin
  - A gastrointestinal one, such as Ciprofloxacin
- Melatonin
- Asthma medication if you use it (Advair)
- Cold and flu medication.
- Low-dose aspirin

*\*\*\* All prescription medications should be selected in consultation with your doctor. \*\*\**

### 2 x Roll of Toilet Paper + Ziploc Bag For Storage

### Pee Funnel (women only)

### Pee Bottle

- 1L bottle with a wide mouth.

### 5 x Heavy-Duty Trash Bags

- For waterproofing your backpack.

### Snack Food

- We recommend 5-6lbs / 2-3kg.
- 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, lunches and breakfasts on the trek, but you will need to bring additional snacks to supplement while trekking.
- It is invaluable to have an assortment of food that you know works for you.
- Be sure to include an electrolyte powder or tab, these can help keep you hydrated and make your water taste better.
- We recommend a wide variety of cheeses, meats, nuts, dried fruits, hard candies, chocolates, and specialty athletic foods such as Gu, RX Bars, Pro Bar, Nuun, Clif Bloks, and the like. All calories are good calories on the mountain.
- We recommend bringing probiotics and a multivitamin along as well.



Snickers



Pro Bar Meal Bars



RXBARS  
Protein Bars



Gnarly Hydrate  
Electrolyte Drink Mix

# 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





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