



Aconcagua Equipment List

Climbing Gear

- **Ice axe.** This must be a classic mountaineering axe, straight shaft, (piolet) with a simple leash. Avoid technical ice climbing, curved shaft, tools. The lighter the better. *Guide's pick: Black Diamond Raven Ice Axe.*
- **Crampons.** Classic alpine style crampons with horizontal front points are best. Crampons with straps or combination heel bail-straps works great and fits on all boots. Avoid aluminum crampons. *Guide's picks: Black Diamond Sabretooth, Petzl Vasak.*
- **Trekking poles.** Adjustable. *Guide's picks: Black Diamond Trail or Trail Compact.*

Feet

- **Hiking boots or shoes.** Used for approach and sometimes during carries to high camps. Good fit, cushion and support is required. Comfortable trail running shoes are a great choice. *Guide's picks: La Sportiva Crossleather, Five Ten Insight, La Sportiva FC.*
- **Sandals.** For river crossings and base camp hot days.
- **Double boots.** High quality high altitude boots. Could be plastic, composite, or leather. Just be sure they're specifically made for colder temperatures. *Guide's pick: La Sportiva Spantik, Asolo Base Camp GV.*
- **Gaiters.** Expedition style. Insulated gaiters are optional; **Do Not** get gaiters with neoprene soles. *Guide's pick: Black Diamond Apex.*
- **Liner socks.** 3 pairs. Capilene or lightweight wool. They should fit well with your expedition weight socks.
- **Expedition weight socks.** 3 pairs. Wool or synthetic, with padded shins.
- **Running socks:** 2 pairs. These are ideal for the approach to base camp.
- **Down booties.** Good option to wear inside the tent. *Guide's pick:*



Lower Body

- **Midweight underwear bottoms.** 1 pair. Synthetic or wool.
Guide's pick: Mammut All Year Pants, Patagonia Merino 2 Bottoms.
- **Soft Shell pants.** Best choice for climbing, approaching and for layering. *Guide's picks: Mammut Glacier Pants, Patagonia Alpine Guide Pants, Arcteryx Gamma AR Pants.*
- **Hard Shell Pants:** Fully zip pants are the best for easy access.
Guide's picks: Mammut Convey Pants, Arcteryx Beta LT Pant.
- **Trekking pants.** Synthetic or cotton, for base camp and approach.
Guide's picks: Mammut Cyclone, Patagonia Rock Guide, Arcteryx Rampart.
- **Shorts (optional)** for approach and base camp.
- **Insulated synthetic pants.** A great extra layer for summit day and hanging out at camp. *Guide's picks: Patagonia Micro Puff Pant, Mountain Hardware Compressor PL.*

Upper Body

- **Lightweight synthetic shirt.** 2 pairs. *Guide's picks: Mammut Zip All Year, Patagonia Capilene 2, Arcteryx RHO LT Zip.*
- **Expedition weight shirt.** *Guide's picks: Mammut Jasper Zip, Patagonia R1 Pullover.*
- **Soft shell hooded jacket.** Ideal if it has a thin fleece interior so it works as a shell and also provides an extra layer of warmth.
Guide's picks: Arcteryx Gamma SV Hoody, Mountain Hardware Mercurial, Marmot ROM Jacket, Mammut Ultimate Hoody.
- **Ultralight hardshell.** A light and easy to pack wind and weather shield, avoid thick Goretex. *Guide's picks: Mammut Wing, Patagonia Houdini.*
- **Down parka with hood.** Expedition style thick and warm. *Guide's picks: Marmot Greenland Baffled, Western Mountaineering Meltdown, Marmot 8000 Parka.*
- **Cotton t-shirts.** A couple for base camp.
- **Synthetic Puffy pullover or jacket (optional):** Works great for extra warmth on summit day and for relaxing at camp. *Guide's picks: Patagonia Nano Puff pullover, Montbell UL Thermarap.*

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Head

- **Sun hat or baseball cap.** Synthetic works best.
- **Warm hat.** Wool or fleece.
- **Balaclava.** Midweight. *Guide's picks: Patagonia R1, Mountain Hardwear Power Stretch.*
- **Neck Gaiter.** 100 or 200 fleece.
- **Buff:** This is strongly recommended for extra warmth and to cover your face and neck.

Eyewear

- **Sunglasses** 2 pairs. Glacier style glasses with 100% UV, IR protection are a must to protect your eyes. Prescription glacier glasses are recommended if you use glasses.
- **Ski Goggles.** With low light lenses. They work great for windy days.

Hands

- **Light synthetic gloves.** Capilene or similar, as a first layer.
- **Fleece finger gloves.** 100 to 200 fleece, best with windbloc.
- **Insulated Finger Gloves:** this works well for a not so cold summit day and other situations when mittens are not the best option. *Guide's picks: Black Diamond Guide, Marmot Randonee.*
- **Expedition mittens.** Wool, synthetic or down, big enough to use with your other gloves. *Guide's pick: Black Diamond Absolute Mitt.*
- **Hand & toe warmers.** 3 pairs of chemical warmers each hand and toe.



Personal Equipment

- **Down or synthetic sleeping bag.** Should be at least -15° F. Good fit is very important for heat retention. *Guide's picks: Mammut Ajungilak Sphere Winter, Marmot Col MemBrain, Montbell UL Super Spiral, Western Mountaineering Puma GWS.*
- **Foam sleeping pad.** Closed cell, full length, adds warmth and protects inflatable pad. *Guide's pick: Thermarest Z Lite.*
- **Inflatable pad.** $\frac{3}{4}$ size works well and saves weight but, a full length pad guarantees a better nights sleep. Light series are great combined with a foam pad. Include repair kit. *Guide's picks: Mammut Light Pump, Thermarest ProLite Plus.*
- **Large backpack.** 5000 to 6000 cu inches. Simple design, good fit. *Guide's picks: Mammut Heron Pro, Arcteryx Bora 80, Gregory Palisade 80, Lowe Alpine TFX Cerro Torre.*
- **Daypack.** For summit day and approach. As light as possible. *Guide's picks: Black Diamond RPM, Mammut Lithium, Marmot Ultra Compressor.*
- **Compression stuff sacks.** Makes packing easy and keep gear organized.
- **Headlamp and spare batteries.** LED small headlamps work well. *Guide's picks: Black Diamond Spot, Mammut Lucido TR1, Petzl Tikka Plus.*
- **2 water bottles.** Wide mouth 1-liter Nalgene style.
- **1 thermos.** 1 liter.
- **Sunscreen and lip protection.** At least 30 SPF for both.
- **Small first aid kit.** Include ear plugs, tape, blisters kit (lots of moleskin), several Ibuprophen, acetaminophen or and/or tablets, personal medications.
- **Pocket knife.** Light and simple, Swiss Army style is perfect.
- **Insulated cup, plastic bowl and spoon.** Insulated cup/mug with lid. Pick one up at your favorite truck stop. Lexan Spoon and bowl.



Travel gear

- **Large duffel bag.** With lock. 7500+ cu in.
- **Small duffel bag.** For leaving stuff at Hotel/office.
- **Travel clothes.** Mendoza's temperature could reach 90 degrees, so bring cool summer clothes.

Optional items

- **Books, Kindle, notebook, pencil.** Waterproof Rite'n the rain notebooks suggested. Avoid ink pen. Download guides picks from the AMG website at:
www.andesmoutainguides.com/reading_list/readinglist.php
- **Ipod.** Bring battery charger. We will have a WiFi connection in Plaza de Mulas which will allow you to use Skype and e-mail with an I Pod Touch, I Pad, an I Phone, or other WiFi capable device.
- **Camera and film/usb cable.** Small disposable cameras work good. If you are bringing digital camera, bring usb connection if you want to send pictures from basecamp.
- **Shower items.** Light towel, soap and shampoo for base camp.
- **Hydrating system.** For approach. This is not a substitute for the Nalgene bottles listed above.
- **Hand sanitizer.**
- **Pee bottle /Pee funnel (for women).** Extra secure lid!
- **Personal food treats.** Favorite candy, jerky or other snacks.
- **Personal energy supplies.** Energy bars, Gatorade, Citomax, Gu, etc.
- **Toiletry bag.** Toothbrush, toothpaste, wipes, etc.



Polish Direct Route Only (Add the next items)

- **Climbing Harness.** With adjustable legs, look for something light. *Guide's picks: Black Diamond Couloir, Mammut Alpine Light, Arcteryx A-300A.*
- **Climbing Tools:** A hybrid pair of tools not too classic and not too technical are the ideal set for this climb. *Guide's Picks: Black Diamond Venom, Petzl Summit.*
- **Climbing Helmet:** Large enough to accommodate a thick warm hat. *Guide's picks: Mammut Tripod, Black Diamond tracer.*



Aconcagua Normal Route: How to Pack.

This is a brief tutorial on how to organize and pack your gear. Packing, especially if you are new to expeditions can be a stressful task. Don't worry we will help you get it rite. If you take the time to read and understand these notes before the trip it will take some of the stress out of the packing process, will streamline moving large amounts of gear in the mountains, and will be a great help for the guides and the whole group. Our staff will be happy to help you before and during the trip with any packing questions you have and the guides will check at every camp to make sure everyone has the correct gear in the correct place for that days climb. If you have questions please don't hesitate to e-mail or call to ask. That is what we are here for.

- *Before your flight:*
 - Lay out all of your gear and check it against the gear list.
 - Pack all the clothing and items that you'll use in Mendoza and Penitentes in the small duffel bag. This is great to use as your carry-on bag. This bag should contain simple travel items and clothing that you will not need on the mountain. If you can separate mountain gear from city gear then you will not have to dig through a tone of bags and pack and re-pack gear every day. This duffel will stay in Penitentes and we'll pick it up on the way out.
 - Pack all your climbing gear and mountain gear in your big duffel bag. Again if you can keep your city/travel gear separated from your mountain gear it streamlines the

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process. The guides will make sure you have all the necessary gear and help you repacked at our hotel in Mendoza.

- *At Penitentes:* the day before we hit the trail, you'll need to have your gear organized in 4 packs:
 - **Small Duffel or Carry-On.** As mentioned above, you will leave this duffel filled with clothing and extra items you don't need on the mountain, basically city/travel clothing at our office in Penitentes until we come back from the climb.
 - **Small backpack/daypack.** You will pack everything that you will use on the first day's hike: Lunch (will be provided by the guides), camera, personal snacks, sunscreen, sun hat, first aid kit, headlamp, extra clothing, trekking poles, personal items. Pack this pack just like you are going for a day hike at home. The rest of your gear will be transported by the mules to the next camp, as discussed below.
 - **Plastic bag.** This bag will be provided by the guides at Penitentes. You will pack your ice axe and crampons, that will travel with the Mules to base camp.
 - **Big Duffel.** In your big duffel you'll pack everything else that you don't need for the first days hike, heavy clothing,

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sleeping bag, extra personal snacks, your big back pack, etc. This gear will be transported by the mules to Confluencia Camp, and later to Base Camp. We will not have access to this bag in Penitentes or during our hike from Penitentes to Confluencia Camp. You will have access to this bag once you reach Confluencia Camp, so DON'T pack equipment you will need during the day hike from Penitentes because you will not be able to get to it.

- *Before moving up to high camps:* At base camp, you'll organize your gear for high camps in your big backpack (the guides will assist you). You'll leave whatever you don't need in your duffel bag, which will be stored at base camp.
- *Before hiking down back to Penitentes.* At base camp after a successful summit day, you'll pack your small backpack with the items that you'll need for the hike out to Penitentes. Everything else will be packed in your big duffel bag and will go down with the mules. You will need to have your bags ready by 9am on that day to avoid unnecessary delays at Penitentes waiting for the mules.

You should keep your travel documents and valuables like your plane tickets, passport, park permit, credit cards and cash on your person at all times or at least until we reach Plaza de Mulas, where you can safely leave them at camp. Nothing is worse than loosing or having these documents stolen.

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