



EQUIPMENT LIST

Climbing Gear

- **Ice axe.** This must be a classic mountaineering axe or “piolet” with leash. Avoid technical ice climbing tools.
- **Crampons.** With straps or combination heel bail-straps works the best. Avoid aluminum crampons.
- **Trekking poles.** Adjustable.

Feet

- **Hiking boots or shoes.** Used for approach and sometimes during carries to high camps. Good fit, cushion and support is required.
- **Sandals.** For river crossings and base camp hot days.
- **Double boots.** First quality high altitude boots. Could be plastic, composite, or a combination of both. Just be sure they’re specially made for the cold temperatures.
- **Gaiters.** Expedition style. Insulated ones are optional; don’t get gaiters with neoprene soles.
- **Liner socks.** 3 pairs. Capilene or lightweight wool. They should fit well with your thicker socks.
- **Expedition weight socks.** 3 pairs. Wool or synthetic, with padded shins they feel great.
- **Down booties (optional).** Good option to wear inside the tent.

Lower body

- **Light underwear bottoms.** 2 pairs. Avoid cotton.
- **Expedition weight underwear bottoms.** For extra warmth.

- **Fleece pants.** Midweight 100 to 200 fleece. Better with full side zippers.
- **Shell pants.** Windproof-breathable with full side zippers.
- **Trekking pants.** Synthetic or cotton, for base camp and approach.
- **Shorts (optional)** for approach and base camp.
- **Insulated pants (optional).** Light, synthetic or down.

Upper body

- **Lightweight synthetic turtleneck.** 2 pair. Synthetic or wool.
- **Expedition weight shirt.**
- **Fleece jacket.** Midweight 100 to 200 fleece. Full front zip recommended.
- **Down parka with hood.** Could also be Polarguard. Better if it goes below the waist.
- **Hard shell jacket.** Windproof-breathable. Go light.
- **Cotton t-shirts.** A couple for base camp.

Head

- **Sun hat or baseball cap.** Synthetic works better.
- **Warm hat.** Wool or pile.
- **Balaclava.** Midweight.
- **Neck gaiter.** Fleece 100 to 200 for added warmth.
- **Bandana.** For neck protection.

Eyewear

- **Sunglasses** 2 pair. Go with glacier style ones, 100% UV, IR protection. Prescription glacier glasses are recommended if you use glasses.
- **Ski Goggles.** With maximum protection and low light transmission. They work great for windy days.

Hands

- **Light synthetic gloves.** Capilene or similar, as a first layer.
- **Fleece finger gloves.** 100 to 200 fleece, better with windbloc.
- **Insulated mittens.** Wool, synthetic or down, big enough to use with other gloves.
- **Mittens shells.** For wind protection. Be sure that all the layers together have a comfortable fit, not compromising blood circulation.

Personal equipment

- **Down or synthetic sleeping bag.** Should be at least -15° F. Good fit is really important for heating retention.
- **Foam Sleeping pad.** Closed cell, full length, adds warmth and protects Thermarest.
- **Thermarest pad.** $\frac{3}{4}$ size should work. Light series are great combined with a foam pad. Include repair kit.
- **Large backpack.** Up to 6000 cu inches. Simple design, good fit.
- **Daypack.** For summit day and approach. As light as possible.
- **Headlamp and spare batteries.** LED small headlamps work well.
- **2 water bottles.** Wide mouth 1 liter Nalgene style.
- **1 thermos.** Half liter is plenty enough and still light.
- **Sunscreen and lip protection.** At least 30 SPF for both.
- **Small first aid kit.** Include ear plugs, tape, blisters kit, several paracetamol or aspirin tablets, and personal medications.
- **Pocket knife.** Light and simple, Swiss style.
- **Insulated cup, plastic bowl and spoon.** Cup insulated and with lid. Lexan Spoon and bowl are light and durable.

Optional items

- **Book, notebook, pencil.** Waterproof Rite'n the rain notebooks suggested. Avoid pen.

- **Walkman.** Bring battery chargers. Ipods only work below 5000 meters.
- **Camera and film/usb cable.** Extra care with dust. Small disposable works good. If digital, bring usb connection if you want to send pictures from base camp.
- **Shower items.** Light towel, soap and shampoo for base camp.
- **Handwarmers**
- **Hydrating system. For approach.** This doesn't substitute the 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.

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.