



ACONCAGUA EQUIPMENT LIST

Having the right equipment on your expedition will make almost as much difference to your safety, comfort, and enjoyment as any physical training you do. It is essential that you take the time to acquire the correct gear; don't wait for the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online and at your local gear store. The purpose of this gear list is to help guide your purchases. Often salespeople in your local shop do not have first hand knowledge of high- altitude climbing, so be sure to balance their advice with what you read here. And do not hesitate to call us for more information on any of these items. We have strived to create a list heavy on detail, but there are always further questions!

During your expedition in Aconcagua you will encounter a very wide range of temperatures and weather conditions. At one end of this range is the pleasantly warm and beautiful City of Mendoza, while at the other end of the spectrum is found the cold and often windy weather on the summit of Aconcagua. The equipment you bring must function well in a wide variety of conditions. Your clothing should be warm, lightweight, dry quickly, and allow good freedom of movement. The layering principle, based on several thin layers of insulation (rather than one thick one).

This list is a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our current suggested brand list we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you.

Finally, a note on our recommendations: these are products, which our guides have used extensively and been happy with. Purchasing the specific items listed below will ensure you have the right tool for the job, but there are other options on the market.

If you have questions please give us a call: (801) 783-3216

A NOTE ON PACKING

For your international flights we recommend that you pack all your equipment in your two duffle bags. Do not simply pack your backpack (since the straps can be damaged by the baggage handling machines). It is important to lock these bags for their trip. Depending on the airport, you may be able to put your travel locks on after TSA has searched the bags. If not, Lock the bags with Zip Ties. If the TSA cuts off the zip-tie to search your bag, they will replace it. You will still need the travel locks to lock your bags in the hotel and during the expedition.

Generally, you will take two duffels up to Base Camp, and leave the third in the hotel in Penitentes with your belongings for time in the city. ONE of the duffels going up to Base Camp can be sent on ahead (with items not needed for the trek in, such as climbing gear) and this bag will not be seen until we arrive at Base Camp. The other will be accessible during the trek in the evenings (with items that needed for the trek in such as changes of clothing, sleeping bag).



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| Pack & Bags | Guide's Choices |
|---|--|
| 2 Duffel Bags- At least one bag should be extremely durable, waterproof, and big! You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own, plus what you anticipate buying. | The North Face Base Camp Duffel Bag XXL |
| 1 Small duffel bag *please see A NOTE ON PACKING on page 1 (bag stays in Penitentes with city clothes) | The North Face Base Camp Duffel Bag Small. |
| Alpine Pack: Mid-size summit pack for day climbs, city days and trekking. Streamlined, neat and lightweight (35-45 liters). | The North Face Prophet 45L. |
| Expedition Backpack. Internal frame pack expandable to 65 to 75 liters Keep it simple and light; avoid unnecessary zippers, etc., which add weight. | Men's: The North Face Fovero 70L / Women's Fovero 70L or Men's: The North Face Banchee 65L / Women's Banchee 65L |
| Hydration System- Must have shoulder straps + be insulated. Should carry 70-100 ounces. This will be worn under your gore- tex layer (not in your pack) on summit days, so choose the lowest profile model you can find. | CamelBak Marathoner or Bootlegger Hydration Packs |

| Sleeping | Guide's Choices |
|--|---|
| Sleeping bag: Expedition quality rated to a least - 20F). Goose down preferred over synthetic for bulk& weight. Your bags needs to be long enough that your feet are not pressing out the foot box which will make you colder. | The North Face Inferno Sleeping Bag: -20 F/ -29°C |
| Sleeping pad: Closed foam: full length | Cascade Designs Ridgerest |
| Sleeping Pad: 72 inch long inflatable pad required. Make sure you also purchase and bring a repair kit + bag for the sleeping pad. | Therm-a-Rest ProLite Plus |
| Compression Stuff Sacks: Work very well for reducing volume of sleeping bags and bulky down clothing | Sea to Summit eVent Compression Dry Sack |



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| Technical Equipment | Guide's Choices |
|---|--|
| Ice Axe: w/Leash. General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"- 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long) Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for technical ice climbing-they are too short, heavy and not versatile | Black Diamond Raven Pro Ice Axe is the lightest, full-service Piolet available, period. It has a super clean and simple design for the high-end user who refuses to sacrifice performance for less weight. |
| Helmet: A lightweight climbing helmet. Must be UIAA approved. | Petzl Elios or Black Diamond Half Dome |
| Ski/ Pole: Adjustable w/ Snow Baskets Shock absorbers are not recommended. | Black Diamond Contour Elliptic Compact |
| Climbing Harness: Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight + comfortable. | Petzl Altitude Harness or CAMP USA Blitz Harnes or Black Diamond Alpine Bod Harness |
| Crampons: With flat rather than 'cookie cutter' frame rails. Your crampons should be steel, not aluminum for strength and durability. A combination heel bail/toe strap is a more universal system than a heel and toe bail system. | Black Diamond Serac Crampon |
| Carabiners: (1 locking carabiner): Lightweight small carabiners are best. | Black Diamond Rocklock Carabiner |
| Headlamp: L.E.D. headlamps are recommended. Bring extra batteries. | Petzl Tikka XP 2 Black Diamond Storm |
| Glacier Glasses: Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers and leashes. No more than 10% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses - it is a good idea to have these with "photo-gray" or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber). | Julbo Explorer |
| Goggles: Amber or rose-tinted goggles for adverse weather. On windy days, climbers, especially contact lens wearers, may find photo-chromatic lenses the most versatile in a variety of light conditions. | Julbo Revolution |



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| Footwear | Guide's Choices |
|---|---|
| <p>Mountaineering Boots: Hybrid boots are the preferred choice They provide the best insulation as well as a more rigid sole for kicking steps and holding crampons. Leather mountaineering boots that have completely rigid soles are also adequate, but they will need to be insulated.</p> | <p>La Sportiva Spantik or La Sportiva G2 SM Mountaineering Boot or Scarpa Phantom 6000 Mountaineering Boot</p> |
| <p>Hiking shoes: These light to mid- weight shoes are for every day use. The ideal shoe is comfortable enough to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe often stays drier when hiking in rain or snow.</p> | <p>Sportiva Raptor Ridge Sportiva Delta GTX™ *For those who need more ankle support, a high-top lightweight boot is also appropriate.</p> |
| <p>Liner Socks (2 pairs): A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.</p> | <p>Bridgedale CoolMax Liner Sock</p> |
| <p>Hiking Socks (3 pairs): Your everyday sock, good for day hikes, trekking, and in- town. NO COTTON.</p> | <p>SmartWool Hiking Medium Crew Sock Bridgedale Endurance Trekker</p> |
| <p>3 Pairs warm socks -- A wool synthetic blend. Pure rag wool socks are not nearly as effective in wicking moisture or retaining their shape and reducing blisters. NO COTTON</p> | <p>Smartwool Mountaineering Extra Heavy Crew Socks</p> |

| Head | Guide's Choices |
|---|---|
| <p>Baseball Cap Bring your favorite baseball cap for shelter from the blazing sun.</p> | <p>The Benegas Brothers Cap</p> |
| <p>Polar fleece or wool hat: A comfortable, warm hat that covers your ears. Make sure that it fits well, and that one of your hats fits under a helmet.</p> | <p>Mountain Hardwear AirShield MicroDome Smart-wool Cuffed Beanie</p> |
| <p>Balaclava: We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours.</p> | <p>Outdoor Research Option Balaclava</p> |
| <p>Buff: Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty conditions.</p> | |



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| Hands | Guide's Choices |
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| Lightweight Synthetic gloves: Should fit comfortably inside mitts or gloves . Lither Capilene preferred | The North Face Bambu Liners Glove |
| Windstopper® Glove: You will rarely take these gloves off. They should be snug-fitting, made of Windstopper® fleece, and have some sort of reinforced palm. We also recommend (additionally) a thinner liner glove for optimum dexterity | Black Diamond Storm Weight Glove |
| Big Mountain Gloves: Wind/water resistant, insulated gloves for protection against wind, snow and cold. These also serve as emergency back-ups if you drop or lose a glove. | Black Diamond Guide Glove or The North Face Kelvin Glove |
| Mitten: Down or Synthetic, Gore tex | Black Diamond Mercury Mitt or The North Face Himalayan Mitten |

| Upper Body | Guide's Choices |
|--|---|
| Ultra-light base layer: That effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option. | The North Face Vitesse T-Shirt - Short-Sleeve The North Face Hybrid Zip Neck Top |
| Mid-weight (2): A Synthetic mid- layer that you will never take off. Fitted, lightweight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation. | The North Face Impulse 1/4-Zip Top Patagonia- Capilene® 2 Zip Neck |
| Expedition-weight top: Warmer than your mid-weight, but still breathable and lightweight | The North Face Impulse 1/4-Zip Top Patagonia- Capilene® 2 Zip Neck |
| Expedition-weight top: Warmer than your mid-weight, but still breathable and lightweight | Patagonia R2 Jacket. |
| Soft-shell Jacket: These jackets are much more breathable than Gore-tex, but still effectively block wind and light precipitation. A windshirt is also an effective option for this optional layer. | The North Face V10 Soft shell Hoodie Patagonia- Guide Jacket |
| Hard Shell Jacket: A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it. | The North Face Alpine Project Jacket |
| 1 LIGHTWEIGHT down jacket We recommend a lightweight down jacket to serve either as a layering piece or as stand-alone insulation when appropriate. 1 EXPEDITION WEIGHT down parker: An 8000-meter rated, expedition ready parka. This parka must be in excellent condition | Black Diamond Stance Belay Insulated Parka The North Face Himalayan Down Parka |



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| Lower Body | Guide's Choices |
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| 1 - 3 underwear: Non-cotton | |
| Quick-dry shorts Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON. | The North Face Class V Trunk |
| Mid-weight: Fitted, light-weight and quick drying. The mid-weight will be a base layer that will get you through a wide range of temperatures | Patagonia Merino 3 Mid-weight Bottoms |
| Expedition-weight bottoms: Warmer than your mid-weight, but still breathable and lightweight. These will be worn around camp and on summit day. | Mountain Hardwear Power Stretch Tights |
| Soft Shell pants: You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant. | Black Diamond B.C.V Pants La Sportiva Titan Soft Shell Pants |
| Hard Shell Pant: Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants. No short 1/2 length, or short lower leg zippers allowed as it is difficult to put pants on when crampons are already on. | La Sportiva Storm Fighter Evo GTX Pants. |
| Lightweight trekking pant: synthetic pair of pants for approach treks to base camp. | The North Face Paramount Peak Convertible Pant |



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Miscellaneous Items

Suncream SPF 50+: or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating; make sure that you have new sunscreen.

Lips cream SPF 30+: at least 2 stick. Make sure your lips cream is new.

Food: We bring a lot of candy bars, granola bars, dried fruit for hiking and climbing days; however, you may have personal favorites or things that work well for you such as Power Bars, beef jerky, or Guu packets, so please feel free to bring some with you (around 4 pound).

Extra batteries for hedlamp: Lithium batteries perform best in cold environments.

4 - Chemical Hand and Toe Warmers

2 - Water bottles: One-quart water bottles are required. Wide mouth bottles are ideal since their opening is less likely to freeze.

Insulated water bottle covers: These help prevent liquids from freezing. It should completely cover the bottle.

Thermos Bottle: high quality, lightweight, unbreakable 1/2 to 1 quart

2- Luggage Locks: For your duffel bags. Must be TSA approved.

Camera

USB Card: A large capacity memory card for picture and video sharing

Small alarm clock or watch: Altimeter models are popular

Plastic Bowl, Spoon + Coffee Mug: good insulation please.

Stuff Sacks

Pocketknife

4-Heavy-duty garbage bags

Ziplock bags: (large size, for organizing small items and waterproofing)

Repair Kit: Please bring a small repairs kit

Travel Clothes: For Hotel dinners and while traveling. Including a pair of conformable shoes

Sandals: (flip-flops, chacos or tevas)



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Toiletry Items and Personal First Aid Kit

Toiletries: Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Quick Dry Towel, Moisturizer, Purel Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)

Drugs/Medications/Prescriptions: Climbers should bring Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets for travelers diarrhea and for urinary tract infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity.

Personal First Aid Kit: (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.

Pee-Bottle: 1 to 1/2 quart size. For female it's a female urination device (sometimes called a FUD) that allows you to pee while standing up. It's neat. It's discreet. It's hygienic. Sani-Fem Freshette Feminine Urinary Director

Travel Documents

Passport: Valid for six months beyond your return date

Reciprocity fee receipt (you should staple this into your passport)

Photocopy of Passport: The first two pages of your passport

Final Pre Trip Check List

- Purchase travel insurance
- Return the Participant Information Form to the BBE Office
- Purchase airplane tickets
- Reserve rental equipment