



PERSONAL EQUIPMENT LIST FOR ACONCAGUA

Boots - double plastic mountaineering boots - Scarpa, Koflach, etc. Must be properly fitted and broken-in
Approach boots - sturdy but lightweight hiking boots/shoes suitable for extended hiking on rough trails
River shoes - lightweight shoes for river crossings. Beach shoes, paddling shoes, old running shoes, etc.
Sleeping bag - good to a -20 Celsius range. A light silk or cotton liner is recommended.
Sleeping pad – Therma-rest style pad plus a thin closed-cell foam pad combo is best
Backpack - internal frame, minimum 70+ litres, suitable for carries of personal gear plus a share of food/communal gear.
Daypack - approx. 30 litres. This is used for the approach and possibly on summit day.
Outer shell jacket with hood - Gore-Tex style suitable for all weather conditions.
Full-zip pants or bibs - Gore-Tex style.
Long underwear - top and bottom, Poly-pro, Capilene, wool, etc. 1 set light weight + 1 set medium weight
Hiking pants – lightweight synthetic pants for lower mountain (1 pr)
Hiking shorts – for approach days, cotton or synthetic (1 pr)
Long pants - synthetic pants for upper mountain/cold weather hiking conditions (1 pr)
Insulated pants – fleece, pile or down pants for around camp and summit day (1 pr)
Shirts – athletic style shirts, synthetic (2)
Gaiters – ensure they fit properly over your boots. Can be insulated but *not* over-boots (1 pr)
Gloves - medium weight wool, wind stopper or synthetic style (1 or 2 pr)
Expedition style gloves or mitts w/removable liners (1 pr)
Overmitts - shells only that can fit over Expedition gloves for summit day (1 pr)
Socks - synthetic, wool or wool blend (3-4 pr)
Liner socks (Poly-pro type) (2-3 pr)
Warm parka - down, fleece or pile with a hood (1)
Jacket – lightweight fleece or wind-stopper style
Sweater or vest - wool, fleece or down (1)
Toque/insulated hat - wool or fleece (1)
Balaclava or face mask for wind protection (1)
Hat with sun visor (baseball cap, etc) (1)
Bandannas (2)
Glacier style sunglasses with side shields and nose shield (1 pr)
Ski goggles
Headlamp with extra set of batteries
Personal kit - (toothbrush, foot powder, skin cream, etc.)
Personal 1st aid (blister kit, medications, etc.)
Misc. personal items (camera, book, cards, journal, music player, lighter, etc.)
Water bottles/hydration system - 2 L capacity. Hydration systems with hoses are good for approach only, not summit-day
Knife - Swiss army style
Sunscreen and lip screen (min. 30 spf & waterproof)
Collapsible ski/walking poles (1 pr)
Crampons - adjusted to your boots (1 pr – supplied if required)
Ice axe (60 - 70 cm – supplied if required)
Large duffel bag with lock suitable for storing your pack in for transport on mules.

The equipment that you choose to bring on this climb can directly affect your chances of reaching the summit. Please ensure that you only bring good quality gear that you have had a chance to try out. Also strive to select lightweight gear, though without compromising quality. The total allowed limit for all of your personal gear that will be packed with the mules is 20 kgs.

When organizing your equipment, remember that the conditions on Aconcagua may vary from +30 degrees Celsius in the lower valleys, to -25 degrees Celsius on summit day, with possible extreme high winds and snowfall. Outer clothing should be capable of venting, and you should be able to get in and out of it easily. Inner layers should dry easily and retain warmth when wet (no cotton on the upper mountain). Take into account your own personal "warmth rating". If you know that your hands don't warm up easily, that you sleep cool, or your feet are always cold, keep this in mind!