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## **SHOP YOUR EQUIPMENT LIST // ACONCAGUA CLIMBER RENTALS**

### **EQUIPMENT CHECKLIST**



#### **Duffel Bags:**

Bring one that is large and sturdy with a good zipper. Durable coated nylon is best. This will be tied on the back of a mule during the approach and severely abused. Models with wheels are not allowed. Volume: 7000-9000 cubic inches  
Materials: Coated nylon, pack cloth, Cordura, ballistic cloth

\* Patagonia Stellar Black Hole duffel bags, Wild Things Burro Bag, Gregory, Dana Designs. REI XL Duffel



### Large internal frame Pack:

#### \*Rentals Available

Make sure it will hold all of your personal equipment with room to spare for your share of the group equipment that will be divided during your expedition. A pack around 85 liters in size is ideal. Make sure it will hold all of your personal equipment with room to spare for your share of the group equipment that will be divided during your trip.

- Weight: 3.0 - 6.5lbs / 1.6 – 2.9 kg
- Volume: 75-90L / 5000-6000 cubic inches

\* *Dana Designs Terraplane, Osprey Aether 90, Gregory Denali Pro, Arc'teryx Bora 85-90 Mountain Hardware BMG 105.*



### Trekking Pack:

This is a 1500 – 2000 cubic inch daypack used for trekking and a summit pack.

\* *Examples: Grivel Air Tech 28, Cilogear 30l worksack*



**Sleeping Bag:**

Bring a bag that is rated to at least 0°F.

- Weight: 2.25 – 4 lbs / 1 – 1.8 kg
- Materials: Down, Primaloft, Polarguard 3D



**Compression Stuff Sack:**

Used to shrink your sleeping bag into the smallest size possible.  
Weight: 2-4 oz / 56 – 110 grams Materials: SilNylon, eVent, or similar



### Sleeping Pads:

#### \*Rentals Available

Two are required. One should be a full-length 1/2" thick closed cell foam pad. The second pad can be either a closed cell pad or an inflatable pad. It can be 3/4 length or full length. Your inflatable pad should be a modern, lightweight, and packable version. Newer pads are less bulky and can be folded in half when rolled so that they take up only a tiny portion of your packs' volume. Old Thermarests with metal valves are not acceptable as the valves freeze. Weight: 8-20 oz each / 225 – 565 grams each

## Climbing Gear





### Ice Axe:

#### \*Rentals Available

A variety of axes are suitable, but bring one that is 65 cm max; 55cm to 60cm is preferred. A wrist loop/leash is not required or recommended. On the brief sections of the route where a leash would be helpful, we can fashion one from a sling or your pack prusik/tether. Many climbers insulate the head of their ice axe with a small piece of foam or similar material. In colder temperatures, heat can be lost conductively through your glove when gripping the cold axe. This insulation should be small enough to not affect the performance of the ice axe or your ability to grip it, swing it, and self arrest. Weight: 13-20 oz / 370 – 560 grams Length: 55-70cm

\* *Grivel Airtech Evo, Black Diamond Raven Pro, SMC Capra*

	<p><b><u>Climbing Helmet:</u></b></p> <p><a href="#">*Rentals Available</a></p> <p>We require a helmet for this expedition. We won't wear helmets for some of the route, but there are sections where they are necessary. As such, choose the lightest weight helmet that still fits your head shape well. Weight: 10 - 14oz / 280 – 400 grams</p> <p>* <i>Petzl Meteor, Petzl Elios, Black Diamond Half Dome, Mammut Skywalker</i></p>
	<p><b><u>Steel Crampons:</u></b></p> <p><a href="#">*Rentals Available</a></p> <p>Flexible or semi-flexible. New-matic crampons are the easiest to put on with cold fingers. Only modern strap on, step-in, or 'new-matic' crampons are acceptable. Older Scottish style strap-on crampons are not adequate.</p> <ul style="list-style-type: none"><li>• Examples: Petzl Sarken, Grivel G12, Black Diamond Sabertooth</li></ul>



### Trekking Poles:

#### \*Rentals Available

Two are required. Even if you don't normally use trekking poles, on this expedition in particular, they are invaluable in helping with balance while carrying heavy packs.

\* Black Diamond Expedition Flick-lock, REI/Komperdell models

## Head System

*Your cold weather head/face system should not leave any skin exposed. When wearing your warm hat, balaclava/face mask, and goggles, there should not be any gaps in your clothing where wind and snow might penetrate close to the skin level. The outside edge of your goggles is a common place for climbers to overlook and as a result, get frostbite. Have a friend double check your system to make sure you have complete coverage.*



### Beanie Hat/Toque:

A thinner warm hat that will fit under your climbing helmet. Fleece, wool, or similar fabrics are best.



**Sun hat:**

A baseball cap or visor serves well. Models with a “tail” are recommended for increased sun protection.



**Buff:**

Highly recommended. “Buffs” are a multifunctional neck gaiter that can supplement a lightweight balaclava and hat rather well. Materials: synthetic

# Hand System



## Liner Gloves:

You wear these for much of your time on the mountain. They need to be dexterous and comfortable, but not necessarily very insulating. Bring one pair. Materials: fleece, Powerstretch, or similar

\* *PL Base Sensor Glove, PL 100 Glove, PL Base Glove (Men's and Women's)*



## Mid-Weight Work Gloves:

The most desirable glove is one that is comfortable and dexterous, so that it can be worn all day. It should be durable enough (leather/synthetic palms) to handle ropes, jumars and ice axes. These come in different weights, so choose the thickness that works with your glove system. Bring one pair. Materials: softshell, windstopper fleece, leather or similar

\* *OR Gripper Gloves, Manzella Fleece gloves, Black Diamond Drytool and Jetstream, and OR ExtraVert and PL400 gloves.*





### Expedition Gloves:

Composed of heavy-duty waterproof shells with extremely warm liners, these modular gloves MUST have removable liners. These gloves must be dexterous enough to handle ropes, carabiners, and jumars. Gauntlets should extend to mid-forearm. Weight: 9 – 14 oz / 255 – 400 grams Shell Materials: Gore-tex or similar

*\* Black Diamond Guide Gloves, OR Super Couloir, and Marmot Ultimate Ski Gloves.*





### Expedition Weight Mittens:

Make no compromise with these as they are the first and often last defense against frostbite. These are expedition weight modular mittens, down or synthetic, with a storm-proof shell. You want your mitts to be extremely warm and thick. This is more important than dexterity. Gauntlets should extend to mid-forearm. These need to be large enough to allow for liner gloves to be worn underneath. Please attach keeper loops to them. Weight: 12 – 16 oz / 340 - 453 grams Fill Materials: Down, Primaloft, Polarguard 3D Shell Materials: Gore-tex or similar

*\* OR Alti mitts, BD Mercury mitts, Marmot Expedition Mitts*

## Clothing & Footwear

	<p><b><u>Base Layer Top:</u></b></p> <p>Bring two. This will be your base layer and should be “lightweight” or “silk weight” synthetic or wool. Bring at least one that is white or light in color for use on the lower glacier. Synthetic and wool only, no cotton. Weight: 5 - 8 oz / 140 - 225 grams Materials: Synthetic, wool.</p>
	<p><b><u>Base Layer Bottom:</u></b></p> <p>Look for the same features as your Base Layer Top. One pair is usually sufficient. Weight: 5 - 8 oz / 140 - 225 grams Materials: Synthetic, wool.</p>



### Undergarments:

Also known as underwear, most climbers wear them underneath their base layer. 1-3 pairs depending on personal preference for changing.  
Materials: Synthetic, wool



### 2nd Layer Top:

A lightweight fleece. A chest pocket is a helpful feature of this multi-use layer. You will want to pick a modern type of fleece with waffle-grid pattern. These are warmer for their weight, and are more compressible. Weight: 13 - 16oz / 368-454 grams  
Materials: Nylon, micro weave fabrics, fleece, wind stopper

*\*Mountain Equipment Eclipse, Patagonia R1*



### Expedition weight bottoms:

A thicker pair of long underwear bottoms that will serve as an additional insulating layer for use in colder temperatures. This layer will go on top of your base layer, but under your softshell pants. One-piece suits (Farmer-John/Union Suit) are popular but require more planning and effort when answering the call of nature and work best with other layers designed for using the bathroom without removing layers. Windproof/Windstopper pants are heavier and less functional and will not work for this layer. Weight: 5 - 8 oz / 140 - 225 grams Materials: Powerstretch 100, wool, fleece, or similar.

*\*Mountain Hardwear Powerstretch tights, Mountain Hardwear Powerstretch Suit, OR Saturn Suit, 100-200 weight fleece or Powerstretch, or Patagonia R1 pants.*



### Soft Shell / Windshell Jacket:

Thin, light, stretchy, breathable but wind and snow-resistant layer that is comfortable to wear is ideal. This will be your 'action layer' and the outer layer that you spend the most time in. Hoods are optional but highly recommended. Size your jacket to be trim fitting, but large enough to fit over your base and second layers. Light to moderate insulation/thickness is recommended. This layer will go over your base and expedition layers, but under your shell and parka if wearing this layer in combination with those layers. Weight: 18 - 26 oz / 510 - 737 grams Materials: Schoeller, Powerstretch, Powerdry, or similar

*\* Arc'teryx Gamma MX, Mountain Equipment Ultratherm, Rab Vapour Rise*



### Soft Shell Pants:

Softshell pants are stretchy, breathable and wind / snow-resistant. They are available in many different weights from light and thin to thick and heavy-duty. Thinner models will be more breathable, but not as warm. A midweight model will be ideal. This will be your outermost layer most of the time for your legs. A thigh pocket is a useful feature for storing small items. Your base and expedition weight layers need to fit under these pants comfortably. Weight: 16 - 30oz / 450 - 850 grams Materials: Schoeller, Powershield, Powerdry, or similar

*\* Patagonia Guide pants, Black Diamond Alpine, Pants, Arc'teryx Gamma LT Pants, Marmot Courmayeur Pants*



### Light Insulated Jacket:

The goal for this piece is to add warmth to your internal layering system. Depending on your clothing system, and the environment you are in, you may fit this layer underneath, or over top of your shell jacket. The weight and design of this piece will vary based on the other items of climbing that you are bringing. Generally Jackets with 60 - 100 grams of synthetic fill in the torso are adequate. Weight: 10 - 20oz / 283 - 566 grams Materials: Primaloft, down

*\* Patagonia Puff Jacket or Micro Puff pullover, Wild Things Primalight and EP jackets, or any light and compressible down vest.*



### Expedition Weight Parka With Hood:

These jackets come in many shapes, sizes and temperature ratings. If you tend to get cold easily, opt for a slightly warmer and more substantial parka. Otherwise, choose a down parka that is still fully baffled, includes a hood, and offers sufficient coverage over your waist. Stitched through baffle construction is not acceptable, must be a box wall baffle construction throughout the body and arms. Weight: 35 - 55oz / 992 – 1560 grams Fill Materials: down Shell Materials: Drilite, Epic, eVent, nylon

*\* Feathered Friends Frontpoint Parka and Rock & Ice Parka, Mountain Equipment Annapurna and Gasherbrum, Mountain Hardwear Sub Zero SL Parka, Marmot Plasma, Mountain and 8000 Meter parkas.*



### Insulated Pants:

Sized to fit over your softshell pants and long underwear layers on the bottom, these pants are the last line of defense in extremely cold temperatures. Hip to full-length side-zips are a critical feature. Fleece is undesirable because it picks up snow, is bulky, and low-loft with respect to its weight. Down or synthetic fill pants are preferred and lighter weight, but require more care to not get them wet and/or frozen. The warmth of this layer will vary based on the temperatures expected on your program. Weight: 16 - 24oz / 453 – 680 grams Fill Materials: Primaloft, Polarguard 3D, down Shell Materials: nylon or similar

*\* Mountain Hardwear Compressor pants, Feathered Friends Volant Pants, Patagonia Puffball pants*



### Shell Pants:

Made of a waterproof/breathable material, your lightweight shell bottoms must have full or hip-length side zips. This garment should be extremely lightweight and packable. A zipper fly is a nice, but optional. Weight: 8 - 16oz / 227 – 453 grams Materials: eVent, Gore-tex, h2No, or similar

*\* Arc'teryx Theta LT or Gamma AR Pants, Patagonia Grade VI, or Marmot Precip*



### Shell Jacket:

This layer needs to be made of waterproof/breathable construction. Your shell should be sized to comfortably fit over your other base and mid-layers (minus your parka). Choose the lightest, most packable shell that will still get the job done. Avoid extra pockets (one or two chest pockets is all you need), and hanging linings. Your hood should fit over your climbing helmet. Weight: 8 - 20oz / 227 – 566 grams Materials: eVent, Gore-tex, h2No, or similar

*\* Arc'teryx Alpha, Patagonia Jetstream, Patagonia Stretch Latitude, Westcomb Mirage, Marmot Precip.*



### Socks:

Bring three complete changes, more if you know you have very sweaty feet. If you plan to wear 8000 meter boots or Intuition liners, bring several light to mid-weight socks and one pair of heavy/warm socks. Adjust your sock system ahead of time to perfect your boot fit. Materials: wool, synthetic



### High Altitude/Cold Weather Mountaineering Boots:

Double boots are required. These should be designed for extended use in temperatures as cold as 0F. Modern synthetic double boots can be more comfortable, but are more expensive. In plastic boots, thermo-mold liners are warmer, lighter, and more comfortable than standard liners.

*\* Kayland 8001, La Sportiva Olympus Mons, Lowa Civetta Extreme, Scarpa Phantom 8000 and Inverno, and Millet Everest. NOTE: There are many of makes and models of high altitude boots out there and not all are created equal. Please consult with our Equipment Shop if you are uncertain about the acceptability of your chosen model.*





### Trekking/Hiking Boots:

High top, lightweight, trekking boots are required. Leather/nylon combination is fine as long as they offer good ankle support. Some of the treks and approaches can be on very rough and rocky trails. Please break these in thoroughly before your expedition.

### **Old tennis or running shoes:**

**These are used for river crossings. Other recommended options are sandals or “Crocs,” which are more comfortable as camp shoes.**



### Gaiters:

Knee height is required. Check the fit of the gaiter to your boot in advance to make sure the coverage is adequate. Not required for those with integrated boots. Weight: 4 – 12 oz / 110 – 340 grams  
Materials: Schoeller, nylon, Cordura

\* *OR Crocodile, Mountain Hardwear Venti-Gaiter*



### Eating Utensils:

- Spoon: Bigger is better. Lexan is the material of choice although metal is fine as well.
- Thermal mug: 16-20oz with a lid. A 16oz wide mouth Nalgene is a favorite of our guides.
- Bowl: A lightweight Tupperware-type container is recommended. Avoid bowls (plastic or metal) since they are small, prone to tipping, and more fragile. Metal containers conduct heat more rapidly and lead to colder food and drinks faster than other materials.



### Water Bottle Parkas:

These insulating jackets are for your water bottles to help prevent freezing. Bring one for each bottle.

*Example: Outdoor Research Water Bottle Parka*

### **Hydration:**

2.5-3 liters of water capacity minimum. Two or three water bottles, usually one-liter wide mouth Nalgene type, are required. Narrow mouth bottles are not functional and should not be used. Other similar plastic bottles (e.g. Gatorade) can work also. Hydration packs are not recommended. You should have extensive experience with a hydration system in extreme cold if you choose to bring one on Aconcagua. Once they freeze they stay frozen for the duration of the trip.

## Other Essentials

### Headlamp:

\* *Petzl Tikka XP, Black Diamond Spot*

### Favorite Snack Foods:

Optional. Bring no more than one pound of high energy and tasty snack food for high-energy expenditure days (like summit day) and for evening treats while in the tent. If you have special dietary needs, please consult with us.

### Personal Toiletries:

Bring a toothbrush, toothpaste, floss, hand sanitizer, etc. We supply the TP. Each climber gets one roll for the trip, which should be more than enough. If you know you will require more than this, please bring the additional amount that you will need and try to be reasonable. Wet wipes are very handy for later in the trip when we all start to get a bit smelly.

### Foot Powder/Antiperspirant:

A very small bottle will allow you to treat your feet daily, keep them drier, extend the life of your socks, and help you avoid blisters/rashes from chronic wet feet. Weight: 1-2oz / 28–56 grams  
Example: Gold Bond

### Lip Protection:

Bring 2 containers/applicators with the highest SPF available. Zinc oxide also works well (available in pharmacies) as do some models of “chapstick” that have SPF25 or higher.

### Sunscreen:

With a Sun Protection Factor (SPF) of at least 30. For the fair skinned, the higher the SPF the better. Stick applicators allow you to apply without exposing fingers. Dermatone produces an effective 1” diameter stick as well as a translucent zinc oxide lotion. A couple of 1 oz. tubes are adequate. Only your face and, at times, your hands will be exposed. Several small containers are better than one large one. Sunscreen is prone to freezing in the cold and smaller containers fit well into pockets for warming.

### Garbage Bags:

Bring two or three large ones. They serve a variety of uses. Trash compactor bag, if available, are more durable.

### **Personal Medical Kit:**

For sunburn, blisters, headaches, and minor cuts and scrapes. AAI supplies expedition med kits with a supply of prescription drugs. If you have any special needs please communicate them to AAI and plan to bring an adequate supply of your medications based on counsel from medical professionals.

#### Personal Medications

- 20 tablets of Tylenol, Ibuprofen, or Aspirin
- A few tablets of Immodium
- If you suffer from Asthma or significant allergic reactions, please notify AAI and your guide regarding the location and presence of your epi-pen and/or inhaler.

Cuts, Bruises & Blister kit Bring a comprehensive blister kit.

- 10 assorted Band-aids
- Plenty of Compeed, Bandaid, or Dr. Scholl's blister pads
- A packet of moleskin (note: some people are allergic to the glue on moleskin and other medical adhesives.)

The following drugs require a physician's prescription. Be sure to discuss the use and precautions for each drug with your doctor.

- Acetazolamide (Diamox) - For prevention or treatment of Acute Mountain Sickness.
- Choose one a broad-spectrum antibiotic that is known to be effective for lung microbes/respiratory tract infections.

- o Trimethoprim-Sulfamethoxazole (Bactrim or Septra)
- o Levaquin (levofloxacin)
- o Gatifloxacin

**NOTE:** you cannot use codeine or sleeping pills at altitude. Always consult a doctor when selecting medications and antibiotics for personal use.

### **Multitool:**

Any multitool similar to a Leatherman is great. One can be shared amongst tent-mates. Smaller and simpler is better than overly complex.

### **Repair Kit:**

Include a Thermarest repair kit (for Thermarest pad users), crampon wrench and extra screws, 10 to 20 feet of lightweight nylon cord, small sewing kit, duct tape (can be wrapped on water bottles or trekking poles), pack waist buckle.

### **Pee Bottle:**

1-quart size minimum. A collapsible 2L Nalgene recommended. Plastic bottles from the store such as Gatorade bottles can work well but the lids are less secure than a Nalgene. If you choose to bring one of these, use it carefully and make sure the capacity is adequate. Label your pee bottle well. Women must also bring a pee funnel; Freshette makes a tried and true model.

## **Optional Equipment**

The items listed below are not required, although many are nice “luxury” items that can make your expedition more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your expedition.

### **Handiwipes:**

The mountain shower. For personal hygiene and general use. Bandana: These have many uses on the mountain. Materials: cotton

### **Camp Booties:**

Nice for use in camp, these must be very lightweight and packable. Many climbers choose to put their boot liners inside their overboots rather than carry camp booties: Weight: 6 – 10 oz / 170 - 280 grams Fill Materials: down, synthetic

### **Entertainment:**

Books, games, cards, for stormy days in the tent. Music players like iPods and MP3 players are popular because the device and media are small and relatively lightweight. There is great radio reception at 14,000' and above. AAI provides a solar panel that can be used to charge electronic devices. Bring the car charger for your device along for recharging on the mountain. iPods with a hard drive and air bearing (vs. flash memory) do not work above 14k.

### **Ear Plugs:**

Defense against snoring and high winds in the area.

### **Journal and Writing Device:**

Some climbers like to keep a journal or log for writing on the trip. Ballpoint pens work well in the cold and at altitude but other ink well type pens do not. "Rite-in-the-Rain" notebooks are more durable and more functional for the mountain environment than regular notebook paper.

### **Camera:**

We recommend small point and shoot cameras that can easily be carried in an outside pocket or small case outside your pack. If you can't comfortably and safely carry your camera outside your pack, even in bad weather, you'll miss the best photo opportunities. Though some climbers bring them, SLR cameras are not recommended because of weight and bulk. Note: If bringing a digital camera, consider your battery needs. If your camera uses a proprietary lithium ion type you may want to bring an extra. If your camera uses AA or AAA batteries, use lithium batteries and bring two sets of extra batteries.

### **Post-Climbing Clothing:**

Plan ahead and pack some clean clothes in your duffel at the airstrip to change into when you get off the mountain.

## **NOTES ON GEAR PREPARATION AND MAINTENANCE**

Please take the time to properly label and identify all items of personal gear. With multiple climbers all sharing a single campsite and cook tent, it can be very easy to forget which water bottle or set of gloves belongs to you. Many items of gear that climbers bring are almost identical. Your name on a garment tag or a piece of colored tape on carabiners and miscellaneous items are easy ways to label your gear; fingernail polish is universally excellent. If using tape or colored markers, make sure your method is durable and water resistant.

Any items of clothing that are not new should be inspected to make sure that the seams, stitching, and waterproof properties of the garments are intact and adequate for the rigors of an expedition. Items of clothing such as shell jackets and softshell items should be cleaned and treated with a durable water repellent (DWR) such as Nikwax TX Direct, or Gore-Revivex. Gloves with leather or synthetic palms should be treated with a leather waterproofing agent such as the Nikwax product for leather and suede. Make sure all of your packs and bags have buckles and straps that are in good working order. Bringing an extra buckle or two in case one should break in the cold weather is a very good idea. REI and most outdoor gear stores have a selection of Fastex buckles and straps.

In short, ensure that your equipment is in excellent condition for this expedition.

