

## Aconcagua Climb Equipment List

Please feel free to contact us if you have any questions relating to this gear. We will do an equipment check at the start the climb but due to the remote starting location it is best to sort out any issues ahead of time. Unique considerations for Aconcagua include the transport of gear to base camp by mules, a very warm hiking approach, followed by a potentially very cold, sometimes snow free, upper mountain.

Northwest Mountain School will provide all of the groups camping, climbing, and cooking gear in addition to breakfasts and dinners on the mountain.

### Climbing Gear

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- Backpack:** Internal frame 90 L pack, as light & simple as possible. Please keep in mind that you will be given a portion of the group load to carry on the upper mountain. There should still be room in you pack after all of the gear on this list is loaded into it.
- Ice axe:** 55-65 cm i.e. Petzl Snowwalker
- Crampons w/Anti-Balling Plates:** These should be a 10 or 12-point general mountaineering crampon. i.e. Petzl Vasak TO5 FL
- Harness:** Lightweight with adjustable leg loops. i.e. Petzl Adjama
- Helmet**
- Carabiners:** 1 locking and 1 non-locking. i.e. Petzl Attache and Spirit
- Collapsible trekking poles**

### Camping Gear

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- Closed Cell Sleeping Pad:** i.e. Ridge-Rest
- Inflatable Sleeping Pad:** We use a Therm-a-rest ProLight 3 or 4 in the small length.
- Sleeping Bag:** -10°F to -20°F down sleeping bag.
- Compression Stuff Sack:** You have to work a bit, but not too hard, to squeeze your bag in.

### Upper Body Clothing

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- Synthetic Sports Bra/Top**
- Synthetic or Cotton shirt:** i.e. Patagonia Sol Patrol Shirt
- Synthetic Long Underwear Shirt:** Lighter colors are better for the hot afternoons, we will always have long sleeves on while traveling on a glacier. i.e. Patagonia Capilene 2
- Lightweight Fleece shirt:** i.e. Patagonia R1 Flash Pullover
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic jacket with some wind resistance. i.e. Patagonia Micro Puff Pullover, or Figure 4 Jacket
- Gore-tex jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Jetstream Jacket
- Parka with hood:** This can be down or synthetic and should fit over all of your other layers. i.e. Patagonia Down Jacket or Das Parka.

### Lower Body Clothing

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- Synthetic Underwear**
- Synthetic Long Underwear bottoms:** i.e. Patagonia Capilene 2-3
- Synthetic Climbing Pants:** i.e. Patagonia Guide Pant or French Roast Pants

- Light Nylon Hiking Pants**
- Shell pant w/ full side zips:** These must have the full side zips so you can take them on or off without removing boots or crampons.
- Insulating Pant Layer (optional):** i.e. Patagonia Micro Puff Pants
- Shorts (optional)**

### **Head, Hands, and Feet**

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- Warm hat:** i.e. Patagonia Lightweight Ski Hat
- Neck Gaiter/Light Balaclava/Buff**
- Gorilla Balaclava**
- Sun Hat:** i.e. OR Sun Runner Cap or other baseball cap with bandana
- Dark Glacier glasses with side shields**
- Ski Goggles**
  
- Light or mid-weight gloves**
- Waterproof Ski Gloves:** These should have removable liners so they are easier to dry. i.e. Patagonia Stretch Element Glove
- Warm Mittens**
- 2-3 Pairs Chemical Hand Warmers**
  
- Plastic Boots:** This should be a warm double boot that is crampon compatible. Thermo-mold liners will increase the warmth and decrease the weight of a plastic boot.
- Hiking Shoes**
- River Crossing shoes:** i.e. sandals
- Gaiters:** Make sure these fit over your boots. i.e. OR Expedition Crocodiles
- Insulated Super Gaiters:** Make sure these fit over your boots.
- 3 Pairs Socks Mid-weight to Heavy Synthetic Socks**
- 3 Pairs Liner Socks (optional):** We do not use these but if it what you are used to then bring them.
- 2 Pairs Hiking Socks**

### **Other Items**

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- Headlamp w/ double set of batteries:** i.e. Petzl Myo 3 or Tika Plus
- Large Duffel:** This is for transporting your personal gear on the mules to basecamp. These get very dusty and can be manhandled a bit so go for durability. Outdoor Products makes a good canvas duffel with a lifetime warranty.
- Medium Duffel:** To store gear at the outfitters while on the mountain.
- Zip Ties:** You can use these to secure your duffels during travel and storage.
- 2 – 1 Liter Water Bottles with Insulating covers**
- Camelback (optional):** This would be in addition to the water bottles. This is nice for the hot dusty hike in but will not work on the upper mountain.
- Lunch Food:** Bring a variety of types of food and aim for 1,000-1,5000 calories/day.
- Small Folding Knife**
- Cup, Bowl, Spoon**
- Small Sunscreen Tubes:** 4 x 1 oz tubes with high SPF factor (30 or higher)
- Lip Balm with sunscreen:** SPF 15 or higher

- Altimeter Watch or Standard Watch with Alarm**
- Small Camera**
- Batteries for Camera, Headlamp, etc.**
- Ear Plugs**
- Toiletries:** Small tube of toothpaste, toothbrush, TP, Purell, & 1-2 baby wipes/day. Keep this light!
- Small Towel:** Showers are available at base camp.
- First aid kit w/ personal meds:** Guide will have large group kit but they cannot hand out prescription medication. We recommend you speak with your doctor about which medications it makes sense to have for remote travel and high altitude climbing. Suggested personal medications include:
  - Ciprofloxacin (Cipro)
  - Loperamide (Imodium)
  - Acetazolamide (Diamox)
  - Dexamethasone (Decadron)
- Blister kit:** This should be very small **i.e.** Moleskin, duct tape, Compeed pads, & band-aids.
- Pee Bottle (optional)**
- Lighter**
- 3 Heavy Plastic Garbage Bags**
- iPod or similar:** optional but nice
- Book**
- Water Purification:** i.e. Aqua Mura
- Passport**
- Street Clothes:** It will be summer in Mendoza. If you want to bring a swimsuit there is often a pool where we stay.