

Equipment List

Marshall suggests that all participants pack the following equipment for Aconcagua 2010.

Headwear

- 1 sun hat (it must shade the eyes and nose)
- 1 balaclava (wool, polypropylene)
- 1 wool or fleece hat
- 2 pairs glacier glasses with side protection (one main pair and a spare)
- 1 neck gaiter

Upper - Lower body

- 1 expedition down parka with hood (-20° F)
- 1 windproof outer jacket with hood (Goretex)
- 1 poly/fleece jacket
- 1 expedition weight polypropylene shirt
- 2 lightweight, long sleeve polypropylene shirts
- 2 heavy polypropylene long underwear bottom (or tights)
- 2 heavy polypropylene long underwear tops
- 1 pair wind/rain pants (with side zips)
- 1 pair fleece pants
- 1 long pant for trekking (legs zip off to become shorts)
- 1 nylon short
- 2 t-shirts for lower elevations

Handwear

- 2 pairs liner gloves (thin, poly)
- 1 pair medium weight fleece gloves
- 1 pair gortex wind shells for mittens
- 1 pair wool or fleece mittens

Footwear

- 1 pair of trekking boots or quality sport shoes
- 1 pair double plastic climbing boots
- 1 pair of gaiters
- 2 pairs of liner wool socks and polypropylene socks
- 2 pairs medium weight polypropylene, wool or similar socks
- 2 pairs heavy pairs polypropylene, wool or similar socks
- 2 pairs lightweight hiking socks for lower elevations

Sleeping Gear

- 1 down or synthetic sleeping bag (-20° F)
- 1 ultra light thermarest (full length)

Pack

- High quality back pack approx 70-80 liters
- Day pack for approach hike and summit day
- 1 large duffel bag with lock to be carried by mules to Base Camp
- 1 smaller duffel bag with lock to store gear in Mendoza or Puente del Inca

Climbing Equipment

- 1 ice axe (60-70 cm)
- 1 pair adjustable trekking poles
- 1 pair crampons
- 1 Alpine harness
- 2 locking carabineers
- 1 non-locking carabineer

Miscellaneous

- Casual clothes for walking around, going to dinner
- Electrical adaptor 220 volt (optional)
- Headlamp with 3 alkaline battery sets
- Metal thermos bottle, 400-500ml
- 2 1-liter or equivalent water bottles
- Pee bottle - 1 qt capacity, wide mouth
- Pocket knife (mid size)
- Personal eating utensils: Bowl, Cup, Fork, and Spoon
- Camera (storage cards or film, extra battery)
- Sun screen and lip protection (UV rating of 20 SPF or more)
- Toiletry kit (for example: small camp towel, soap, toothbrush/paste, hand-wipes, lotion, glasses, contacts, solution, comb)
- Toilet paper or Pocket Kleenex
- Wet Wipes (optional)
- Medications or prescriptions
- Simple first aid kit (for example: Imodium, Roloids, Neosporin, Sportslick, moleskin, ibuprofen, throat lozenges, bandages, etc.)
- Water purification tablets
- Insect repellent coating for hike in
- Ear plugs
- Notebook, journal, pencil and pen (optional)
- Playing cards, games, paperback books, iPod, etc. (optional)
- Energy bars, hard candy – your favorite snacks
- Plastic bags and Ziplocs for waterproofing
- Passport (and color copy of first two pages, packed separately)
- Cash (minimum \$250 for general spending)
- Guide tips are extra (typically \$150-250 for the mountain guides/porters)
- Copies of relevant documents (maps, directions, itinerary, etc in plastic bags)
- Small Spanish dictionary with travel phrases
- List of critical information