

Aconcagua Expedition Required Equipment

BASE LAYERS

- Synthetic Short Underwear** (2-3 pair)
non-cotton style underwear
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear** (1-2 pair)
long sleeve shirt and long pants
recommended: [Mountain Hardware Diamond Peak 1/2 Zip top](#), [Diamond Peak Tight](#) bottoms
- Heavyweight Long Underwear** (1 pair)
recommended: [Mountain Hardware Diamond Peak Thermal Hoody](#) top, [Diamond Peak Thermal Tight](#) bottoms
- Short-Sleeve Synthetic Shirt** (1-2)
recommended: [Mountain Hardware Wicked Tech Recycled Short Sleeve T-Shirt](#)

MID LAYERS

- Soft Shell Jacket**
to be worn over other layers
recommended: [Mountain Hardware Stretch Ozonic Jacket](#)
- Soft Shell Pants**
very breathable and water repellent
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- Lightweight Nylon Pants** (1-2 pair)
recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF / RAIN LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware Exposure/2 Gore-Tex Paclite Plus Jacket](#)
- Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 Gore-Tex Paclite Plus Pant](#)

INSULATION LAYERS

- Insulated Down or Synthetic Jacket with hood**
recommended: [Mountain Hardware Absolute Zero Parka](#) or [Nilas Jacket](#)
- Insulated Pants**
recommended: [Mountain Hardware Compressor Pant](#)

HEADWEAR

- Warm Hat**
synthetic or wool hat (ski hat)
recommended: [Mountain Hardware Dome Perignon Pro](#)
- Balaclava**
to protect your neck and face in high winds
recommended: [Mountain Hardware Power Stretch Balaclava](#)

**Baseball Cap or other sun hat**

to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#) (provided)

**Bandana or Buff**

to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#) (provided)

EYEWEAR

**Glacier Glasses**

full protection with side covers or wrap-around
recommended: [Julbo Shield REACTIV Polarized Sunglasses](#)

**Ski Goggles**

to be worn in the event of high winds
recommended: [Scott LCG Evo Goggle](#)

GLOVES

**Lightweight Synthetic Liner Gloves**

for wearing on warm days
recommended: [Mountain Hardwear Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind
recommended: [Mountain Hardwear Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind
recommended: [Mountain Hardwear Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**

large enough to fit a liner glove inside
recommended: [Mountain Hardwear OP Mitt](#)

FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Icebreaker Hike Liner Crew Sock](#)

**Wool or Synthetic Socks (3 pairs)**

recommended: [Smartwool Classic Mountaineering Maximum Cushion Crew Sock](#)

**Mountaineering Boots**

Double plastic or insulated synthetic boot
recommended: [La Sportiva Nepal Cube GTX](#) or similar crampon-compatible boots

**Hiking Shoes/Boots**

comfortable hiking boots (can use your mountaineering boots, if desired)

**Gaiters**

recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

**Water Shoes or Sandals**

for stream and river crossings
recommended: [Keen Evofit One Sandal](#)

**Booties (optional)**

for wearing around camp
recommended: [Feathered Friends Down Booties](#)

SLEEPING EQUIPMENT



Sleeping Bag

rated to at least -20°F

recommended: [Mountain Hardware Lamina -30 Sleeping Bag](#)



Self-inflating Sleeping Pad

Full-length is preferred

recommended: [Therm-a-Rest NeoAir XTherm](#)



Closed-cell Foam Pad

to be used in conjunction with the inflating pad for warmth and comfort when sleeping

recommended: [Therm-a-Rest Z Lite SOL](#)



Earplugs

recommended: [Eagle Creek Travel Ear Plug Set](#)

MOUNTAINEERING GEAR



Expedition Backpack

approximately 105L

recommended: [Mountain Hardware AMG 105 Backpack](#)



Compression Stuff Sacks

for reducing the volume of the sleeping bag, down parka, etc., in your pack

recommended: [Sea to Summit Ultra-Sil eVent Compression Dry Sacks](#) and
[Sea to Summit eVent Dry Sacks](#)



Trash Compactor Bags

to line backpack and stuff sacks as well as for separating gear



Backpack Rain Cover (optional)



Trekking Backpack

to carry on the trek to base camp. Simple and light.

recommended: [Mountain Hardware Scrambler 35 Backpack](#)



Trekking Poles with Optional Snow Baskets

adjustable poles

recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)



Ice Axe

general mountaineering tool (~60cm)

recommended: [Black Diamond Raven Ice Axe](#)



Crampons

general mountaineering crampons

recommended: [Grivel G10 Crampons](#)



Climbing Helmet (optional)

must be able to fit over your warm hat

recommended: [Petzl Sirocco Helmet](#)



Headlamp

with 2 extra sets of new batteries

recommended: [Petzl Tactikka Core Headlamp](#)

TRAVEL ITEMS



Large Duffel Bag with Lock

for transporting gear to base camp on the mules, no hard sides or wheels

recommended: [Mountain Hardware Expedition Duffel 140](#)

Small Duffel Bag with Lock

to store items in the hotel(s) while on the climb
recommended: [Mountain Hardware Camp 4 Duffel 45](#)

Travel Clothes

for days in cities and towns

Lightweight journal, sketchbook, pencils, pen**U.S. cash**

for currency exchange to purchase SIM cards or merchandise in cities and villages

ADDITIONAL FOOD ITEMS

Snack Food

bring a few days supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc.
variety of salty and sweet is good

OTHER EQUIPMENT

Cup

plastic 16 oz. minimum cup or mug

Bowl

large plastic bowl for eating dinner or breakfast

Spoon

plastic spoon (Lexan)

Water Bottles (2)

wide mouth bottles with 1-liter capacity
recommended: [Nalgene 1L bottle](#)

Water Bottle Parkas (2)

fully insulated with zip opening
recommended: [Outdoor Research SG Water Bottle Parka](#)

Thermos (optional)

1-liter
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)

Water Treatment

recommended: [SteriPEN Ultra](#), [Aquamira](#), tablets, etc.

Sunscreen (2 tubes)

SPF 40 or better

Lip Screen (2 sticks)

SPF 30 or better

Toiletry Bag

include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)

Pee Bottle

1-liter minimum bottle for convenience at night in the tent

Female Urination Device (FUD)
recommended: [Sani-Fem Freshette](#)

Knife or Multi-tool (optional)

Small Personal First-aid Kit
include athletic tape, band-aids, Ibuprofen, blister care, etc.

Medications and Prescriptions
bring personal medications, antibiotics (Azithromycin, etc.), altitude medicine such as Diamox, etc.

Handkerchiefs/Bandanas (optional)

OPTIONAL ELECTRONICS

Country-appropriate power plug adapters and power transformers

Adventure Sports Watch
recommended: [Garmin fēnix 7X](#)

GPS/Personal Satellite Communicator
recommended: [Garmin inReach Mini 2](#)

Personal power system
recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100PD Power Bank](#)

Digital Entertainment
movies, tv shows, music, books loaded on to smartphone, iPad, Kindle

Camera
bring extra batteries, charger, and memory cards