

Alpamayo Required Equipment

BASE LAYERS

- Synthetic Short Underwear** (1-2 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 Hardwear Ghee Long Sleeve 1/2 Zip top](#), [Ghee Tight](#) bottoms
- Heavyweight Long Underwear** (1 pair)
recommended: [Mountain Hardwear Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms
- Short-Sleeve Synthetic Shirt** (1-2)
recommended: [Mountain Hardwear Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS

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

WINDPROOF / RAIN LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardwear Exposure/2 Gore-Tex 3L Active Jacket](#)
- Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardwear Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

- Heavyweight Insulated Down Jacket with hood**
recommended: [Mountain Hardwear Absolute Zero Parka](#)
- Insulated Pants**
recommended: [Mountain Hardwear Compressor Pant](#)

HEADWEAR

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

- Baseball Cap or other sun hat**
to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)
- Bandana or Buff**
to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

EYEWEAR

- Glacier Glasses**
full protection with side covers or wrap-around
recommended: [Julbo Shield Sunglasses](#)
- Ski Goggles**
to be worn in the event of high winds
recommended: [Scott USA LCG 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 Absolute Zero Gore-Tex Down Mitt](#)

FOOTWEAR

- Liner Socks** (3 pairs)
recommended: [Spyder Pro Liner Sock](#)
- Wool or Synthetic Socks** (3 pairs)
recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)
- Mountaineering Boots**
6000m Mountaineering Boots
recommended: [La Sportiva G2](#) or [Scarpa Phantom 6000](#)
- Hiking Shoes/Boots**
comfortable hiking boots
- Gaiters**
recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

SLEEPING EQUIPMENT

- Sleeping Bag**
rated to at least -20°F
recommended: [Mountain Hardwear 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 RidgeRest Solar](#)

**Earplugs**

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

MOUNTAINEERING GEAR

**Expedition Backpack**

approximately 45 – 60L

recommended: [Mountain Hardwear South Col 70 OutDry](#)

**Trekking Backpack** (for acclimatization days / trekking) – optional

approximately 30L

**Compression Stuff Sacks**

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

recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)

**Trash Compactor Bags**

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

**Backpack Rain Cover** (optional)**Trekking Poles with Snow Baskets**

adjustable poles

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

**Technical Ice Tools** (can be rented in Huaraz)

2 Tools

Recommended: [Petzl Quark](#)

**Light Sewn Sling**

30-40cm

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120cm or Petzl Dual Connect Adjust

Recommended: [Petzl Dual Connect Adjust](#)

**Crampons**

general mountaineering crampons

recommended: [Petzl Sarken Leverlock Crampon](#)

**Climbing Helmet**

must be able to fit over your warm hat

recommended: [Petzl Sirocco Helmet](#)

**Alpine Climbing Harness**

mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness

recommended: [Petzl Altitude](#)

**Carabiners**

2 regular and 4 locking

recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)

**Belay/Rappel Device**

recommended: [Petzl Reverso](#)

- Headlamp**
with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)
- Trekking Backpack (optional)**
30 Liters

TRAVEL ITEMS

- Large Duffel Bag with Lock**
for transporting gear
recommended: [The North Face Base Camp Duffel](#)
- Small Duffel Bag with Lock**
to store items in the hotel(s) while on the climb
- 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 towns

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
recommended: [GU Roctane Energy Gel](#)

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
- Water Bottle Parkas (2)**
fully insulated with zip opening
recommended: [Outdoor Research Water Bottle Parka #1](#)
- Water Treatment**
recommended: [SteriPEN Ultra, Aquamira](#), tablets, etc.
- Thermos (optional)**
1-liter
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)

- Hand and Toe Warmers**
recommended: [Yaktrax Hand Warmer](#)
- 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 6](#)
- GPS/Personal Satellite Communicator**
recommended: [Garmin inReach Mini](#)
- Personal power system**
recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)
- Digital Entertainment**
movies, tv shows, music, books loaded on to smartphone, iPad, Kindle
- Camera**
bring extra batteries, charger, and memory cards