

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 Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms
- ☐ **Heavyweight Long Underwear** (1 pair)
recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms
- ☐ **Short-Sleeve Synthetic Shirt** (1-2)
recommended: [Mountain Hardware Diamond Peak 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 repellant
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- ☐ **Lightweight Nylon Pants**
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 3L Active Jacket](#)
- ☐ **Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

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

HEADWEAR

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

**Soft Shell Gloves**

to wear for moderate cold/wind

recommended: [Mountain Hardware Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind

recommended: [Mountain Hardware Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**

large enough to fit a liner glove inside

recommended: [Mountain Hardware 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 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 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](#)

- ☐ **Carabineers**
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