Mexico Volcanoes Expedition 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 repellant
  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 Hardware 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**
Single plastic or insulated synthetic boot
recommended: La Sportiva Nepal Cube GTX

☐ **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 65L
  recommended: Mountain Hardwear South Col 70 OutDry

- [ ] **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

- [ ] **Ice Axe**
  general mountaineering tool (~60cm)
  recommended: Petzl Summit Ice Axe

- [ ] **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**
  1 regular and 1 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

Travel Items

- [ ] **Large Duffel Bag with Lock**
  for transporting gear
  recommended: The North Face Base Camp Duffel

- [ ] **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

- [ ] **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