

# EQUIPMENT LIST ▲ ACONCAGUA EXPEDITION

## INTRODUCTION

For your safety and comfort we want you to have the best equipment for this expedition. Please read the equipment list carefully as it outlines what equipment is necessary for the approach hike and the climb. Your guides will go over all your equipment in your hotel room on day one of the expedition start date to ensure you are properly outfitted. Once you have arrived at your hotel, your guides will arrange a meeting time with you. Please contact us if you have any questions.

## TRAVEL & APPROACH

### FLIGHT TO MENDOZA

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The one- to two-day flight to Mendoza can take its toll with sleeplessness, dehydration, and cramped quarters. Ways to maintain comfort and strength include: a water bottle, eye shades, neck pillow, and ear plugs. Please be extra careful keeping track of luggage, passport, and valuables.

### MENDOZA

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Mendoza can be sweltering hot from December through February. Light cotton shorts, T-shirt, and sandals are the preferred dress code. A Spanish phrase book and dictionary is a must if you do not speak Spanish, the official language of Argentina; although many people speak some English.

### PENITENTES

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The expedition will spend one night at a lodge in Penitentes to acclimate, organize, and weigh equipment for the mules. Please bring an extra stuff sack with a change of clothes in the event we spend a night there on the return.

### APPROACH HIKE

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The three-day approach hike to Plaza de Mulas/Base Camp is not strenuous, but you are hiking through a hot desert environment while gaining altitude. Mules carry all our equipment and meet us each day at our campsite in the late afternoon. Daypacks weigh around 20 pounds or less. We use our expedition backpacks as daypacks on the approach hike to help our bodies adjust to them.

**APPROACH HIKING BOOTS:** 1. Light weight, leather or breathable synthetic hiking boots. Should be above the ankle for support and protection. Hot feet and blisters are a concern on the approach hike so be sure to break in your hiking boots before hand.

**SOCKS:** 2 sets for approach boots.

**SANDALS:** 1. Nice to have in camp. Teva-type sandals with neoprene socks work well on river crossings.

**LONG SLEEVE SHIRT:** 1. Loose-fitting, polyester/cotton blend. A long sleeve shirt saves on applying volumes of sun cream.

**SUN HAT:** 1. With attached string, which secures around your chin to protect against loss due to sudden powerful gusts of wind.

**LONG COTTON PANTS OR SHORTS:** 1. Cotton/polyester blend, loose fitting, lightweight hiking pants.

## THE CLIMB

Ice, snow, boulders, low temps, extreme wind and altitude combine to provide us a challenging environment. Hardest conditions are found at high camp and summit day. Lower camps are typically more pleasant.

### FEET

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**PLASTIC DOUBLE MOUNTAINEERING BOOTS:** 1. Hard plastic shell with removable insulated inner liner boot. Should fit comfortably with sock combination and have plenty of wiggle room in the toe. Heel should not lift more than 1/2 inch when walking. Kick the toe of the boot against a wooden post and your toes should not hit the end of the boot until the 3<sup>rd</sup> hit. No leather boots please.

**SOCKS:** 3 sets for your mountaineering boots. We recommend you wear 2 thick socks while climbing. This provides the maximum sweat absorption and reduces the chance of foot problems such as blisters or immersion foot. You may choose to substitute one heavy sock with a thin liner sock if that is your preferred method. One sock combination should be saved for summit day.

GAITERS OR SUPER-GAITERS: 1. Keeps snow out of your boots, must fit over plastic boots. Super-gaiters, with a rubber band around the boot welt help keep boot laces drier. Some climbers like to glue the rubber band of the super-gaiter to the toe of the boot shell.

BOOTIES: 1. Down or synthetic camp booties with a foam footbed.

## UPPER-BODY CLOTHING

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Choose 5 upper-body insulation layers which fit well over each other.

POLYPROPYLENE TOP: 2 layers. One light or middle weight and one expedition weight.

FLEECE JACKET and VEST: 2 layers. These should fit over each other. A vest can substitute for one of the pile jackets if you do not get cold easily.

INSULATED PARKA: 1 layer. Expedition-quality (700 fill down) parka which covers the pelvis area and has a firmly attached insulated hood.

WIND /RAIN SHELL: 1 layer (un-insulated). Gore-Tex shell roomy enough to fit comfortably over upper-body layers and under parka.

## LOWER-BODY CLOTHING

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Choose 3 lower-body insulation layers that fit well over each other and underneath your wind shell.

UNDERWEAR: 2-3 pairs. Capilene or silk available from Patagonia.

LONG UNDERWEAR BOTTOM: 1. Light or mid weight polypropylene or capilene.

FLEECE PANTS or INSULATED SHELLED OVERPANTS: 1 layer. With side zips for putting them on over boots.

WIND/RAIN SHELL: 1 un-insulated layer. Gore-tex pants or bibs with full side zips.

## HEAD AND HANDS

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WOOL OR FLEECE HAT: 1.

NECK GAITER: 1. Fleece neck warmer, large enough to pull up and protect face.

FLEECE GLOVES: 2. One light weight and one heavier weight pair.

MITTENS and MITTEN SHELLS: 1. These should fit together and comfortably over your gloves.

## SLEEPING

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SLEEPING BAG: 1. Down or synthetic rated to -20 degrees F.

SLEEPING BAG STUFF SACK: 1.

SLEEPING PAD: 1.5 pads. Full length closed-cell foam or Thermarest with repair kit and a half pad for added warmth.

## BACKPACK AND STORAGE BAGS

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INTERNAL FRAME PACK: 1. Internal frame packs should have a volume of 6,000 cubic inches (100 Liters).

LASH STRAPS: 2. 24" each.

SMALL STUFF SACKS: 1-3. Depending on personal preference. Used to organize items in your pack.

MEDIUM STUFF SACKS: 4. Used to pack lunches (see food notes below).

LARGE STUFF SACK: 1. Light weight, about 16"x 24", nylon stuff sack for tent bag.

TRASH BAGS: 3. For lining pack and storage bags.

DUFFEL W/ LUGGAGE LOCK: 2. One for personal belongings to be left in Mendoza and one large duffel for mules to carry personal gear.

## MISCELLANEOUS

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SKI POLES: 2. Collapsible trekking poles are helpful when climbing in loose scree.

BANDANNA: 1. Used to clean sun glasses and protect ears when worn under sun hat.

GOGGLES: 1. For windy and possibly snowy conditions at higher camps.

GLACIER GLASSES: 1. Lenses should block 100% Ultra Violet and 95% Infra Red. If you wear prescription lenses - glasses or contacts - and have limited vision without them, bring prescription sunglasses or high quality, dark lensed ski goggles to fit over your glasses.

CUP, BOWL AND SPOON: 1 each. Cup should be large with a lid. Put them all in a stuff sack.

WATER BOTTLE: 2. Wide mouth quart size with insulated covers. Label with your name.

HEAD LAMP: 1. Bring two extra sets of batteries, one saved for summit day.

LIP BALM: 2. Sticks or cream with sun protection.

SUNSCREEN: 2, 1 oz tubes. SPF 20 or greater. A physical sun block such as zinc oxide is recommended for people who burn easily or with a history of sun bumps.

KNIFE: 1. A small pocket knife with scissors for cutting mole skin for blisters and making small repairs.

TOILET ARTICLES: Toothbrush, small tube of toothpaste, two rolls of toilet paper, baby wipes (20), small bottle of hand disinfectant, tampons.

LIGHTER: 1.

MOLE SKIN AND MOLE FOAM: One sheet of each plus athletic tape and scissors.

POTABLE AQUA: 2 bottles. Iodine tablets usually sold at REI.

NYLON CORD: 12 feet. Good for miscellaneous repairs.

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EAR PLUGS: 2 pairs. Aid in sleeping with a snoring tent partner or flapping tent fly.

WATCH: 1. With alarm, altitude feature is a nice bonus.

HAND AND TOE WARMERS: 2 of each.

## CLIMBING

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CLIMBING SEAT HARNESS: 1. Lightweight, dropped leg loops style, such as Black Diamond Alpine Bod.

LOCKING CARABINERS: 1.

ICE AXE and LEASH: 1. A light weight 60-70 cm general mountaineering ice axe suitable for self-arrest and steep alpine snow.

CRAMPONS: 1. 12-point clip-on crampons fit to mountaineering boots. Please bring any special tools.

## MEDICAL

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AMS medical director Peter Hackett, MD and training supervisor, Lance Taysom, RN wrote AMS' medical protocols which give standing orders for AMS' medical kit contents. The expedition drug kit includes: Keflex, Vicodin, Decadron, Procardia, Diamox, Diflucan, Tylenol, Colace, Benadryl, Imodium, Ibuprofen, Aspirin, Pepto-Bismol, cough suppressant, and an Epinephrine injection pen. We request that you supplement the expedition drug kit by bringing a personal supply of:

- .. Antibiotic – respiratory
- .. Antibiotic – gastro-intestinal
- .. Acetazolamide or Diamox – 20, 250 mg. Tablets, not time-release capsules.
- .. Ibuprofen or Motrin, Advil – 20 tablets
- .. Acetaminophen or Tylenol – 20 tablets
- .. Pepto-Bismol – 6 tablets
- .. Cough Lozenges – 10 lozenges
- .. Moleskin, tape, and 6 Band-Aids. Spyroflex blister dressing bandages are a good substitute for moleskin.

## OPTIONAL ITEMS

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FINGERLESS COTTON GLOVES: 1. For use on the approach to avoid sun bumps (photo-dermatitis).

CAMERA: 1. Should be easy to operate, accessible and lightweight. Not too many battery-intensive features. Should have a manual mode.

Lithium batteries are lighter and operate longer in the cold. Ask your local camera expert for the best options available.

BOOK: 1. Paperback, easy to read, disposable. It is not unusual for books to be torn in half and shared.

PEE BOTTLE: 1. Quart sized Nalgene bottle clearly marked with "Danger! Do not Drink".

NOSE GUARD: 1. Recommended to use with your glacier glasses to reduce sunburn.

PEE FUNNEL: 1. For women only: Freshette or Lady J, best to practice with layering system and harness on beforehand.

DUST MASK: 1. Simple hardware store variety can decrease respiratory problems from the dry air at high altitude.

THERMOS: 1. One liter or 500 ml. No glass. Keep it as light as possible.

VBL SOCKS: 1 pair. Vapor barrier liner socks - if you are a fan. Helps keep boot liners drier.

## FOOD AND DRINK ON THE MOUNTAIN

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AMS will be providing meals during the expedition. Guides will pack breakfasts and dinners and prepare them when the group is in camp. Lunch begins after breakfast and ends before dinner: participants are encouraged to snack on their lunch foods whenever they are hungry.

Participants will pack their lunches from a selection of locally purchased lunch foods such as cheese, crackers, locally made tortillas, bread, fresh fruit, tuna fish, salami and other foods that can be eaten when desired, with no preparation, throughout the day. The drinks AMS will provide include: herbal and black teas, and powdered drink mixes such as Tang and Kool-Aid. Plan to consume 2 hot drinks at each breakfast and 2 hot drinks at each dinner. We will provide hot soups before each dinner to aid in hydration.

To insure you have your favorite lunch and drink items, we suggest that participants bring 1-3 pounds of their favorite lunch food and drinks for the expedition to supplement the food being provided. Some ideas on food items you can bring include: beef jerky, nutrition bars (Power, Balance, Cliff or Bumble bars), gel snacks such as Gu or Power Gel, smoked oysters, sardines or peanut butter. Remember to keep weight and packaging to a minimum. For example: peanut butter and pre-cooked tuna are available in single serving pouches that require no refrigeration and leave little garbage to manage. Some ideas for drink mixes you can bring include: cocoa, instant coffee, hot cider, lemonade, Gatorade, ERG, Emergen-C, Crystal Light.

## GROUP EQUIPMENT – AMS PROVIDES

AMS will provide a large quantity of group expedition equipment which is carefully checked and inventoried beforehand: climbing rope, 4-season Mountain Hardware tents, base camp tent, stoves, pots and pans, utensils, first aid and drug kit, pulse-oximeter, repair kits, UHF radio. We all share the use of and care for the group equipment.