



**SWS Mountain Guides**

**P.O. Box 988**

**Mt. Shasta, Ca. 96067**

**mail@swsmtns.com**

**www.swsmountainguides.com**

**Phone: 888.797.6867 / Fax: 877.797.6867**

## **ACONCAGUA EXPEDITION EQUIPMENT LIST**

### **(Normal Route)**

It is extremely important to the success and safety of your expedition that you bring all the items listed below. It is most important that you pack well and pack light your equipment is your protection against the elements. The weather on Aconcagua at times can extremely windy and cold with temperatures reaching 30 below zero and gale force winds. Be prepared to encounter all types of conditions. Remember to test all equipment at home or better yet on short training trips, make sure all your clothing fits together in a layering system. Make sure that crampons fit the boots and that boots fit. A final note on boots, **plastic double boots are required**, make sure they are designed for cold weather, if you have cold feet you may want to invest in insulated gaiters as well. If you have any questions about what to bring please call our office at **1-888-797-6867**, that's what were are here for.

#### **The Basics:**

- Mountaineering Boots\*** (Plastic Double Boots required)
- Excellent quality Approach Boots**; Needed for 50 miles of approach hiking, recommend over the ankle with excellent support, but not heavy weight boot.
- Sleeping Bag** (rated to at least -20 degrees f)
- Sleeping Pad(s)** (full length Thermarest or Ridgerest, Blue Foam)
- Pack\*** (Internal Frame 4,000 - 6,000 cubic inches)
- Large Duffel** (for all gear on the airline including pack and for storage; questions give us a call.
- Small lock for Duffel

#### **Clothing**

- Expedition Weight Synthetic Top
- Expedition Weight Synthetic Bottoms
- Synthetic top mid-weight
- Synthetic Top light weight or wind stopper
- Expedition Weight Pile or Fleece Jacket
- Down Jacket with Hood
- Pile Pants or Pile Bibs
- Goretex Jacket with Hood or equivalent\*
- Goretex Pants or Bibs or equivalent\*
- \*Note: Both Goretex Jacket and Pants have to be large enough for all above clothing to fit underneath final outer layer.
- Wool or Synthetic socks (5-6 pairs)
- Synthetic Liner socks (5-6 pairs)
- Light Pile or Synthetic Gloves
- Expedition Wool/Pile Gloves
- Expedition Mitts (with shells)
- Expedition Wool/Pile Hat
- Balaclava and/or face shield
- Knee Height Gaiters
- Sunhat

#### **Small Personal Items:**

- Passport**
- Money Belt** (for passport, credit card etc.)
- 3-one Liter Wide Mouth Water Containers
- Swiss Army Type Knife or other small pocket knife
- Excellent Quality Glacier Sunglasses with side shields-don't skimp on your eyes
- Extra water/gatorade bottle for a pee-bottle (recommend different shape, texture, or size)
- Sun Block & Chapstick (Rated 25+)
- Large Insulated Cup, Bowl and Plate



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- Spoon and Fork
- Bandanna (2)
- Headlamp (With extra batteries and extra bulb)
- Small personal first aid kit (include personal medications and blister kit)
- Toothbrush and Toothpaste
- Foam Ear Plugs (for the noisy tents or huts)
- Toilet Paper (small personal stash, not for 3 weeks)
- Bic Lighter (two)
- Small stuff sacks for small items
- Ski Goggles

### **Climbing Gear:**

- Ice ax (70 cm Recommended)\*
- Crampons (step-in type recommended)
- Sit Harness\*

### **Recommended Travel Clothing:**

- Two pairs of pants (jeans or light cotton)
- 4-5 pairs of underwear
- Two pairs of shorts
- Comfortable walks shoes (running shoes or light hiking shoes for cities and travel days)
- 2-3 shirts (one button type/two t-shirts)
- Cotton socks (4-5 pairs)
- Extra Stuff sacks

### **Recommended Travel Kit:** All in a small stuff sack

- Towel (lightweight)
- Small soap & Small shampoo, Comb or Brush
- Extra pair of glasses
- Personal toiletries/handi-wipes

### **Optional Equipment:**

- Down booties (highly recommended)
- Down or Pile vest
- Extra pair of light gloves (wool or Polypro)
- Ski Poles or Trekking Poles
- Camera & Film (not all film types are available)
- Notebook/Journal with pen
- Watch/Altimeter
- Spanish/English Dictionary
- Book, playing cards, or travel games(small)
- Insulated gaiters (replacing regular gaiters)
- 0.5L or 1L stainless vacuum thermos

**\*Can be provided or arranged to be rented by Sierra Wilderness Seminars please call the office if you have questions.**

SWS Mountain Guides will be providing all group gear such as tents, stoves, safety equipment, and group technical equipment.