**Expedition Clothing and Gear List**

**Personal Clothing** – If you are going to be climbing peaks below 6000

meters, use the lighter gear suggested, above 6000 meters, use the

warmer/better gear. All of your gear except for the axes/tools should fit

in your pack.

(Note: Wind is the main enemy and so everything should be windproof)

Travel and town clothes- one set of nice clothes for going out to eat and meeting officials

Swim Suit- Say What?!? The beach is only a few hours away for surfing and

kiteboarding…

*Feet*

Boots- plastic or double climbing boots, for their warmth and they dry quickly. Below 6000 meters, single CLIMBING boots are acceptable – any questions, please email.

Light weight hiking shoes- for approaches and around base camp

Flip flops or sandals - for camp and town

Socks- wool or synthetic (no cotton!) hiking socks (3-4 pair), and expedition weight socks (1-2 pair). Make sure you have a layering system that works well with your boot fit.

*Body*

Hardshell layer- protection from wind and rain. Waterproof, breathable, durable and VERY lightweight. Top must have hood, pants must have full side zips for easy on and off.

Puffy layer- Large down parka with hood, Insulated pants with full side zips for the ability to put them on while wearing crampons

Base layer- one pair long underwear top and bottom, lightweight synthetic or polypropylene

2nd layer- 6000 meters – one pair expedition weight top and bottom

3rd layer- one light windproof fleece or light puffy jacket. One pair softshell pants

T-shirts- 2-3 synthetic, or cotton for the hike in

Shorts- 1-2 pair. Zip off pants work as well

Underwear- 3-4 pair, synthetic

*Extremities*

Liner gloves- synthetic, windproof

Heavy gloves- waterproof, insulated and durable, super warm expedition type Black Diamond “Guide” or similar

1 pair heavy mitts (like OR altimitt)

Warm hat- windproof is nice

Balaclava – windproof for extreme cold

Bandana- for sun protection, buffs work well too

Sun hat- baseball cap

**Climbing Gear**

Ice ax- standard mountaineering ice ax (below 6000)

Technical ice tools- above 6000 meters in addition to the ice ax, two tools are necessary

Crampons- must have anti-balling plates, which is critical in wet snow

Harness- lighter weight alpine harness with adjustable/removable leg loops

Helmet (optional depending on climb) - make sure your warm hat fits under and your hoods fit over your helmet

Belay/rappel device- with locking carabiner

Carabiners- at least 2 regular, at least 2 locking

Cordage- 2- 24” slings, 1- 48” slings, prussics

Ascender- Jumar or Petzl tibloc

Trekking poles (optional) - one or two, great place to store duck tape

Rock climbing shoes- for bouldering on days off

**General Gear**

Tent for basecamp with groundcloth

High camp tent – if you have one

Tent repair kit- bring one if you have one

Sleeping bag- below 6000 meters: 20 degree F down or synthetic,

above 6000 meters: 0 degree to -20 degree F, down

Sleeping pads- thermarest style inflatable AND closed cell foam

Inflatable pillow (optional)

Backpack- at least 75L to be able to carry climbing gear, scientific equipment, and cold weather gear

Small summit pack- 25L or so for summit days and around town, large enough for your personal gear and sampling equipment (some people just use their expedition pack for summit days)

Duffle bag- Huge and sturdy, will be strapped to mules for travel. Bring a second, smaller duffel to store gear in Huaraz when on the mountain

Water bottles- three liters in total capacity, no metal water bottles, Nalgenes are best. Bottle insulators are nice but heavy.

Nalgene pee bottle – needs to seal perfectly! (2L bottles with wide mouths are easier for females)

Ladies, a pee funnel is nice

Headlamps- bring all the batteries you will need – lithium are best for the cold. Bring two lamps - a lightweight lamp for camp, a high power lamp for climbing.

Glacier glasses- make sure they are 100% UVA/UVB and block 60-80% of light. It’s best to bring two pairs in case something happens to one.

1 pair dark goggles (like Smith turbofan)

Pocket knife- small and light

Lighter and matches- lighters work up to 4000 meters, bring matches for higher camps

Cup

Bowl

Spoon

Medical Gear

(Note: Sun is the main enemy here both low and high on the mountain)

*Drugs*

Prescription Meds, in consultation with your doctor: (Acetazolamide 125mg x 14 tablets, Dexamethasone 4mg x 4 tablets, Nifedipine 30 mg slow-release x 2 tablets)

Antibiotic (2 doses - ciproflacin, azithromycin)

Tylenol

Ibuprofen

Imodium

Benadryl

*General first aid kit*

Bandaids

Neosporin

Athletic Tape

Moleskin

Ace Bandage

Antacid (Tums, Maalox)

Ibuprofen/Advil

A few safety pins

Hand sanitizer

Personal medications- prescriptions, multi-vitamins, nutritional supplements, etc.

Toilet paper- small emergency supply for town and the mountain (Always carry some while in Peru – you will be surprised how often there is none in the toilet!)

Alcohol wipes- not baby wipes, as they will freeze

Sunscreen- minimum 50 SPF

Small Aloe Vera for sun burn

Lip balm- minimum 30 SPF

Gatorade/Electrolytes- we drink tons of water, flavoring is great to help stay hydrated

Feminine Products

Supplies for contacts or prescription lens

Toothbrush, toothpaste- travel sized to reduce weight

**Miscellaneous**

Power battery/recharger/solar charger with cords (optional)

Heavy duty trashbags – 2 or so to line your backpack and sleeping bag

Small padlock- Locks for your bags to secure your belongings

Favorite snack foods and teas- bars, gels, blocks, chocolate; bring plenty, as they are

not available in Peru

Stuff sacks- for organizing your gear

Entertainment- phones with movies and books, books, kindle/nook, cards, etc

Camera- with batteries and enough memory cards. It is worth the small bit of extra

money to buy a nice camera – there will be some great pictures available!!

Foam ear plugs

Thermos – optional, can be used instead of one of the Nalgenes

Hand warmers – rarely work at higher elevations

Soap and shampoo for base camp shower (optional)

Towel for base camp shower (optional, there are showers available for $20)

3lbs personal snack food (real food and stuff that you know you will want to eat at altitude when you don’t feel like eating: nuts, jerky, granola bars, dried fruit, candy, etc.)

Marker

Pen