



## Canada West Mountain School - [www.themountainschool.com](http://www.themountainschool.com)

### Personal Equipment list for ACONCAGUA

#### Footwear:

- Boots for upper mountain - double mountaineering boots, Scarpa, La Sportiva, etc. Must be properly fitted and well broken-in.
- Approach hiking boots or trekking shoes suitable for extended hiking on rough trails. **Must** be comfortable and broken in!
- Gaiters - ensure they fit properly over your mountaineering boots. Can be insulated but *not* over-boots (1 pr)
- River shoes - lightweight shoes for river crossings. Beach shoes, paddling shoes, old running shoes, etc.
- Socks - synthetic, wool or wool blend (3-4 pr) Ensure you keep one fresh, new set of socks for summit day.
- Liner socks, synthetic or silk (2-3 pr)

#### Outer-wear, clothing and thermal-wear

- Outer shell jacket with hood - Gore-Tex style suitable for all weather conditions – rain on the approach and -25 on summit day
- Full-zip pants or bibs - Gore-Tex style.
- Base layer/long underwear bottom - synthetic, wool, etc. 1 set light weight + 1 set medium weight
- Hiking pants – *lightweight* synthetic pants for lower mountain on the approach, for moderate to warm weather (1 pr)
- Hiking shorts – for approach days in the lower valley, cotton or synthetic (1 pr)
- Long pants - synthetic pants for upper mountain/cold weather hiking conditions – Arcteryx Gamma AR or similar (1 pr)
- Insulated pants – fleece, pile or down pants for around camp and summit day (1 pr)
- Underwear - synthetic, silk or cotton blend. 3-4 pairs are nice, you will have opportunities for washing clothes at Base Camp
- Shirts – athletic style shirts, synthetic. 1 short-sleeve T, and 1 long sleeve lightweight base layer style shirt.
- Shirts – mid-weight synthetic. 1 long sleeve
- Sweater/expedition weight thermal layer - wool, or synthetic (1)
- Jacket – wind-stopper style w/hood is ideal. This is your all-round jacket to wear most days. (1)
- Warm parka - down, fleece or pile with a hood. Comfortable to fit over top of your base layers and jacket – summit day is cold! (1)
- Gloves - medium weight (wool, wind stopper or synthetic style) for mid mountain and as a base layer on summit day (1 or 2 pr)
- Expedition style mitts or gloves w/removable liners. Must be very warm! (1 pr)
- Overmitts - shells that can fit over Expedition gloves for summit day (1 pr, only needed to add to gloves)
- Toque/insulated hat - wool or fleece (1, plus 1 extra as they are easy to misplace)
- Balaclava or face mask for wind protection (1)
- Hat with sun visor (baseball cap, etc) (1)
- Bandannas, cotton (2)

#### Sleeping and camping

- Sleeping bag - good to a -20 Celsius range. Down or synthetic, down is lighter and easier to carry.
- Sleeping bag liner - light silk or cotton liner is recommended, optional.
- Sleeping pad – Therma-rest style pad. PLUS a thin closed-cell foam pad combo is best, to avoid risk of punctures
- Backpack - internal frame, minimum 70+ litres, suitable for carries of personal gear plus a share of food/communal gear.
- Daypack - approx. 30 litres. This is used for the approach and possibly on summit day. Should be as light as possible

#### Accessories and personal items

- Glacier style sunglasses with side shields and nose shield (1 pr)
- Ski goggles for summit day and upper mountain. If you wear prescription glasses, make sure they fit over your eyewear.
- Headlamp with extra set of batteries. Ensure you save one set of new, quality batteries for summit day.
- Water bottles/hydration system – min. 2 L capacity. Hydration systems w/hoses for approach, summit-day requires water bottles.
- Water bottle insulators – each water bottle must be insulated to keep from freezing.
- Knife - Swiss army style or Leatherman style. Just a good all-round tool to have accessible.

#### Health and hygiene

- Sunscreen and lip screen (min. 30 spf & waterproof). Essential items!
- Personal kit - hand sanitizer, toothbrush/toothpaste, foot powder, skin moisturizer, vitamins/supplements, travel towel
- Personal 1st aid – basic supplies for common ailments - blister kit, personal meds, etc.
- Misc. personal items - camera, book, cards, journal, music player, lighter, solar charger, etc.
- Handwarmers – 2-3 for summit day, possible a few extras for mid-mountain. Also good for camera batteries on summit day.
- Boot warmers – battery powered insoles or socks. Optional, but good on summit day. Ensure they don't affect the fit of your boots.

#### Technical gear

- Crampons, adjusted to your boots. Steel or aluminum, but you will be on rock a lot, aluminum crampons will wear out quickly
- Hiking poles, collapsible are nice for transport and storage.
- Ice axe, 60 cm length is ideal. Only used if there is snow on the mountain, but if there is it is good to have!
- Large duffel bag with lock suitable for storing your pack in for transport on mules.

The equipment that you choose to bring on this climb can directly affect your chances of reaching the summit. Please ensure that you only bring good quality gear that you have had a chance to try out. Also strive to select lightweight gear, though without compromising quality. The total allowed limit for all your personal gear that will be packed with the mules is 20 kgs., please ensure that you have weighed and measured all your gear in advance and make sure it all fits in your pack as needed.