



FEET

- Socks, 2 pairs of thick wool or polypropylene (outer socks)
- Socks, 2 pairs of thin silk or polypropylene (inner socks)
- Plastic mountaineering double boots (provided by Andeanface if required)
- Hiking boots
- Gaiters

UPPER BODY

- 2 lightweight polypropylene T-shirts (first layer)
- 1 expedition weight polypropylene or Capilene shirt
- Midweight fleece jacket
- Breathable windproof outer jacket, such as Gore-Tex, with hood

LOWER BODY

- 1 pair of polypropylene or nylon briefs or underpants
- 1 pair of lightweight polypropylene or Capilene long underwear bottoms
- Fleece pants
- Breathable windproof pants such as Gore-Tex (full-length side zippers recommended)

HANDS

- Mittens, thick fleece, 1 pair
- Gloves, polypropylene or Capilene - 1 pair
- Gore-Tex wind shells for mittens - 1 pair

HEAD

- Balaclava, wool, polypropylene or Capilene
- Baseball cap or hat

SLEEPING GEAR

- Down or Polarguard sleeping bag comfortable to -10° Celsius

PACK

- Large pack (70+ liters)
- Day pack for day hikes
- Large strong kit bag ^w/strong zipper and a lock, large enough for pack to fit in, and for storage of gear.

TECHNICAL EQUIPMENT

- Ice axe 70 cm (provided by Andeanface if required)
- Crampons, 12 points rigid are fine (provided by Andeanface if required)
- Ski poles (optional)
- Climbing harness (provided by Andeanface if required)
- Carabiners, 4 regular, 2 locking
- 1 Ascender

PERSONALS

- Head lamp with extra batteries
- Sun glasses
- Sun screen
- Lip protection - 1 stick
- Mole skin, tape, throat lozenges
- Pocket knife
- 2 Water bottles (1 liter each)
- 1 thermos bottle (1 liter capacity)
- Toothbrush and toothpaste
- Aspirin or Ibuprofen - 30 tablets
- \$100 US dollars in small bills (\$5's, & \$10's)

OPTIONALS

(take most of these items to refuges only)

- Camera and film
- Journal, pen/pencil, book, games, walkman
- Small towel
- Swimsuit
- Earplugs (for noisy huts)
- 2 lbs. of your favorite lunch treat or energy bar (we provide full lunches)