



# TREKKING EXPEDITIONS GEAR LIST



We understand how important it is for our clients to have the right equipment on their trips. That is why we provide you with this **Trekking Expeditions Gear List**, which gives you a detailed inventory of all the items you will need during your excursion.

We recommend to always purchase quality equipment. We realize that this may be expensive, but it can mean the difference between reaching a summit and not.

## FEET

- Outer socks, thick wool or polypropylene - 1 pair
- Inner socks, thin silk or polypropylene - 1 pair
- Hiking boots or shoes - 1 pair

## UPPER BODY

- Lightweight polypropylene - 2
- Fleece pullover - 1
- Breathable windproof outer jacket, such as GORE-TEX®, with hood - 1
- Rain poncho with hood - 1

## LOWER BODY

- Polypropylene or long underwear - 1 pair
- Hiking trousers - 1 pair
- Breathable windproof pants such as GORE-TEX® - 1 pair

## HANDS

- Gloves - 1 pair

## HEAD

- Balaclava - 1
- Baseball cap - 1



**Trekking**  
EXPEDITIONS



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## PACK

- Daypack for day hikes - 1
- Kit (duffle) bag to transport your personal stuff from lodge to lodge - 1

## SLEEPING GEAR

- Down or Polarguard sleeping bag comfortable to minus 10 Celsius - 1
- Inflatable sleeping matt (Therm-a-Rest®)

## PERSONALS

- Head lamp including set of batteries - 1
- Extra batteries - 1 set
- Trekking poles (optional) - 1 pair
- Sunglasses - 1 pair
- Sunscreen - 1
- Lip protection - 1
- Mole skin, tape, throat lozenges
- Pocket knife - 1
- Water bottles - 2
- Thermos with one quart capacity - 1
- Toothbrush and toothpaste - 1 of each
- Aspirin or Ibuprofen - 30
- Antibiotics (personal) such as Cipro
- USD \$200 in small bills (\$10's & \$20's)

## OPTIONALS

- Camera, batteries and memory cards
- Mobile Phone
- Journal, pen/pencil, book, games
- Small towel
- Earplugs (for noisy huts)
- 2 lbs. of your favourite lunch treat or energy bar (Andeanface provides full lunches)

**Got Questions?**  
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