



El Altar CLIMBING EXCURSION 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 **El Altar Climbing Excursion 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. Some (technical) equipment can be provided by Andeanface (as indicated below), please contact us if you would need to use gear from Andeanface.

FEET

- Outer socks, thick wool - 2 pairs
- Inner socks, thin silk or polypropylene - 2 pairs
- Hiking boots - 1 pair
- Plastic double mountaineering boots - 1 pair (provided by Andeanface if required)
- Gaiters - 1 pair

UPPER BODY

- Lightweight polypropylene - 2
- Expedition weight polypropylene or capilene shirt - 1
- Fleece pullover - 2
- Breathable windproof outer jacket, such as GORE-TEX®, with hood -1
- Light down jacket -1

LOWER BODY

- Polypropylene or nylon briefs or underpants -1 pair
- Lightweight polypropylene or capilene long underwear bottoms - 1 pair
- Fleece trousers or other warm layer -1 pair
- Breathable windproof pants such as GORE-TEX® -1 pair

HANDS

- GORE-TEX® mittens -1 pair
- Gloves, polypropylene or capilene -1 pair
- Warm gloves such as fleece - 1 pair



Climbing
EXCURSIONS



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HEAD

- Balaclava, wool, polypropylene or capilene - 2
- Baseball cap - 1
- Buff or similar - 1

SLEEPING GEAR

- Down or Polarguard sleeping bag comfortable to minus 20 Celsius - 1
- Inflatable sleeping matt (Therm-a-Rest®)

PACK

- Pack large (50+ litres) - 1
- Daypack for day hikes - 1
- Large strong kit (duffle) bag with strong zipper and a lock, large enough for pack to fit in, and for storage of gear - 1

TECHNICAL EQUIPMENT

- Ice axe (technical) - 1
- Ice screws- 4
- Ice hammer - 1
- Crampons, 12 points (rigid are fine) - 1 pair
- Ski poles - 1 pair (optional)
- Climbing harness - 1
- Climbing helmet - 1
- Carabiners - 4 regular / 4 locking
- ATC or abseiling device - 1
- Several prusiks and one ascender
- Several slings

PERSONALS

- Head lamp including set of batteries - 1
- Extra batteries - 1 set
- Sunglasses for glacier travel with side protection - 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 \$100 in small bills (\$5's & \$10's)

OPTIONALS (take most of these items to refuges only)

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

Got Questions?
Please feel free to contact us at:

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