

Aconcagua

Packing List

Travel Documents

- Passport 6mts Valid
- Debit/Credit Cards
- Insurance Papers
- Photocopy of passport

Base Layers

- Merino Wool Underwear (4 pcs)
- Merino long sleeve base layer (2 pcs)
- Merino long pants base layer (1 pcs)
- Merino Short Sleeve T Shirt (2 pcs)

Mid Layers

- Tech Fleece (1pcs)
- Tech fleece with hood (1pcs)
- Heavyweight Hiking Pants (1pcs)
- Lightweight Hiking Pants (2pcs)

Windproof/Rain Layers

- Hard Shell Jacket (1pcs)
- Hard Shell Pants (1pcs)

Gloves

- Lightweight Liner Gloves
- Shell Guide Glove with Insulated Liner
- 7000m Expedition Mitts

Insulation Layers

- 800+gram Goose Down Jacket with hood
- Insulated Pants
- Lite puffer Jacket

Headwear

- Warm Hat (2pcs)
- Balaclava (1pcs)
- Baseball Cap (1pcs)
- Bandana or Buff (2pcs)

Eyewear

- Cat 4 Glacier Glasses
- UV Nose protector
- Ski Goggles

Footwear

- Liner Socks (3 pairs)
- Wool or Synthetic Socks (3 pairs)
- Double Skin Mountaineering Boots 7000m (Kailas / Lasportiva / Millet)
- Trekking Approach Shoes
- Camp Booties (optional)
- Gaiters (optional)

Packing List

Sleeping Equipment

- Sleeping Bag -30°C
- Inflatable Sleeping Pad
- Closed-cell Foam Pad
- Earplugs
- Inflatable Pillow

Mountaineering Gear

- Large 120ltr Duffel Bag
- Expedition Backpack 75L+ for above basecamp
- Trekking Backpack 30L
- Trekking poles (optional)
- Ice Axe (2pcs)
- Crampons
- Headlight 500-700 Lumens (2pcs)

Travel Items

- Small hotel Duffel Bag
- Travel Clothes
- Cash
- Visa Card
- ATM card

Additional Food Items

- Snack food
- Salty-sweet bars
- Summit gels
- Nuts
- Beef jerky

Toiletries (Personal)

- Toilet Paper
- Toothpaste &Toothbrush
- Bio Baby wipes (2pcs)
- Soap
- Shampoo
- Shaver
- Towel
- Small nail-brush
- Sunscreen: SPF 50
- Lip Screen: SPF 30
- Aftersun

Medical

- Personal First-aid kit
- Compeed blister packs
- Sutures & steri strips
- Ibuprofen
- Paracetamol
- 250mg Diamox 20days
- Medicated throat lozenges
- Medicated throat spray
- Antibiotic Azithromycin 500mg
- Laxatives
- Imodium
- Mosquito repellent
- Menstrual products
- Electrolytes
- Nail cutter
- Duck tape - Repair Kit
- Hand & Feet chemical warmers

Additional Items

- Compression Stuff Sacks
- Plastic Cup (high camps)
- Plastic Bowl (high camps)
- Plastic Spoon (high camp)
- Water Bottles 1- litre (3pcs)
- Thermos 1- litre
- Pee Bottle 1- litre
- Female Urination Device (FUD)
- Knife or Multi-tool (optional)

Optional Electronics

- Country-appropriate power adapters
- Avalanche Transceiver
- Adventure Sports Watch
- GPS/ [Garmin inReach Mini](#)
- [Sherpa 100AC Power Bank](#)
- Phone camera
- Batteries
- Charging leads

Additional Personal Items

(Add your own personal items here)

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