ANDES VERTICAL

EXPEDITION
CLIMBING GEAR

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Headwear and Eyewear

☐ HAT · Bring your favorite baseball hat for shelter from the sun. No white under the brim - the reflection from the sun is blinding.

☐ BEANIE · A comfortable, warm well-fitting hat that covers your ears. Make sure that one of your hats fits under a helmet.

☐ NECK GAITER (*BUFF*) x 3 · A multi purpose neck gator that can also be worn under your hat. Make sure that it covers as much skin as possible and yet is still comfy.

☐ BALACLAVA · We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to be worn for hours. // *Our suggestion: Patagonia Balaclava*

☐ SUNGLASSES x 2 · Must have dark lenses. Minimal light should come in below, above, or around the sides of the lenses."Wrap" style is best. Ventilation is important and a retainer strap is very useful (Chums or Croakies). // *Our suggestion: Revoi Guide II*

☐ GOGGLES · These will be worn on stormy or windy days. Make sure you are getting a snug fit with lenses for bright sun. Ventilation and anti-fog features are desired. // *Our suggestion: Smith I/O*

Hands and Feet

☐ LIGHTWEIGHT GLOVES · For all-around use; warm, wind-resistant, and durable; with a sure grip. You will rarely take these gloves off. They should be snug-fitting, and have some sort of reinforced palm. // *Our suggestion: Eddie Bauer Mountain Glove*

☐ LINER GLOVES · These gloves keep the inside of your mitts or other gloves from accumulating sweat on the inside and turning inside out when you take them off, as well as provide additional insulation. // *Our suggestion: Black Diamond Lightweight WoolTech Gloves*

☐ MIDWEIGHT GLOVES · These gloves should be full GORE-TEX®, and insulated. They will be your main glove for the trip until summit days, or when it gets especially cold. // *Our suggestion: Eddie Bauer Guide Glove*

☐ BIG MOUNTAIN MITTENS · Thesy should be warm and worn over either a liner glove or windstopper glove. Down mittens are not required. You should choose a pair that allows you to operate locking carabiners. // *Our suggestion: Black Diamond Absolute Mitt*

☐ LINER SOCKS x 2 · A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. They should be thin wool, nylon or Capilene®. **No cotton**. // *Our suggestion: Ice Breaker Hike Liner Crew*

☐ HIKING SOCKS · Your everyday sock, good for day hikes, trekking, and in- town. **No cotton**. // *Our suggestion: Patagonia Lightweight Merino Performance Crew Socks*

☐ WARM SOCKS · A wool synthetic blend (pure rag wool socks are not effective in wicking moisture and reducing blisters). **No cotton**. // *Our suggestion: Smartwool Mountaineering Extra Heavy Crew Socks*

☐ HIKING SHOES · These light to mid-weight shoes are for every day use. The ideal shoe is comfortable to wear for multiple days and scrambles decently on rock. A Gore-Tex lined shoe stays drier when hiking in rain or snow. // *Our suggestion: La Sportiva Bushido Hiking Shoes*

☐ MOUNTAINEERING BOOTS (6,000 - 7,000 m) · Double boots with a stiff sole, that accept a step-in crampon. They should be comfortable, have adequate wiggle room for your toes and heel, and shouldn't lift more than 1/8 of an inch when walking. // *Our suggestion: La Sportiva G2SM*

☐ DOWN BOOTIES (optional) · You'll love having a warm, comfortable shoe to slip into when tent-bound.// *Our suggestion: Western Mountaineering Flash Down Booties*

☐ WATERPROOF GAITERS · Gore-Tex® or Schoeller® calf-high gaiters, insulated supergaiters recommended (no needed if your pants and/or boots have built-in gaiters). // *Our suggestion: Outdoor Research Expedition Crocodile Gaiters*

Upper Body Apparel

☐ LIGHTWEIGHT TOP · Ultra-light base layer, breathable, that wicks moisture away from your body. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option. // *Our suggestion: Eddie Bauer Resolution Short-Sleeve T-Shirt*

☐ LONG SLEEVE BASE LAYER x2 · A poly-pro mid-layer that you will never take off. Fitted, light- weight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation. // *Our suggestion: Eddie Bauer Resolution IR 1/4 Zip*

☐ WARM LAYER · A polarguard or fleece jacket. This is your mid layer that will be worn over your baselayer most of the trip. // *Our suggestion: Eddie Bauer Cloud Layer Pro 1/4 Zip or Patagonia R1 Jacket*

☐ SYNTHETIC TOP · A simple, lightweight synthetic jacket. This item is good for layering systems. Primaloft keeps you warm when wet. // *Our suggestion: Eddie Bauer Ignite Lite Stretch Reversible*

☐ HARD SHELL JACKET · A lightweight, waterproof and breathable jacket **with a hood** that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it. // *Our suggestion: Eddie Bauer BC Freshline Jacket*

☐ SOFT SHELL JACKET · While this item isn't required, we know that those who don't have one wish they did! More breathable than Gore-Ttex, these jackets block wind and light precipitation. A windshirt is an option for this layer. // *Our suggestion: Eddie Bauer Sandstone*

☐ DOWN PARKA (6-8 K peaks) · A puffy jacket with a hood that will keep you warm during the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight. // *Our suggestion: Eddie Bauer Peak XV Down Jacket*

Lower Body Apparel

☐ QUICK DRY SHORTS · Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. **No cotton**. // *Our suggestion: Eddie Bauer Guide Pro Short*

☐ BASE LAYER BOTTOMS x 2 · Fitted and quick drying. This piece will be a base-layer that will get you through a widera nge of temperatures. // *Our suggestion: Eddie Bauer Midweight Free Dry Merino Hybrid Baselayer Pants*

☐ SOFT SHELL PANTS · You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water resistant. These pants should have an ankle zip so they will accommodate your mountain boot. // *Our suggestion: Eddie Bauer Guide Pro Alpine*

☐ HARD SHELL PANTS · Your waterproof bottom layer for extreme weather days. Make sure you have water resistant zippers, crampon patches and good pockets. // *Our suggestion: Black Diamond Sharp End Pants*

☐ INSULATED PANTS · Full-length side zippers are recommended, for throwing on top of all of your layers. This item is required. // *Our suggestion: Black Diamond Stance Belay Pants*

Expedition Equipment

☐ DUFFLE BAGS x2 · At least one bag should be extremely durable, waterproof and big (90 to 120 l). You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Two duffel bags are necessary to fit all your equipment for travel; we don't recommend checking your backpack, best is to put all gear and backpack into your duffel. Once in country, you can consolidate your gear into one duffel and your backpack. It's common to leave the second duffel with city clothes and other non-necessary items in a secure location that your guide will arrange for you. // *Our suggestion: Eddie Bauer Maximus Duffel*

☐ SLEEPING BAG · Rated to -30º F. Choose an 800+ Fill Premium Goose Down bag. Make certain that the sleeping bag is the right length. **Don't forget a compression sack for the sleeping bag**. // *Our suggestion: Eddie Bauer Kara Koram with Compression Sack*

☐ INFLATABLE SLEEPING PAD · 72 inch long inflatable pad required. Make sure you also purchase and bring a repair kit + bag for the sleeping pad. // *Our suggestion: NeoAir Xtherm*

☐ SLEEPING MATTRESS · For isolation.

☐ DAY PACK · Mid-size pack for city days and trekkings. Streamlined, neat and lightweight (10-20 liters). // *Our suggestion: Eddie Bauer Bacon 2.0 Pack*

☐ CLIMBING PACK · Internal frame pack that is between 50 and 60 liters. Either purchase a matching pack cover, or use garbage bags as liners. Make sure the pack is fitted to YOUR body. // *Our suggestion: Eddie Bauer Alpine Sisu 50 l Pack* or *Black Diamond Mission 50 l Pack*

☐ HEADLAMP · LED headlamps are required. Make sure they have 3+ bulbs. Bring extra batteries. We highly recommend a tilting lamp. // *Our suggestion: Black Diamond Spot Headlamp*

☐ HYDRATION SYSTEM (optional) · Should carry 70-100 ounces. Must be durable and have a reliable closure system. // *Our suggestion: MSR Dromlite 2L with Hydration Tube*

☐ 1 l NALGENE x2 · Two 1 liter wide mouth bottles. // *Our suggestion: Nalgene 1 l wide mouth*

☐ COMPRESSIBLE BOTTLE · Wide mouth compressible 1-1.5 l bottle. // *Our suggestion: Nalgene Flexible Cantene*

☐ PLASTIC BOWL, MUG AND SPOON · A lightweight and compact cookware setup. You'll want a plastic bowl, mug and spoon. // *Our suggestion: MSR 2 Person Mess Kit*

☐ TREKKING POLE(S) · Make sure that they are durable, lightweight and easily adjustable. // *Our suggestion: Black Diamond Trail Explorer 3 Trekking Poles*

Technical Equipment

☐ HELMET · Easily adjustable lightweight helmet that fits with hat and Balaclava. Make sure this is a climbing-specific helmet. They are also available to rent at no charge from *Alpenglow Expeditions* on a first come, first serve basis.

☐ MOUNTAINEERING CRAMPONS · Steel crampons with a heel bail and anti-balling plates are required (so that snow does not build-up in the base of your foot). Crampons are also available to rent at no charge on a first come. // *Our suggestion: Black Diamond Sabretooth Crampons*

☐ GENERAL MOUNTAINEERING AXE · One non-technical climbing axe. The tool should be approx. 55 to 65 cm long and comfortable to hold. // *Our suggestion: Petzl Summit*