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Alpamayo – Equipment List

Large duffle bag for mule transport (can also be used as airline luggage)
Large internal frame pack (65-75L)*
Day pack (30-45L) for trekking and summit day
Down or Synthetic sleeping bag rated to -20°F*
Inflatable or closed-cell foam sleeping mattress*
Double plastic mountaineering boots
Crampons, 12-point non-rigid*
2 Technical ice tools*
Climbing harness, to fit comfortably over bulky clothing.
Carabiners, 6 regular, 2 locking
1 Ascender
10 Meters of 6mm accessory cord
Trekking poles, 3-section adjustable fit best in luggage*
Down parka w/hood*
Heavy-Duty Gore-tex Jacket and Pants
Gaiters, roomy enough to fit over plastic boots
Expedition mittens with removable liners (gloves are not warm enough)
Heavy-weight fleece gloves, wind-stopper style are great
Light-weight poly-pro (synthetic) gloves, for an inner layer and for sun protection
Neoprene face mask or fleece neck gaiter
Balaclava and fleece or wool hat
Fleece top and bottom
Poly-pro (synthetic) underwear - 1 light set (top and bottom)
- 1 heavy set (top and bottom)
Comfortable trekking shoes or light weight hiking boots
Glacier glasses
Goggles
Wide brim sun hat
Down booties (for high camp)
Shorts and cool shirt (not cotton) for trekking
Head lamp and extra batteries
2 - 1 liter water bottles (or 1 bottle and a 1L thermos)
Cup, bowl and spoon
Mole skin, bandaids, tape, throat lozenges
Pocket knife
Sunscreen Lotion (SPF 30-45) and Lip Protection Balm
Water purification tablets to treat 50L water
12 high-energy bars of your choice
Personal care kit: Mole-skin or Compeed, 10 band-aids, 10 tablets Aspirin, 10 tablets Ibuprofen

*Rental equipment available from VisionQuest Journeys, 90 days notice please