



ESSENTIAL PERSONAL GEAR

- Sleeping Bag -20°C a -25°C (-4°F a -13°F)
- [Inflating Sleeping Pad](#)
- [Inflatable Camp Pillow *](#)
- [Foam Mattress**](#)

SPECIALTY EQUIPMENT

- [Trekking Poles](#)
- [Helmet **](#)
- [Crampons **](#)
- 2 [Headlamp](#) + extra battery
- [Harness **](#)
- [Gaiters *](#)
- [Grayl Filter Bottle](#)
- [Nalgene Bottle](#)
- [Water Bottle Parkas \(fully insulated w/ zip opening\)](#)
- [Pee Bottle \(clearly labeled\)](#)
- [Light Weight Gloves](#)
- [Mid weight Gortex Gloves with fingers](#)
- [Expedition Mittens](#)
- [Down Booties *](#)
- 2 [Locking Carabiners](#)
- [General Mountaineering Ice Ax **](#)
- [Summit Socks](#)
- [Thermos](#)
- 1 [Sling 120cm](#) or [safety cord](#)
- [Glacier Glasses](#) / Category 4 sunglasses
- [Ski Goggles *](#)

PACKS & BAGGAGE

- [Expedition Duffel Bag 140L](#)
- [Day Trekking Backpack w/ rain cover](#)
- Expedition backpack (70-90L)

BOOTS & FOOTWEAR

- [Trekking Boots](#)
- [6000 meter boots \(Ex: La Sportiva G2 **\)](#)
- [Camp Shoes/trainers](#)
- [Flip Flops](#)

OTHER PERSONAL GEAR

- [Dry Bags](#)
- [Polarized Sunglasses](#)
- [Personal First Aid Kit](#)
- [Power Bank](#)
- [Chargers/Phone Cable](#)
- [Personal snacks](#)

TOILETRIES

- [Toothbrush, Toothpaste](#)
- [Sun Cream \(50 spf+\)](#)
- [Spf Lip Balm](#)
- [Biodegradable Soap](#)
- [Deodorant](#)
- [Wet wipes](#)
- [Travel Towel](#)

CLOTHING LAYER SYSTEMS

- 1 [Rain Shell Pants **](#)
- 1 [Down Pants *](#)
- 1-2 [Synthetic Multisport Pants](#)
- 1-2 [Trekking Pants](#)
- 1 [Pair of Shorts](#)
- 1 [Fleece](#)
- 3 [Trekking Shirts](#)
- 1 [Base Layer Top](#)
- 1 [Base Layer Bottoms](#)
- 1 [Mid weight Down Jacket](#)
Example: [Rab Neutrino Pro Jacket](#)
- 1 [Summit Parka **](#)
- 1 [Hard Shell/Rain Jacket](#)
- 1 [Sun Hat and Beanie](#)
- 2 [Buff and Bandana](#)
- 5 pairs [Merinos Trekking Socks](#)
- 5 pairs [Underwear / Bras](#)
- 1 [Swimsuit](#)

* Optional
** Items can be rented

TEST ALL OF YOUR PERSONAL GEAR BEFORE COMING TO Argentina.

Please take the time to go out on an overnight backpacking/camping trip at least once before coming on this trip so that you know how your gear performs in the mountains.