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ACONCAGUA PERSONAL EQUIPMENT LIST

MAGELLANICA® can help you get outfitted for your expedition. You are welcome to bring any gear on our equipment list that you already own. Your guides will inspect your gear and determine if it is suitable for your expedition. If an item is not approved, you can leave it with your baggage in your hotel and rent it in Mendoza. If you wish to buy gear before your trip, please read our equipment descriptions carefully and contact us if you have any questions.

If you have any questions, or if you would like more information regarding any of the items in the Equipment List, please contact **MAGELLANICA®**, at +54.2944.520669; E-mail: info@magellanica.com.ar or visit our web site at <http://www.magellanica.com.ar>. You can also write to us at **MAGELLANICA®**, Meli, #12.040, 8400- San Carlos de Bariloche, Río Negro, Argentina. This equipment list is organized in **three sections: 1. The Equipment Checklist, 2. The Boot Fitting Instructions, 3. The Detailed Item Descriptions.**

1. Equipment Checklist

Clothing and Footwear

- ___ 1 pair of Plastic double boots (see boot fitting section)
- ___ 3 thick Wool Socks
- ___ 3 medium to thick wool socks to be worn under the thick ones
- ___ 2 pairs of medium thickness socks for the approach/walk out
- ___ 1 pair of gaiters – Unless you have shell pants w/gaiters or boots w/gaiters included
- ___ 1 pair of lightweight trekking shoes. Regular running shoes are OK

Upper Body Layers

- ___ 1 Midweight or lightweight Underwear Top
- ___ 1 Expedition Weight top (Polartec 100, Powerstretch or similar light fleece top)
- ___ 1 Puffy jacket or pullover (eg.: patagonia® puffball jkt)
- ___ 1 hooded shell jacket, Gore Tex™ type, windproof, waterproof, breathable
- ___ 1 Hooded Down parka big enough to be worn on top of all layers
- ___ 1 Wool or fleece Hat.
- ___ 1 Balaclava or neoprene mask recommended for summit day
- ___ 1 Polypropylene or Capilene® glove liners
- ___ 1 Fleece Gloves
- ___ 1 Down insulated Mittens
- ___ 1 shell mittens or gloves

Lower Body Layers

- ___ 1 quick drying hiking pants for the approach and walk out
- ___ 1 Midweight or lightweight Underwear Bottoms
- ___ 1 Expedition Weight Fleece pants (Polartec 100, Powerstretch or similar light fleece top)



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___ 1 Gore-Tex type of shell pants

Miscellaneous Clothing Items

- ___ 1 Capilene®, polypropylene or polyester underwear for during the day
- ___ 1 long sleeve polyester collar shirt, for sun protection (for the approach/walk out)
- ___ 1 Baseball Cap
- ___ 1 Backpack, 80 liter capacity or larger
- ___ 1 Large Duffle bag of 120 liter capacity or larger
- ___ 1 **Down Filled** Sleeping Bag (rated -20 to-10F)
- ___ 1 Compression Stuff Sack
- ___ 1 Sleeping Pad. Therm-a-rest® w/repair kit recommended.

Eating Utensils & Hydration

- ___ 1 Plastic Tupperware w/lid, Rubbermaid® is fine no larger than 850ml
- ___ 1 Plastic Lexan® Soup spoon
- ___ 2 NALGENE Water Bottles (1 liter each) or a 2 liter capacity Camelbak® or similar. **One NALGENE water bottle can work as a mug** and sleeping bag warmer.
- ___ 1 Stainless steel thermos (1 liter capacity)
- ___ 1 Pee Bottle (Nalgene® or other 1lt. light plastic bottle with wide neck!)

Miscellaneous Items

- ___ 1 pair of hiking poles
- ___ 1 pair of crampons suitable for you own boots, walking/step-in type
- ___ 1 Lip Balm (SPF 30 minimum)
- ___ 1 Sunscreen (SPF 30 minimum)
- ___ 1-2 Bandannas
- ___ 1 Headlamp
- ___ 1 Sets of extra Batteries
- ___ 1 Disposable Lighter
- ___ 1 Glacier suited Sunglasses
- ___ 1 goggles
- ___ 1 Chums® sunglasses retainers
- ___ 1 small bottle of Iodine – **Potable Aqua®** or **Aqua Mira®** (2 bottles to be combined) work fine
- ___ **Toilet Articles:** ___ toothbrush, ___ toothpaste (Tom's of Maine recommended),
- ___ Antibacterial non-water soap
- ___ 1 Watch (water-resistant with alarm and light)

For Women only

- ___ Extra Tampons
- ___ 3 extra small Zip-Loc's along with a small dark stuff sack

Optional Items



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- ___ 1 down/puffy vest
- ___ 1 Pocket Knife
- ___ 1 Camera
- ___ 1 **POCKET** size book

- ___ 1 Notebook, 1 pen or pencil
- ___ 1 Nylon Shorts
- ___ 1 Crazy Creek chair

2. Boot Fitting Instructions

Please read these instructions carefully before you try a pair of boots for your expedition/program. These instructions might be helpful for the sales person in the store where you are purchasing them or for the person in charge of helping you try a pair of boots where you might be able to rent them.

Your mountaineering boots are one of the most important pieces of gear that you will use during this program. It is imperative that your boots are of the proper size and fit adequately to your feet, in order to minimize the possibility of frostbite, blisters or other injuries in your feet. In our experience, we discovered that a boot that fits right is better than a 'broken in' boot. This is particularly so with plastic double boots. If you are going to purchase boots for this program, please read the following list of recommendations. If you have any questions regarding brands, models, price, fitting, etc., please contact us.

It is better to buy boots in the afternoon, when your feet are swollen. Always try your biggest foot. The key for a perfect fitting is to determine the right length. A boot that is too small (short) will cause more problems than a big (long) boot. Boots should fit well with two pairs of thick wool socks or one pair of nylon liners and a pair of thick wool, either of both systems work fine, although we recommend to bring two sets of thick wool socks.

This last combination provides warmth and cushion for hiking and wicks the moist away from the skin lessening the possibility of blisters.

Start the process with a ½ size bigger than your street shoes size and try them with your favorite combination of 2 pairs of socks (2 thick ones or 1 thin and 1 thick) and tie the laces of inner and outer boot firmly.

In a properly fitted boot, your toes shouldn't hit the toe box of the plastic outer boot, while you hike downhill. In order to determine this in your favorite outdoor shop, you have to kick with each of your feet in a wooden door frame or walk through a ramp simulating a descent. If your toes hit the front part of your boots in the first kick, or if they touch the tip of your boots while walking down the ramp, your boots are probably too



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small or it isn't tied firmly enough. It is important to consider that a well fitted boot it will feel a bit too big. It is a lot better to get a slightly bigger boot, than to get a slightly smaller one. Make sure you can wiggle your toes comfortably inside the boot. If you can't, try a ½ size bigger.

Some up-to-date boot brand/models suitable for this trip: La Sportiva Spantik, Scarpa Phantom 6000, Millet Radikal Pro, Asolo Base camp GV, Asolo AFS 8000, Koflach Degree

3. Detailed items description

UPPER BODY GARMENTS

Gore-Tex™ style parkas work fine

A quick drying collar shirt for the hike in and out. Get a cheap polyester one in your favorite thrift shop!

One or two thin upper thermal layers

A slightly thicker top layer called expedition weight

A thicker piece of fleece, preferably zippered for convenience

A hooded down parka, is essential at camp and on summit day

LOWER BODY GARMENTS

Gore-Tex wind pants are acceptable. Zippered legs are useful for putting on over boots.

Quick drying pants for the hike in and out

A thin layer of thermal long johns

A slightly thicker layer called expedition weight. Please avoid Windstopper™ fleece pants, or fleece pants with side zippers, they are heavy, expensive and bulky.

Hiking Shorts: Loose fitting nylon athletic or river shorts. These are optional.

BACKPACK AND STORAGE BAGS

Backpack: If you already own a large backpack, please bring it with you. Packs should have a minimum volume of 4,000 cubic inches. If you decide to purchase an internal frame pack, we recommend, Arcteryx, Lowe Alpine, Dana Designs, Gregory or other packs of similar quality and capacity.

Large duffel: of at least 120 lts capacity in order to carry your personals in a mule.

SLEEPING GEAR

Sleeping Bag: We recommend 800 fill or more down insulated. Please avoid the heavy -30 or -40 Synthetic filled bags. Aconcagua is not a wet environment and they are too heavy and bulky!!

Sleeping Pad: A full length, closed cell foam pad to insulate and pad between the ground and your sleeping bag. Therm-A-Rest® pads are acceptable if you bring a bike tube patch repair kit.



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HATS AND GLOVES

Baseball Cap or sombrero (approach)

Wool or Pile Hat or Balaclava: Polartec® 100 or polypropylene or fleece made

Gloves and Down Mittens: 1 pair each. You should be able to wear the mittens over the fleece gloves, and not feel tight especially around the thumb.

Mitten Shells: 1 pair water-repellent nylon shells that fit over your fleece gloves.

MISCELLANEOUS PERSONAL GEAR

Eating Utensils: 1 each, cup, bowl and spoon. Insulated mugs with lids, 12 oz. or 20 oz., are OK.

Lip Balm: stick, cream or tube type moisturizing balm with Sun Protection Factor (SPF 30 or greater).

Sunscreen: 3 to 6 ounce tube with a Sun Protection factor (SPF 30 or greater).

Bandanas: 1 or 2. Useful for a variety of purposes.

Sunglasses: Lenses should block 100% ultraviolet and 95% infrared light. Glasses should have a sturdy case. If you wear glasses, prescription sunglasses are recommended.

Prescription Glasses and Contact Lenses: If you wear them, bring a spare pair of glasses or lenses.

Head Lamp: should be durable and lightweight. Bring an extra set of batteries

Disposable Lighter: Bring one. They are used to light your camp stoves.

Toilet Articles: Toothbrush, toothpaste, skin lotion, tampons.

Women's Underwear: sport "jog bras" are ideal. We suggest female underwear should be cotton for the night and nylon/polyester for the day.

Men's Underwear: 2 polyester changes should be sufficient.

Watch: Water-resistant. An alarm and a light feature are necessary.

Water Filtering system: bring Potable Aqua® tablets (hydro peroxide) or Aqua Mira® sets for backcountry water purification when necessary. However, if you are sensitive to iodine, you may want to bring your own chlorine based tablets or a water filter such as the PUR® Scout or Hiker, or the SWEETWATER® Guardian.

OPTIONAL ITEMS

Sunglasses Retainers: Chums® or Croakies® for keeping track of your glasses or sunglasses.

Pocket Knife: One small knife is sufficient; simple Swiss Army knives are best.

Camera: Lightweight, digital compact cameras are sufficient; bring a protective case. Avoid heavy lenses and elaborate set-ups.

Notebook and Pen/Pencil: A small, lightweight pad is fine.

Pocket book: please avoid the complete Lord of the rings hardcover edition!



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GROUP EQUIPMENT

All items listed below are provided by MAGELLANICA® and shared amongst all expedition members. Group equipment is included as part of the trip cost, although participants will be charged for any lost or damaged group equipment.

Tents

Stoves, fuel bottles, pots and pans

Expedition Repair kit

Expedition First Aid Kits

Altitude drugs: Dexamethasone,

Acetazolamide, Nifedipine

2-way radios

VHF radios

GPS

Altimeters/Barometers

Technical gear when needed

Satellite Phone