

## Aconcagua Guided Expeditions – Vacas Valley Route

### CLOTHING & EQUIPMENT CHECK LIST

<u>Item:</u>	<u>Qty:</u>	<u>Notes/Recommendations:</u>
<i>Mark ✓</i>		
<input type="checkbox"/> Full Shell Gear (Jacket & Pants)	1 set	First Ascent, Cape Storm, Rab, Mountain Hardwear
<input type="checkbox"/> Down Jacket	1	First Ascent Expedition, Rab, Cape Storm
<input type="checkbox"/> Insulated Pants (optional)	1	First Ascent Expedition Salopettes
<input type="checkbox"/> Fleece Jacket	1	First Ascent Ice Serac or similar
<input type="checkbox"/> Fleece Pants	1	Cape Storm Pathfinder or First Ascent Trail Pants
<input type="checkbox"/> Thermal Tops and Bottoms	2 sets	First Ascent Polypropylene or Powerstretch®
<input type="checkbox"/> T-shirts (wicking)	2	First Ascent Wickdry
<input type="checkbox"/> Shirt	1	Capestorm Tecware
<input type="checkbox"/> Pants	1	Nylon trekking pants (eg: Capestorm or First Ascent)
<input type="checkbox"/> Socks – Cold Weather	2 –3	Falke TK4
<input type="checkbox"/> Socks – Liners	2 –3	Falke Liners
<input type="checkbox"/> Socks – Trekking	1 –2	Falke TK2
<input type="checkbox"/> Underwear	2 – 3	Falke or Capestorm or similar
<input type="checkbox"/> Boots – Insulated Plastic or Leather	1	Scarpa Vega or La Sportiva Lhotse or similar
<input type="checkbox"/> Boots – Trekking	1	La Sportiva Tibet or Makalu
<input type="checkbox"/> Gloves – Thermal & Waterproof	1	Black Diamond Mercury Mitts or similar
<input type="checkbox"/> Gloves – Liners	1	Black Diamond Powerstretch Liners
<input type="checkbox"/> Gaitors	1	Black Diamond or Outdoor Designs
<input type="checkbox"/> Balaclava	1	First Ascent Windbloc
<input type="checkbox"/> Snow Goggles	1	Oakley or similar
<input type="checkbox"/> Sunglasses	1	100 UVA and UVB protection; Julbo
<input type="checkbox"/> Sun hat	1	Wide brim
<input type="checkbox"/> Backpack – Expedition size	1	80+ Litres, Osprey, Karrimor, Mountain Hardwear
<input type="checkbox"/> Backpack – Summit pack	1	Small and light 30 litre bag for summit day
<input type="checkbox"/> Duffel Bags with locks	2	Large, 150 Litre Backpacker, TNF or similar
<input type="checkbox"/> Sac Liners	6	For waterproofing packs and duffels
<input type="checkbox"/> Sleeping Bag	1	First Ascent Blue Wolf
<input type="checkbox"/> Sleeping bag liner	1	First Ascent Polartec Liner
<input type="checkbox"/> Sleeping Mat	2	1 Closed Cell Foam, 1 Self-inflating Therm-A-Rest
<input type="checkbox"/> Sleeping Mat Bag	1	For protection of self-inflating mat
<input type="checkbox"/> Headlamp with spares	1	Petzl Tikka Plus or better
<input type="checkbox"/> Trekking Poles	1 set	Komperdell or Black Diamond
<input type="checkbox"/> Crampons	1 pair	12 Point Petzl Charlet, Black Diamond or similar
<input type="checkbox"/> Ice Axe – walking	1	60 –70 cm Petzl Charlet, Black Diamond or similar.

#### On guided expeditions Venture Forth supplies:

Mountaineering tents, expedition stoves, pots/cooksets and fuel bottles.

**Clients can purchase all of the above equipment through Venture Forth at reduced prices.**

