

RECOMMENDED EQUIPMENT FOR ACONCAGUA 360°

	Down Jacket		Thermal underwear
	Gore-tex Jacket		Shirts
	Softshell Jacket		Trousers with heat insulation, Primaloft trousers
	Fleece sweater or jacket (thin)		Gore-tex Trousers
	Mountain trousers (fleece or powerstretch)		Trekking trousers (light)
	Socks thick and thin		Scarf/Buff®
	Warm cap/headband		Balaclava or face mask
	Hat		Inner gloves (thin)
	Gloves (light)		Mittens (very warm)
	Comfortable shoes (running shoes; sneakers etc.)		Sandals, for river crossing
	Trekking boots		Alpine boots with inner shoes or thermal lining, models 6000 - 7000
	Waterproof Gaiters		Crampons with antibott (adjusted)
	Helmet		Head lamp LED (and additional batteries)
	Sunglasses (sport)		Pocket knife or multi-function tool
	Sport watch		Telescopic ski poles (with disks)
	Bottle (lexan), with wide mouth		Thermos bottle
	Sleeping bag, down, comfort zone -29°C		Thermarest sleeping mat with high insulation
	Backpack 40-50L		Duffle bag (waterproof-/dust-proof)

A FEW MORE THINGS TO ADD TO YOUR SUITCASE

- Toilet bag / Towel (microfibre)
- Sunscreen and lipstick with UV protection >40
- Compression bag for down gear
- Utensils for eating (bowl including cutlery)
- International (universal) plug
- Emergency toilet paper
- Passport and passport copy
- Swim suit, swimming trunks
- Personal medication
- Cash for personal use (emergency money, credit cards etc.)
- Credit card (Mastercard or Visa), please pay attention to the expiration date.
- Disinfectant gel (50 ml)