



SWS Mountain Guides

P.O. Box 988

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South American Mountaineering Course Equipment List Ecuador, Peru, Bolivia

It is extremely important to the success and safety of your expedition that you bring all the items listed below. It is most important that you pack well and pack light your equipment is your protection against the elements. The weather in the Andes at times can be extremely windy and cold with temperatures reaching 10 below zero and gale force winds. Be prepared to encounter all types of conditions. Remember to test all equipment at home or better yet on short training trips, make sure all your clothing fits together in a layering system. Make sure that crampons fit the boots and that boots fit. A final note on boots, Plastic Double Boots or Hybrid Leather/Plastic Boots are required, make sure they are designed for cold weather mountaineering, if you have cold feet you may want to invest in insulated gaiters as well. If you have any questions about what to bring please call our office at 1-888-797-6867, that's what were are here for.

The Basics:

- Mountaineering Boots* (Plastic Double Boots or Leather/Plastic Hybrid Boots are required)
- Sleeping Bag (rated to 0 degrees f)
- Sleeping Pad(s) (3/4 -full length Thermarest or Ridgerest, Blue Foam)
- Pack* (Internal Frame 5,000 - 6,000 cubic inches)
- Large Duffel (for all gear on the airline including pack and for storage)
- Small lock for Duffel

Clothing:

- Mid Weight Synthetic Top
- Mid Weight Synthetic Bottoms
- Extra Synthetic Top Light-weight
- Expedition Weight Pile or Fleece Jacket
- Down Jacket or down sweater (required) with Hood (optional)
- Pile Pants or Pile Bibs
- Gore-Tex Jacket with Hood or equivalent**
- Gore-Tex Pants or Bibs or equivalent**

**Note: Both Gore-Tex Jacket and Pants have to be large enough for all above clothing to fit underneath final outer layer.

- Wool or Synthetic socks (3-4 pairs)
- Synthetic Liner socks (3-4 pairs)
- Light Pile or Synthetic Gloves
- Expedition Wool/Pile Gloves
- Expedition Mitts (with shells)
- Expedition Wool/Pile Hat
- Balaclava and/or face shield
- Knee Height Gaiters
- Sunhat

Small Personal Items:

- Passport
- Money Belt (for passport, credit card etc.)
- 3-one Liter Wide Mouth Water Containers***
- Swiss Army Type Knife or other small pocket knife
- Excellent Quality High Altitude Glacier Sunglasses with side shields-don't skim on your eyes
- Sun Block & Chopstick (Rated 25+)
- Large Insulated Cup and small bowl
- Spoon and Fork
- Bandanna
- Headlamp (extra batteries/bulb; 4.5volts not avail to buy)
- Small personal first aid kit (include personal medications and blister kit)
- Toothbrush and Toothpaste
- Foam Ear Plugs (for the noisy tents or huts)



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- Toilet Paper (small personal stash for 7 days)
- Bic Lighter (two)
- Small stuff sacks for small items
- Ziploc bags, large garbage bags for waterproofing items

Climbing Gear:

- Ice ax (70 cm Required or shorter)*
- Ice Tool (60 cm or shorter) Hammer preferred (w/ leash)
- Crampons (step-in type recommended)
- Sit Harness* (Mountaineering type required)
- Rope ascenders (2)- Petzl, Gibbs, Jumars, clog or similar with leg loops
- 4 oval or D carabiners
- 3 large locking pear shaped carabiners
- 2 x 24in sewn runners
- 1 Cordalette (6mm x 20ft)
- 4 Prusik cords (5mm x 4ft, 6in)
- Tubular webbing (0.5in x 10ft)
- 2 Small lightweight pulleys (optional)
- Daisy chain
- Helmet*

Recommended Travel Clothing:

- Two pairs of pants (jeans or light cotton)
- 4-5 pairs of underwear
- Two pairs of shorts (or convertible trekking pants)
- Comfortable shoes (running shoes or light hiking shoes for cities, travel days or for approach hikes)
- 2-3 shirts (one button type/two t-shirts)
- Cotton socks (2-3 pairs)
- Recommended Travel Kit: All in a small stuff sack
- Towel (lightweight)
- Small soap & Small shampoo
- Comb or Brush
- Extra pair of glasses
- Personal toiletries
- Small daypack/hip-pack for day hikes, travel days (big enough for your water, jacket, camera and snacks)

Optional Equipment:

- Ski Poles or Trekking Poles
- Camera and Film
- Notebook/Journal with pen
- Watch/Altimeter
- Spanish/English Dictionary
- Good Book
- Insulated gaiters (replacing regular gaiters)
- Ski Goggles
- Sport sandals
- Insulated water bottle carriers

*** If you use a hydration system such as Camelback, you must bring two nalgene bottles in addition to your system plus your hose and valve must be insulated.

*Can be arranged to be rented by SWS Mountain Guides please call the office if you have questions. SWS Mountain Guides will be providing all group gear such as tents, stoves, safety equipment, and group technical equipment.