



SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

mail@swsmtns.com

www.swsmountainguides.com

Phone: 888.797.6867 / Fax: 877.797.6867

MEXICO EXPEDITION EQUIPMENT LIST

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 Mexico at times can windy and cold with temperatures reaching below freezing 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 highly recommended, make sure they are designed for cold weather, if you have cold feet you may want to invest in insulated gaiters as well. If you have any questions about what to bring just please call our office at 1-888-797-6867, that's what we are here for.

The Basics:

- Mountaineering Boots* (Plastic Double Boots or hybrid mountaineering boots recommended)
- Sleeping Bag* (rated to 10 degrees f)
- Sleeping Pad*(s) (3/4 to Full length Thermarest or Ridgerest, Blue Foam)
- Pack* (Internal Frame 4,000 - 5,000 cubic inches)
- Large Duffel (for all gear on the airline including pack and for storage; questions give us a call.
- Small lock for Duffel

Clothing

- Light Weight Synthetic Top
- Light Weight Synthetic Bottoms
- Extra Synthetic top mid-weight
- Heavy Weight Pile Jacket or Down Jacket
- Pile Pants or Pile Bibs
- Goretex Jacket with Hood or equivalent**
- Goretex Pants or Bibs or equivalent**
- **Note: Both Goretex 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
- Heavy Wool/Pile Gloves (with shells) and/or Heavy Mitts (with shells)
- Wool/Pile Hat
- Balaclava and/or face shield
- Knee Height Gaiters
- Sunhat

Small Personal Items:

- Passport
- Money Belt (for passport, credit cards etc.)
- 3-one Liter Wide Mouth Water Containers
- Insulated Water Bottle Holders (recommended)
- Swiss Army Type Knife or other small pocket knife
- Excellent Quality Glacier Sunglasses with side shields-don't skim on your eyes
- Sun Block & Chapstick (Rated 25+)
- Large Insulated Cup, Bowl and Plate
- Spoon and Fork
- Bandanna (2)
- Headlamp (With extra batteries and extra bulb)
- Toothbrush and Toothpaste



SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

mail@swsmtns.com

www.swsmountainguides.com

Phone: 888.797.6867 / Fax: 877.797.6867

- Small personal first aid kit (include personal medications and blister kit)
- Foam Ear Plugs (for the noisy tents or huts)
- Toilet Paper (small personal stash not for 2 weeks)
- Bic Lighter (two)
- Small stuff sacks for small items
- Ski Goggles

Climbing Gear:

- Ice ax (70 cm Recommended)*
- Crampons (step-in type recommended)*
- Sit Harness*
- Prussiks, jumars or gibbs ascenders
(for crevasse self-rescue)*

Recommended Travel Clothing:

- Two pairs of pants (jeans or light cotton)
- 3-4 pairs of underwear
- One pair of shorts
- Comfortable walking shoes (running shoes or light hiking shoes for cities and travel days)
- 2-3 shirts (one button type/two t-shirts)
- Cotton socks (3-4 pairs)
- Extra Stuff sacks
- Recommended Travel Kit:
- All combined in a small stuff sack
- Towel (lightweight)
- Small soap & Small shampoo
- Comb or Brush
- Extra pair of glasses (sunglasses and/or prescription)
- Personal toiletries

Optional Equipment:

- Down booties (recommended)
- Down or Pile vest
- Extra pair of light gloves (wool or Synthetic)
- Ski Poles or Trekking Poles
- Notebook/Journal with pen
- Watch/Altimeter
- Spanish/English Dictionary
- Good Book
- Playing cards and or Travel games (small)
- Insulated gaiters (replacing regular gaiters)

*Can be provided or 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, group technical climbing equipment.