





Patagonia Expedition Equipment List, 2006


Having the right equipment on your expedition will make almost as much difference to your safety, comfort, and enjoyment as any physical training you do. It is essential that you take the time to acquire the correct gear; don't wait for the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online and at your local gear store. The purpose of this gear list is to help guide your purchases. Often salespeople in your local shop do not have first hand knowledge of high-altitude climbing, so be sure to balance their advice with what you read here. And do not hesitate to call us for more information on any of these items. We have strived to create a list heavy on detail, but there are always further questions!

Finally, a note on our recommendations: these are not the only good brands out there. They are products which our guides have used extensively and been happy with. For the safest shopping experience, chose these specific items and you can be confident you have the right tool for the job. Enjoy your shopping!






HEAD

<input type="checkbox"/>	Baseball cap- Bring your favorite baseball cap for shelter from the blazing sun. No white under-brim—the reflection off of it from the sun is blinding.	
<input type="checkbox"/>	Polar fleece or wool hat- A comfortable, warm hat that covers your ears. Make sure that it fits well, and that one of your hats fits under a helmet.	Cloudveil- Dome Beanie Outdoor Research- Alpine Hat 
<input type="checkbox"/>	Glacier Glasses- Should have very dark lenses (85%+ visible light blocked). Minimal light should come in below, above, or around the sides of the lenses. Glasses with leather/plastic side shields or “bug-style” wraps are best. Ventilation is also important. Be sure to have a retainer strap (Chums or Croakies).	Julbo- Nomad, Epic, Reflex Cebe- Cecchinel, Spot 
<input type="checkbox"/>	Headlamp- L.E.D. headlamps are sufficient. Make sure they have 3+ bulbs. Bring extra batteries. We highly recommend a tilting lamp.	Petzl- Tikka Plus headlamp Petzl- MYO 3 





HANDS


<input type="checkbox"/>	WINDSTOPPER® Gloves- You will rarely take these gloves off. They should be snug-fitting, made of WINDSTOPPER® fleece, and have some sort of reinforced palm. We also recommend (additionally) a thinner liner glove for optimum dexterity.	Black Diamond- WINDSTOPPER® Mountain Hardware- Gravity Outdoor Research- PL 100 GLOVES™ 
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FEET





<input type="checkbox"/>	<p>Liner Socks (2 pair) - A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.</p>	<p><u>Patagonia</u>- Silk-weight liners <u>Bridgedale</u>- Liner sock</p>	
<input type="checkbox"/>	<p>Hiking Socks (2 pair) - Your everyday sock, good for day hikes, trekking, and in-town. NO COTTON.</p>	<p><u>Patagonia</u>- Midweight <u>Bridgedale</u>- Trekker</p>	
<input type="checkbox"/>	<p>Warm Socks (2 pair) - A wool synthetic blend. Pure rag wool socks are not nearly as effective in wicking moisture or retaining their shape and reducing blisters. NO COTTON.</p>	<p><u>Thorlo</u>- Expedition socks <u>Smartwool</u>- Expedition socks <u>Bridgedale</u>- Summit socks</p>	
<input type="checkbox"/>	<p>Hiking boots- These light to mid-weight boots are for every day use. The ideal boot is comfortable enough to wear for days and scrambles decently on rock. A low-top trail running approach shoe is fine. People with bad ankles will prefer the additional support of a mid- to high-top shoe.</p>	<p><u>Montrail</u>- Hurricane Ridge XCR <u>La Sportiva</u>- Monarch Crest <u>Montrail</u>- Torre GTX</p>	
<input type="checkbox"/>	<p>Gaiters- GORE-TEX® or Schoeller® calf-high, durable gaiters are recommended. VELCRO® calf-closure is preferred.</p>	<p><u>OR</u>- CROCODILES® Gaiters</p>	

UPPER BODY




<input type="checkbox"/>	<p>Silkweight- Ultra-light base layer that effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days.</p>	<p><u>Patagonia</u>- Capilene® SW T-shirt <u>Lowe Alpine</u>- Light Weight Dryflo Crew</p>	
<input type="checkbox"/>	<p>Mid-weight (2 pair) + Expedition-weight tops (1) - A poly-pro mid-layer that you will never take off. Fitted, light-weight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.</p>	<p><u>Patagonia</u>- Capilene® MW Zip-T <u>Moonstone</u>- Chagga Hoodie</p>	
<input type="checkbox"/>	<p>Warm jacket- A polarguard or fleece jacket. This can be a very warm fleece, a polargaurd jacket, or even a down jacket. Full zip is recommended.</p>	<p><u>Patagonia</u>- R3® Radiant Jacket <u>Moonstone</u>- Ultra-light Cirrus <u>North Face</u>- Nuptse</p>	
<input type="checkbox"/>	<p>Schoeller Jacket (optional) – While we do not require this item, we also know that those that don't have one will wish they did! These jackets are much more breathable than Gore-tex, but still effectively block wind and light precipitation. A windshirt is also an effective option for this optional layer.</p>	<p><u>Moonstone</u>- Gendarme Jacket <u>Patagonia</u>- Coreskin Jacket <u>Cloudveil</u>- Serendipity Jacket</p>	



<input type="checkbox"/>	<p>Gore-Tex® jacket- A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it. PacLite® is preferred for lightweight.</p>	<p><u>Moonstone-</u> Nemesis Jacket <u>Cloudveil-</u> Drizzle Jacket</p> 
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LEGS

<input type="checkbox"/>	<p>Quick-dry shorts- Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON.</p>	<p><u>Patagonia-</u> Baggies™ shorts</p> 
<input type="checkbox"/> <input type="checkbox"/>	<p>Mid-weight (2 pair) - Fitted, light-weight and quick drying. The mid-weight will be a base-layer that will get you through a wide range of temperatures.</p>	<p><u>Patagonia-</u> R1® Pants or MW Bottoms</p> 
<input type="checkbox"/>	<p>Schoeller® pants- You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant. These pants should have an ankle zip so they will accommodate your mountain boots.</p>	<p><u>Cloudveil-</u> Symmetry Pant <u>Moonstone-</u> Gendarme Pant</p> 
<input type="checkbox"/>	<p>Gore-tex® pants- Your waterproof bottom layer for extreme weather days. Make sure you have water-resistant zippers + good pockets.</p>	<p><u>Patagonia-</u> Grade VI Pants <u>Moonstone-</u> Nemesis pants</p> 

GEAR

<input type="checkbox"/>	<p>Daypack- Mid-size summit pack for day climbs, city days and trekking. 2,500-3000 cu in. (36-40 liters) Streamlined, neat and lightweight.</p>	<p><u>Marmot-</u> Eiger 36 <u>Gregory-</u> G™ Pack</p> 
<input type="checkbox"/>	<p>Hydration System- Must have shoulder straps + be insulated. Should carry 70-100 ounces. This will be carried inside your main backpack.</p>	<p><u>CamelBak-</u> Zoid</p> 
<input type="checkbox"/>	<p>2 Duffle Bags- At least one bag should be durable and water resistant. Remember dry clothes are hot commodities in the mountains!</p>	<p><u>Gregory-</u> Long Haul™ Duffle XL <u>Patagonia-</u> Black Hole Bag</p> 

<input type="checkbox"/>	<p>Sleeping Bag- Rated to 0 F. Make certain that the sleeping bag is the right length. DON'T FORGET A COMPRESSION SACK FOR THE SLEEPING BAG. Many trekkers also like a silk liner.</p>	<p><u>Moonstone-</u> 800 Liberty Ridge <u>Granite Gear-</u> Compression stuff sack</p> 
<input type="checkbox"/>	<p>Trekking poles- Must be collapsible poles. Make sure that they are durable, lightweight + easily adjustable.</p>	<p><u>Black Diamond-</u> Contour Trekking Pole</p> 

MISCELLANEOUS:

- PASSPORT (with visa, if necessary)
- TRAVEL WALLET POUCH (waist or neck)
- 3 LUGGAGE LOCKS
- LEATHERMAN/ SWISS ARMY KNIFE
- PLASTIC BOWL, SPOON + MUG
- WATER BOTTLE: plastic (Lexan) 1 liter bottle with a wide-mouth
- WATER PURIFICATION TABLETS (iodine or equivalent)
- 3 LIGHTERS
- BANDANAS
- NON-COTTON UNDERWEAR (men- polypro boxers or briefs / women- polypro sports bras, cotton or polypro briefs are fine)
- 4 HEAVY DUTY GARBAGE BAGS (at least)
- ZIP LOCK BAGS (large size, for organizing small items and waterproofing)
- STUFFSACKS (assorted sizes, for organizing your clothes and gear)
- SUNSCREEN: SPF 30 (or higher) LOTS
- LIP BALM with SPF 15 (or higher) dermatone, blistex
- INSECT REPELLENT
- PERSONAL FIRST-AID KIT (Band-aids, Ibuprofen, Cough Drops, Moleskin, Pepto-bismol, Immodium, Personal Medications)
- TOILETRIES [Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Quick Dry Towel, Moisturizer, Purel Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)]
- SNACK FOOD (trail mix, balance bar, GU, candy, powdered drink mixes – don't bring a whole suitcase, but bring a variety of things you know you can eat while in the mountains.)

IN TOWN:

- T-SHIRTS
- SHORTS
- SKIRTS (WOMEN)
- GOING-OUT CLOTHES (for a celebration night out in town, clothes that will not go into the mountains)
- LONG PANTS
- UNDERWEAR
- SOCKS
- WARM SWEATER
- SWIMSUIT
- SNEAKERS (a pair of shoes that will not go into the mountains)
- SPENDING MONEY (souvenirs, gifts, departure tax, staff/guide tips)

OPTIONAL:

- I POD/WALKMAN
- EAR PLUGS
- JOURNAL/ BOOKS/ GAMES FOR PERSONAL ENTERTAINMENT
- LANGUAGE PHRASE BOOK OR DICTIONARY
- CAMERA (with all necessary accessories)
- BINOCULARS
- SANDALS (flip-flops, chacos or tevas)
- DOWN BOOTIES

A NOTE ON PACKING

For your international flights we recommend that you pack all of your equipment in your two duffle bags. Do not simply pack your backpack (since its straps can be damaged by baggage handling machines). It is important to lock these bags for their trip. Depending on airport, you may be able to put your travel locks on after they have been searched. If not, lock the bag with zip ties. If the TSA cuts off the zip tie to search your bag, they will replace it. You will still need travel locks to lock your bags in the hotel and in Basecamp. Generally you will take one duffle on the trek, and leave one in the hotel with your belongings for town.



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