

P.O. Box 3242  
Durango, CO 81302  
Phone: (970) 259-0370 / (800) 642-5389  
Fax: (970) 247-8013 email: info@mtnguide.net  
web site: www.mtnguide.net



## Climb in the San Juans & Beyond

### International Expedition Equipment Checklist

**A Word About Equipment:** It is essential that you become familiar with your gear and clothing prior to the trip. Be sure to **break in your boots**, hike with some **weight in your pack**, and play with **layering combinations** for your upper and lower body. The more familiar you are with your gear prior to the trip, the less you will have to think about it while on the expedition. This will allow you to focus on the travel, climbing, and mountain scenery that makes these trips so unforgettable. Please don't hesitate to contact us if you have questions regarding your gear prior to the expedition. We're here to help!!

**A Word About Clothing:** The best clothing to bring is that made of wool or synthetic materials such as: pile, fleece, polypropylene, Capilene or Scholler (soft shell) fabric. These materials will keep you warm even when wet, will wick away moisture and dry quickly. Please, **DO NOT bring cotton clothing** unless it is just a t-shirt or sun hat. Cotton has no insulating properties and does not dry quickly.

### EQUIPMENT LIST:

#### CAMPING EQUIPMENT:

**Sleeping bag** - Down or Synthetic bag rated between 0 and -10 degrees (-20 degree bag required for Aconcagua) w/compression stuff sack..

Guides' Pick: **MontBell or Western Mountaineering**

**Sleeping pads** -1 full length Thermo-Rest or Ridge Rest, air mattress is best.

Guides' Pick: **Therma-Rest Prolite 4 or OR Exped Down Mat 7**

**Cup, bowl and spoon** - Plastic/Lexan, insulated cup with top.

**Knife** - Swiss Army or similar, preferably with a can opener.

**Water bottles** - 2 one-liter size Nalgene and 1 wide mouth pee bottle (optional, but nice to have).

**Small thermos** - Optional, but nice to have.

**Water bottle insulators** - OR Bottle Parka for example.

**Backpack** - internal frame pack, 4500 or more cubic inches.

Guides' Pick: **Osprey Crescent Series**

**Summit Pack** - Small pack (2000 cui) for summit day.

#### CLOTHING AND PERSONAL EQUIPMENT:

**Street Clothes** - 2 sets of street clothes is usually sufficient.

**Gaiters** - Large enough to fit over your plastic boots. Overboots or insulated super gaiters required for Aconcagua.

Guides' Pick: **OR Crocs**

**Socks** - 2 pair of liners and 4 pair of heavy wool or polypro.

Guides' Pick: **Smartwool Mountaineer**

**Long underwear** - One pair of tops and bottoms, midweight or expedition weight synthetic.

**Pile pants** - Fleece or synthetic pants w/side zips.

Guides' Pick: **Mtn. Hardware Chugach or MontBell Thermawrap**

**Pile jacket** - Fleece or soft shell (Schoeller).

Guides' Pick: **Arcteryx Gamma SV or Mtn. Hardware Alchemy**

**Insulated jacket** - down or synthetic.

Guides' Pick: **Mtn. Hardware Phantom or MontBell Thermawrap**

**Shell jacket** -Gore-Tex or other breathable/waterproof fabric.

Guides' Pick: **MontBell Torrent Flier**

**Soft Shell Pants** -Schoeller pants. The workhorse of your clothing arsenal.

Guides' Pick: **MonBell Strider Pant or Mtn. Hardware Alchemy**

**Shell pants** - Gore-Tex or other breathable / waterproof fabric w/side zips.

Guides' Pick: **MontBell Torrent Flier Pant**

**Gloves** - 3 pair: one heavy, one midweight, one liners.

**Hats** - One pile hat, one balaclava and one baseball cap.

**Sunglasses** -With case; glacier glasses or wrap-around type.

**Goggles** -Optional but highly recommended.

**Sunscreen** - At least SPF # 15.

**Lip balm** - w/ sunscreen.

**Headlamp** - (high quality) with two sets of batteries.

Guides' Pick: **Petzl MyoLight 3 or BD Moonshot**

**Toiletries**- Toilet paper, toothpaste, toothbrush, etc.

**Personal first aid kit** - Aspirin or Ibuprofen, tape, Band-aids

**Stuff Sacks** - 2 sizes for gear/clothing organization

Guides' Pick: **Granite Gear Toughsacks**

**Duffel Bag** - Large enough to fit most of your gear w/lock.

**Plastic Trash Bags** - For waterproofing the pack and contents

**Camera and film**

**Book** - Optional, but nice to have.

**Personal lunch food** - Energy bars, gorp, trail mix, etc.

**CLIMBING EQUIPMENT:** The following items are available for rent if you do not have your own:

**Adjustable trekking poles**- Highly recommended.

**Plastic boots:** Double plastic mountaineering boots

Guides' Pick: **Koflach Vertical or Degre**

**Alpine ice axe** - 60-70 cm. Guides' Pick: **BD Raven**

**Crampons** - Versatile, general mountaineering crampons.

Guides' Pick: **BD Contact ABS or Petzl Irvis**

**Harness** - Adjustable leg loops to fit over clothing layers.

**Locking carabiner** - 2 Pear shaped, wide mouth lockers.

**Non locking carabiners** - 3 extra carabiners

**Perlon Cord** - 21 feet of 5 or 6mm cord.

**Belay / rappel device** - ATC or similar.

#### Reading:

Freedom of the Hills 7th edition--The Mountaineers Books

**Equipment Suppliers:** Our office in Durango adjoins Backcountry Experience. [www.bcxp.com](http://www.bcxp.com), 800-648-8519. You are entitled to a 10% discount when ordering or purchasing items from their store.



