



American
Alpine Institute

The Spirit of Alpinism

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Patagonia Expeditions EQUIPMENT CHECKLIST

The Patagonian Ice Fields stretch for hundreds of miles atop the Andes mountains in Chile and Argentina. These ice fields remain the largest expanse of ice in the Southern Hemisphere, aside from Antarctica. This beautiful landscape is expansive and has immense beauty, but it also receives significant wind and storms, even throughout the summer months. Please take time to choose your clothing and equipment carefully.

CLIMATE: Temperatures can be as low as 20 - 35°F and high temperatures can range anywhere from 50 - 60°F. The weather in this area is extreme, unpredictable, and can change rapidly. During the day it can be warm or chilly, and during the night it gets quite cold. You should also expect to encounter strong winds and be prepared for chances of precipitation. We may enjoy clear skies and lots of sun, or we may experience periods of rain or snow.

Given the variability in weather, layering and versatility are key. The layering achieved with a number of thinner garments will be far more preferable than being limited to one or two warmer, thicker items. Clothing should allow good freedom of movement and be lightweight.

GEAR PREPARATION: Please take the time to properly label and identify all items of personal gear. Be sure to mark your name on a clothing or item tag.

When preparing your equipment for travel to Patagonia, protect your equipment by covering any sharp objects with cardboard or other protection to prevent puncturing or tearing. Please pack your shell jacket/pants into your carry-on luggage just in case your checked baggage is delayed.

ASSISTANCE: All of our rentals and other included gear organization is done in Patagonia. You will fill out a Rental Request Form before your expedition to inform us of any rentals you may need. Please feel free to contact the AAI Equipment Shop if you have any questions about gear for your expedition. The shop can be reached at shop@alpineinstitute.com or 360-671-1570.

Clothing	Packing Checklist
<p>Beanie/Toque Wool or synthetic, must fit under a helmet.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sun Hat A baseball cap or visor works well.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Lightweight Balaclava / Buff Look for one that is UPF rated. Brighter colors work better for warmer conditions and darker colors for colder conditions.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Glacier Glasses These are mandatory. Look for a pair that fits well and has side shields. The lenses should be dark enough to not let more than 10% of visible light through. Photochromic (variable tint) lenses are more expensive but are usable in a wider range of activities.</p> <p>★ NOTE: Those using contact lenses should also bring a pair of prescription glasses in the event that your contacts or solutions are lost or damaged by freezing. If you only use prescription glasses, we recommend "OTG" (over the glass) or "Frame-over" style sunglasses.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Goggles <i>Optional.</i> These are used in high winds or heavy rain, and can serve as a backup to your glacier glasses. Look for UVA/UVB protection and a lighter lens is recommended for better visibility in flat light.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Headlamp Bring extra batteries, or if it has a rechargeable battery, make sure to bring a charger. 200-350 Lumens is an ideal range.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Liner Glove Thin, lightweight, wool or synthetic gloves. Size to fit snug but not too tight. You will wear these for much of your time on the mountain. UPF rated liner gloves are ideal for sun protection. 1 pair is required; 2 pairs are suggested.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Work Glove The most desirable glove is one that is comfortable and dexterous, so that it can be worn all day. It should be durable enough (leather palms) to handle ropes, ice axes, and a bit of rock scrambling. These come in different weights, so choose the thickness that works with your glove system. Bring one pair.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Expedition / Hard Shell Glove Composed of heavy-duty waterproof shells with extremely warm liners, these modular gloves MUST have removable liners. These gloves must be dexterous enough to handle ropes, carabiners, and jumars.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Undergarments Wool or synthetic.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Base Layer Top This will be your base layer and should be "lightweight or silk weight" synthetic or wool. Long sleeves are preferred. No cotton.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Base Layer Bottom Look for the same features of your Base Layer Top. They should fit comfortably under your trekking pants. These are used mainly in the evening or on colder days while trekking. This will be your primary layer on those days.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Active Insulation Layer Lightweight “gridded fleece” or lightweight down or synthetic insulated jacket. Hood preferred.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Jacket or Windshirt A soft shell is a weather resistant, breathable, and stretchy freedom of movement piece. This piece is versatile in the sense of movement. It is often called an “action layer.” It is weather resistant, meaning it can put up with light showers and wind. Also if it gets wet it dries fairly quickly. This enables you to not have to stop and put on another piece when the wind picks up or a light shower happens. Because it is water resistant, and not waterproof, it also breathes fairly well. This enables you to move without overheating, so you don’t have to constantly stop to change out layers to regulate body temperature. They are also made of a stretchy material so there are no restrictions to your movement during activity. Put all those together and you have a pretty versatile layer, the Soft Shell. Hood preferred.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Insulation Jacket A.K.A. the “puffy.” Down or Synthetic. This piece is worn in cold conditions or when not moving. Hood preferred. If choosing Down, water-resistant Down treatment is preferred to help prevent matting and loss of insulating ability if the jacket gets wet.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Jacket Non-insulated jacket with a waterproof and breathable membrane. Three layer construction is recommended. It must have a hood, ideally a helmet compatible hood. When sizing make sure it can fit over other layers.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hiking Pant These should be light to mid-weight comfortable synthetic pants that don’t restrict movement. These will be worn in-town and on acclimatization hikes.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Pant Look for the same features as your soft shell jacket. This will be your outermost layer most of the time for your legs. A thigh pocket is a useful feature for storing small items. Your base layers need to fit under these pants comfortably.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hard Shell Pant Non-insulated, waterproof and breathable membrane. Full side zips are recommended. When sizing make sure it is able to fit over a base layer and soft shell pants.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Socks Wool or synthetic socks that are over the ankle height. Focus on getting insulation from the boot and using a lighter weight sock, instead of using a heavy weight sock for warmth. Wearing a “silk-weight” liner sock beneath your hiking sock can reduce friction on the skin directly and mitigate blister development. Bringing 2-3 pairs is recommended for this Expedition. Two pairs mainly used while climbing that can be switched out if one gets wet. As well as having a 3rd pair to sleep in and as a backup.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Comfortable Approach Shoes For use when hiking in or around town.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Mountaineering Boots

AAI recommends current or recent models of insulated, full shank mountaineering boots of double boot construction. A variety of materials can work for the outer boot, including synthetic leather (e.g. the Sportiva Spantik), molded hard plastic (e.g. the Koflach Degre), and polymer coated nylon or Kevlar fabric (e.g. the Sportiva Baruntse). A single wall mountaineering boot with insulated lining, such as the Sportiva Nepal Evo, may be adequate for some climbers in very mild weather, but must be accompanied by an insulated upper gaiter or overboot in case conditions require it.

★ NOTE: There are many makes and models out there and not all are created equal. Please consult with our Equipment Shop if you are uncertain about the acceptability of your chosen model.

- Own
- Buy
- Rent*

Gaiters

Knee height. These keep snow and ice out of your boots and socks and will also protect your pants from the sharp points on your crampons. Check the fit of the gaiter to your boot in advance to make sure the coverage is adequate. Can omit if your pants have a built gaiter and scuff guard.

- Own
- Buy

Climbing

Packing Checklist

Ice Axe

A straight shaft ice axe like the Petzl Glacier or Black Diamond Raven Pro is recommended. Adze is required. Please contact our Equipment Shop if you have any questions.

Use the following table as a rough guide on length. Ice axe leashes are not required and not recommended.

Straight Shaft Axe	
Personal Height	Recommended Length of Axe
5'8" or shorter	50-55cm
5'9"- 6'	55-60cm
6'1"-6'3"	60-65 cm
6'4" and up	65-68cm

- Included*
- Own

Harness

Make sure the harness has a belay loop and gear loops. When sizing make sure it can fit over your clothing layers when you have multiple layers on.

- *Included
- Own

Helmet

Must be UIAA rated for climbing.

- *Included
- Own

Crampons

Must be steel crampons with front points and compatible with your mountaineering boots. Only modern strapon, step-in, or 'newmatic' crampons are acceptable.

- *Included
- Own

Trekking Poles

One is required, but two are highly recommended. These increase balance while wearing a heavy pack and making stream crossings, while also decreasing pressure on the knees during steep descents. Adjustable poles only.

- Own
- Buy

<p>Internal Frame Pack We recommend a pack size around 50 - 60L for this Expedition. Choose the pack that fits your body best. It is very important that your pack is in good working condition and not prone to failures of any sort. Our packs are a hugely important item and a climber may not be able to continue due to a pack failure. An external frame is not adequate.</p> <p>Most climbers on this Expedition will use the same pack for approaches as well as for their summit pack. For this purpose, it is nice to have a backpack that has adjustable compression straps. Removable hipbelt, suspension parts, and lid are ideal options.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Day Pack 25 L to 35 L is an ideal size. *If you choose to bring a separate pack for day treks and summit approaches.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Camping</h2>	Packing Checklist
<p>Sleeping Bag We recommend either a synthetic or down sleeping bag rated to around -15°C. If you bring a synthetic bag bring one on the lower end of the temperature range since synthetic bags tend not to be as warm as down. If choosing Down, water-resistant Down treatment is preferred to help prevent matting and loss of insulating ability if the sleeping bag gets wet.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Compression Stuff Sack For your sleeping bag. If it is a down bag, a waterproof compression sack is recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sleeping Pad Bring one full-length insulating, inflatable pad. Your inflatable pad should be lightweight and packable. We highly recommend bringing a patch kit for inflatable pads.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hydration 3L capacity is recommended, though some people need more and some people need less.</p> <p>Some people bring a bladder and a hard sided bottle. The bottle is an important backup to the bladder if it gets punctured. A hard-sided bottle may also double as a mug for hot water, though not every bottle is designed to hold boiling water.</p> <p>For Camelbak style hydration bladders, bring a drinking tube insulator, as the tube can freeze up. Drinking tubes must also have a lock on the bite valve. If you choose to use this system, be aware that they require constant vigilance in order to avoid freezing. Blow the water out of the tube after every use and place the bite valve in the neck of your shirt to keep from freezing.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Water Bottle Parkas These are insulating jackets for your water bottles, one for each bottle. Must cover the entire bottle, including the lid.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Favorite Snack Foods While meals on the expedition are provided, if you have some personal favorite snacks or food items that work well for you such as beef jerky or Guu packets, please bring them.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Other Essentials	Packing Checklist
<p>Passport Required. This must be valid for six (6) months after your scheduled return date.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Wrist Watch A model with an alarm that will wake you up is preferable. It doesn't need to be anything fancy.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Toothbrush and Toothpaste Travel size recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hand Sanitizer and/or Wet Wipes Required. Used after going to the bathroom and before eating. Wet wipes can be used for the "mountain shower."</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sunscreen SPF 30+, zinc based is preferred. Small travel size tubes are recommended so you can put them in a close by pocket for easy access.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Lip Balm Make sure it is SPF rated.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Foot Powder <i>(optional)</i> Foot powder is very useful especially on longer trips or for people with sweaty feet. Foot powder can help dry your feet, and promote warmth on cold weather trips. Be mindful of the storage container and make sure it will stand up to the abuse it will be subjected to.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Toilet Paper We recommend bringing half a roll to a roll of toilet paper in its own ziploc bag.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Hand/ Foot Warmers Recommended for people that are susceptible to cold hands and toes. These should be small, disposable type products.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Personal First Aid Kit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Band aids <input type="checkbox"/> Blister treatment <input type="checkbox"/> Prescription drugs <input type="checkbox"/> Ibuprofen etc. <input type="checkbox"/> If you wear contacts make sure and have spares if you can't see without them. 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Repair Kit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Inflatable sleeping pad patch kit <input type="checkbox"/> Duct tape (Can be wrapped around trekking poles or water bottles. Gorilla Tape tends to be the best brand for the mountains.) <input type="checkbox"/> Zip ties <input type="checkbox"/> 6-10 ft of 3mm accessory cord <input type="checkbox"/> 2 Trash bags that are big enough to line the inside of your pack with. 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Garbage Bags Bring one large bag to line your backpack and one to pack out garbage.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Other Optional Items

The items below are not required, although many are nice “luxury” items that can make your expedition more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your expedition.

Packing Checklist

Entertainment

Books, games, cards, music player, kindle, ect. For evenings or rainy days in the tent.

- Own
- Buy

Portable Charging Device

Phone charger, battery pack, or solar panel.

- Own
- Buy

★ *NOTE: Solar panels should only be used to charge battery packs. Battery packs should be used to charge devices. Inappropriate use of a solar panel could lead to the depletion of a device’s power.*

Ear Plugs

For defense against snoring and high winds.

- Own
- Buy

Camera

Phone cameras or small point-and-shoot cameras are preferred. SLR cameras are not recommended due to their size and bulk.

- Own
- Buy