



TOCLLARAJU SKILLS EXPEDITION AND CHOPICALQUI EXPEDITION Cordillera Blanca, Peru EQUIPMENT CHECKLIST

During your expedition in Peru, you will encounter a very wide range of temperatures and weather conditions. As such, the equipment you bring must function well in a wide variety of environments. Your clothing should be warm, lightweight, quick drying, and allow for good freedom of movement. The layering principle, based on several thin layers of insulation (rather than one thick one), should meet these requirements well. Please take time to choose your clothing and equipment carefully; it may make the difference between a comfortable, successful trip and one that could have been more enjoyable.

CLIMATE: On the Tocllaraju/Chopicalqui expedition, the nighttime temperatures at high camp typically range from 0 - 10° F, often accompanied by a strong wind. Daytime highs on summit day usually are in the teens or 20's, although if the wind is not blowing (rare) the intense sun can make it seem much warmer.

Our base of operations, the town of Huaraz at about 9,500', enjoys pleasant temperatures with lows in the 50's and highs in the 70's. Rain or snow is not uncommon during the approaches or climbs and you should be well prepared for it.

GEAR PREPARATION: Please take the time to properly label and identify all items of personal gear. With many climbers all sharing a single campsite, it can be very easy to forget which water bottle or set of gloves belongs to you. Be sure to mark your name on a clothing tag. Colored tape or fingernail polish is excellent on other items. If using tape or colored markers, make sure your labeling method is durable and water-resistant.

All items of clothing should be inspected to make sure that the seams, stitching, and waterproof properties of the garments are intact and adequate for the rigors of an expedition. Used articles of clothing including shell jackets and softshell items should be cleaned and treated with a durable water repellent (DWR) such as Nikwax TX Direct or Gore-Revivex. Gloves with leather or synthetic palms should be treated with a waterproofing agent such as Nikwax. Make sure all of your packs and bags have buckles and straps that are in good working order.

When preparing your equipment for travel to Bolivia, protect your equipment by covering your ice axe, crampons, and trekking poles with cardboard or other protection to prevent puncturing or tearing less

durable equipment. Please pack your boots and shell jacket/pants into your carry-on luggage. Delayed luggage can be common.

Call or E-Mail the Equipment Shop for Advice on Gear

Please feel free to contact us and to let us help you get ready for your course. Your comfort and safety depend on being well equipped. Whether you get your gear from us or just get advice, we're here to help you prepare.

Call: (360) 671-1570 Email: shop@AlpineInstitute.com

Equipment Shop Website: www.Shop.AlpineInstitute.com

Clothing	Packing Checklist
<p>Comfortable Approach Shoes For use around camp and on approaches.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>High Altitude / Cold Weather Mountaineering Boots These boots should be designed for extended use in temperatures as cold as 0°F. 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, is adequate for this Expedition, but must be accompanied by an upper gaiter or overboot in case conditions require it.</p> <p>☆ <i>Shell Materials: Synthetic, plastic, leather</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Gaiters Knee height. Keeps 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.</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 3-4 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 or 4th pair to sleep in and as a backup. You will have an opportunity to wash your undergarments after the Tocllaraju Skills Expedition and the Chopicalqui climb.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Undergarments Wool or synthetic.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sports Bra Wool or synthetic, comfortable, active wear.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Base Layer Top This will be your base layer and should be midweight synthetic or wool. No cotton. Long sleeves preferred.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Base Layer Pant (aka “Long Johns”) Wool or synthetic.</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> <p>★ <i>Weight: 250g-350g ideal weight.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Pant Thin, weather-resistant, breathable, and stretchy. This layer is helpful if the weather is nice enough and dry enough, where having a more breathable layer than a hard shell might be more comfortable, typically late winter/early spring.</p> <p>★ <i>Materials: Exolite, Matrix, Schoeller</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Soft Shell Jacket 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 snow 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> <p>★ <i>Materials: Exolite, Matrix, Schoeller or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Insulation Jacket AKA 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> <p>★ <i>Weight: 350g-450g ideal weight.</i></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> <p>★ <i>Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</i></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 to it is able to fit over a base layer and softshell pants.</p> <p>★ <i>Materials: Gore-Tex, eVent, Drilite, H2NO, Pertex Shield</i></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. Generally worn alone in temperatures above 25°F(-4°C) when precipitation is not present. UPF rated liner gloves are ideal for sun protection. Bring 1-2 pairs in the event it is extra wet out.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Midweight / Belay / Leather Gloves 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, jumars, and ice axes. These come in different weights, so choose the thickness that works with your glove system. Bring one pair.</p> <p>★ <i>Materials: Softshell, windstopper fleece, leather or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Expedition / Shell Gloves 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> <p>★ <i>Materials: Gore-tex, Schoeller</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Shorts Lightweight running shorts are best. Often worn over your lightweight long underwear</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Beanie/Toque Wool or synthetic. Must fit under helmet. Easily replaced with hooded layers after early season.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Sun Hat A baseball cap or visor serves well.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Buff/Neck Gaiter 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>★ <i>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.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Travel and Town Clothes We occasionally like to go out to restaurants and you may want something other than your climbing clothes to wear.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Light cotton or other pants <input type="checkbox"/> Light cotton or other shirt <input type="checkbox"/> Sandals or footwear other than sneakers or boots <input type="checkbox"/> Swimsuit/Board suit 	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Climbing Equipment

Packing Checklist

Day Pack

25L to 35L is an ideal size. Used on summits attempts, day hikes and all around town.

- Own
- Buy

Internal Frame Pack

60L or more. Mountaineering specific packs, instead of backpacking packs, are a good way to shave weight. Should also have the ability to carry weight well (45 lbs+).

- Own
- Buy

Ice Axe

Straight shaft axe or semi-technical slightly curved axe. Adze required.

- Own
- Buy

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

Climber Height	Recommended Length of Axe	
	Straight Shaft Axe	Semi-Technical Axe
5'8" or shorter	50-55cm	50cm
5'9"- 6'	55-60cm	52cm
6'1"-6'3"	60-65 cm	55-57cm
6'4" and up	65-68cm	60cm

Ice Tool

One is required. A hammer version is desired since your ice axe should have an adze.

- Own
- Buy

Crampons

Must be steel crampons with front points and compatible with your mountaineering boots. Only modern strapon, step-in, or 'newmatic' crampons are acceptable. Older Scottish style strap-on crampons are not adequate.

- Own
- Buy

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.

- Own
- Buy

Carabiners

Must be UIAA rated for climbing.

- Two large pear-shaped munter-style locking carabiners.
- Two non-locking wire gate carabiners.

- Own
- Buy

Helmet

Must be UIAA rated for climbing.

- Own
- Buy

Prusiks

6mm nylon cord in three lengths; 13 ft, 6 ft, 5 ft. Available at AAI the morning of the course. We recommend getting three different colors for easy identification.

- Own
- Buy

<p>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.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Camping Equipment and Personal Gear</h2>	
<p>Sleeping Bag Synthetic or Down. 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. If you know you sleep cold take this into consideration when purchasing/selecting your bag.</p> <p>★ Rating: 10°F (23°C) to 0°F (18°C)</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 inflatable pad. Your inflatable pad should be a modern, lightweight, and packable version with an RValue of at least 4. Newer pads are less bulky and take up only a tiny portion of your packs' volume. You will likely camp on both snow and dirt during this course. Please bring a patch kit for inflatable pads. A closed cell foam pad will be provided to you.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Small Travel Pillow Bring a small travel pillow or make a pillow out of some of your extra clothes inside your fleece jacket.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Headlamp A high output LED model. Bring fresh batteries and one set of extra batteries. Flashlights are not acceptable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Wristwatch 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>Sunscreen With Sun Protection Factor (SPF) 30 or higher. A couple of 1oz tubes are adequate and work better than one large one. For the fair skinned, the higher the SPF, the better. (Dermatone produces an effective 1" diameter stick as well as a translucent zinc oxide lotion.) Sunscreen is prone to freezing in the cold and smaller containers fit well into pockets for warming.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Lip Protection Bring 1 container/applicator with the highest SPF available.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Personal Toiletries The whole bag should be small/travel sized.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bring half a roll to a roll of toilet paper in its own Ziploc bag. Several small packets of travel tissues or wet wipes can also be used. 	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<ul style="list-style-type: none"> <input type="checkbox"/> Hand sanitizer and wet wipes - Wet wipes can be used for the “mountain shower.” <input type="checkbox"/> Personal toiletries - including toothbrush and toothpaste <input type="checkbox"/> 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>Pee Bottle Used at night or when the weather is poor so you don't have to get out of your tent.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Women's Specific Items</p> <p>Female Urination Device Pee funnel such as the GoGirl or Freshette. Many female guides prefer a rigid pee funnel.</p> <p>Click here for more info</p> <p>Menstruation Collection Cup There are many things to consider concerning backcountry menstruation.</p> <p>Click here for more info</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Multitool Any multitool similar to a Leatherman is great. These are used for emergencies, and for slicing cheese, salami, and opening packages.</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 Medical Kit For sunburn, blisters, headaches, and minor cuts and scrapes.</p> <p><u>Personal Medications:</u> (notify AAI of any and all medications)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 20 tablets of Tylenol, Ibuprofen, or Aspirin <input type="checkbox"/> A few Benadryl <input type="checkbox"/> If you are severely allergic to bees, or if you suffer from Asthma, please notify AAI and your guide regarding the location and presence of your epi-pen and/or albuterol Inhaler. <p><u>Cuts & Bruises kit:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 10 assorted band-aids <input type="checkbox"/> One 1 1/2 inch roll of cloth athletic adhesive tape <input type="checkbox"/> 3 inch Ace bandage <p><u>Blister Kit:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Plenty of Compeed, Band-aid, or Dr. Scholls blister pads <input type="checkbox"/> A packet of moleskin (note: some people are allergic to the glue on moleskin and other medical adhesives.) <p>The following drugs require a physician's prescription (except Immodium). Be sure to discuss the use and precautions for each drug with your doctor.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Loperamide (Immodium) - For diarrhea. 	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<ul style="list-style-type: none"> <input type="checkbox"/> Acetazolamide (Diamox) - For prevention or treatment of Acute Mountain Sickness. <input type="checkbox"/> Choose one of the two antibiotics below, depending on personal allergies. <input type="checkbox"/> Trimethoprim-Sulfamethoxazole (Bactrim or Septra) <input type="checkbox"/> Ciprofloxacin (Cipro) <p>☆ <i>NOTE: you cannot use codeine or sleeping pills at altitude.</i></p>	
<p>Repair Kit At a minimum this kit should include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Thermarest repair kit (for Thermarest pad users) <input type="checkbox"/> 10-20 feet of lightweight nylon cord <input type="checkbox"/> A small sewing kit <input type="checkbox"/> Duct tape (wrapped on water bottles or trekking poles) <input type="checkbox"/> An extra waist buckle for your pack 	<ul style="list-style-type: none"> <input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2 style="margin: 0;">Cooking Equipment and Food</h2>	
<p>Hydration 2.5 - 3 liters of water capacity minimum. Two or three water bottles, usually one-liter wide mouth Nalgene type, are required. Narrow mouth bottles are not functional and should not be used. Other similar plastic bottles (e.g. Gatorade) can work also. Hydration packs are not recommended, once they freeze they stay frozen for the duration of the trip.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Water Purification Water purification tablets are recommended. Pills that take an hour or less to purify are recommended. Steripens are an acceptable alternative to purification tablets.</p>	<ul style="list-style-type: none"> <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. ☆ <i>Examples: 40 Below</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Thermal mug: 16-20oz with a lid. A 16oz wide mouth Nalgene is a favorite amongst our guides.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2 style="margin: 0;">Other Essential Items</h2>	
<p>Passport Required. This must be valid for six (6) months after your scheduled return date.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Passport/Money Pouch Bring a low profile money pouch or belt to protect your essential documents, credit cards, and money.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Duffel Bags Bring two that are large and sturdy. Durable coated nylon is best. This will be tied on the roof of our and/or the back a llama/burrow multiple times throughout the trip. Models with wheels are not allowed. ☆ <i>Size: ~ 120 liters</i> ☆ <i>Materials: Packcloth, Cordura, ballistic cloth</i> ☆ <i>Examples: Patagonia Black Hole Duffel Bag 120L, North Face Base Camp Duffel - X-Large</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Small Padlock To fit through the zip sliders of the duffel to secure its contents. Buying a TSA-approved lock is highly recommended. Don't lock your bag when you check it through security at the airport.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Garbage Bags Bring two large bags to line your backpack and one to pack out garbage. Trash compactor bag, if available, are more durable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Other Optional Items</p> <p>The items listed below are not required, although many are nice "luxury" items that can make your trip more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your expedition.</p>	
<p>Camera We recommend a small point-and-shoot camera that can easily be carried in a convenient to reach zipper-pocket. Though some climbers bring them, SLR cameras require special care because of weight, bulk, and fragility. Smartphone cameras have come a long way and are also becoming a convenient standard.</p> <p><i>★ Note: No battery powered, auto-focus cameras perform well in the cold. Digital cameras can work well but require extra care to protect them from the cold and elements. If bringing a digital camera, consider your battery needs. If your camera uses a proprietary lithium ion type you may want to bring an extra. If your camera uses AA or AAA batteries, use lithium batteries and bring one or two sets of extra batteries, more if you take a lot of photos.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Entertainment Books, games, journals, cards, etc. are great for rest days and stormy days in the tent. Music players like mini-disc and MP3 players are popular because the device and media are small and relatively lightweight. Models with a hard drive (e.g. iPod) do not work at altitude. Bring a car adapter for any electronic devices to charge on our solar panel.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Handwipes AKA the mountain shower. For personal hygiene <u>and</u> general use.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Buff/Bandana Multiple uses from a sweat towel to neck sun protection.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Fingernail Clippers Trim nails back prior to course.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Ear Plugs Defense against snoring and high winds in the area.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Nose Protection Designed to protect your nose from the sun, this is a cloth nose guard that fits onto your glacier glasses. Try the fit on your sunglasses; they should fit well without pushing the frames off your nose.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Crazy Creek Chair These are excellent for relaxing in while at base camp.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy