



EVENTYRREJSER / TREKKING BUREAUET

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Anbefalet Aconcagua pakkeliste.

Feet:

- 2 pairs of synthetic inner socks
- 4 pairs of thick socks for cold (ski type)
- 1 pair of comfortable trekking boots
- 1 pair of gaiters

Legs:

- 1 pair of fine synthetic pants
- 1 pair of thick shelter pants
- 1 pair of rainproof pants
- 1 pair of comfortable long pants (trekking type)

Body:

- 2 synthetic underwear shirts
- 1 turtleneck of synthetic material
- 1 fleece jacket of alike
- 1 shelter jacket (down or synthetic)
- 1 rainproof jacket

Head:

- Sun cap or hat
- Shelter hat (wool or fleece)
- Light balaclava
- A good pair of sunglasses with UV filter and nose and side protection
- A pair of ski goggles
- A handkerchief for the neck
- Hands:
- 2 pairs of light inner gloves
- 2 pairs of rainproof gloves for shelter (mitten type)
- Wet towels

Expedition material:

- Book or anything that helps to be distracted in the tent
- 1 Sunscreen (never less than factor 20)
- Water bottle for two liter
- 6 pairs of hand warmers
- Sleeping mattress for high mountain
- Personal care elements
- Front lamp with extra batteries
- An stainless steel thermo of one liter or half a liter
- Personal crockery (Bowl, cup, fork and spoon)
- A synthetic or duvet sleeping bag for – 35 ° C

Technical equipment:

- 1 comfortable backpack of 80 liters
- 1 Pair of double or triple boots for high mountain (suitable for 23000 feet - 7000 meters and – 40°C temperature)
- Semi-automatic crampons
- 1 pair of telescopic poles
- 1 ice axe
- 1 helmet