

Peru : Equipment & Clothing

The equipment and clothing you bring with you will play an essential role in the quality of your experience. Read the following suggestions and list carefully. If you have any questions or need clarification don't hesitate to call or write. There is room for substitution and changes but if you have any doubt do contact us.

Your clothing and equipment should be lightweight, durable and in good repair. You must be familiar with the function of your equipment. Make sure that it fits and that it works with other items of your equipment before you come. You don't want it to let you down at 18,000ft. Small additions can make life easier, for example short lengths of cord attached to zippers and wrist loops added to mittens.

Everything you bring should fit into a large duffel bag and your climbing pack. We'll be leaving casual clothes and non climbing essentials in Huaraz while climbing. The donkeys can carry all our technical gear.

Once we're all assembled in Huaraz, we'll be doing a gear check. We'll then get into the colder areas slowly, coming back to town to reorganize and giving you a chance to beef up or shed any equipment.

Huaraz is at 3090m above sea level. June/ July is actually Winter, but it is generally a dry time of year. Storms will come through during the 3 week climb and temperatures will plummet. You might change from shorts and t-shirt to long johns and down jackets in the same afternoon. Be prepared!

Detailed info on each of the items listed below can also be found at this link : [detailed info on equipment](#).

CLOTHING

Keep in mind that temperatures can vary widely, you can freeze and swelter on the glaciers. When setting yourself up, try to think in terms of a 'system'. Rather than buying single heavy garments, get clothing of varying thicknesses that can be 'layered' to achieve comfort and versatility. By adding or subtracting layers you can cope with a wide range of conditions and temperatures in reasonable comfort.

Consider the system as a whole and make sure that it is adequate for all conditions. Bring one more layer than what would make you comfortable in NZ eg for lower body - quick dry pants, merino/polypro long johns, fleece pants, storm pants with full length zips... all combinations are possible for very cold starts.

Body

- Base layer top & bottom - polypro or merino eg Icebreaker, no cotton
- Mid layer light weight fleece or liner
- Climbing trousers - polymide/nylon or light weight fleece eg Mammut
- Soft shell synthetic insulating jacket eg Primaloft, synthetic down or fleece
- Shell parka (with hood) & pants (with side zippers) - water and windproof
- Down Jacket - a good thick mountaineering down jacket is compulsory - eg Rab or North Face - standard length - not too long so it doesn't interfere with the harness. It will be used mostly for warmth when at base camp but if a storm did blow in on the mountain, you will need to keep it clear of the harness.
- Fleece pants
- Glacier Shirt
- T-SHIRTS (preferable not cotton) AND SHORTS
- CASUAL CLOTHES for travel & town

Head

- SUN HAT with wide brim - great if it fits under your helmet
- COTTON SCARF for sun protection
- WOOL OR FLEECE HAT
- NECK TUBE or 'balaclava'
- SUN GLASSES; these should be good quality (to block out 98 to 100% of UV light & they should have side shields. If you wear prescription glasses you may want to invest in prescription glacier glasses (spare pair a good idea)
- SNOW GOGGLES

Feet

- MOUNTAINEERING BOOTS - it is imperative to have a comfortable boot. The best boot is one that fits you. If purchasing a pair on-line, make sure you have tried them on at your local store first. Many of you will already have your own. Plastic is not necessary, but works well. The temperatures at this time of year are about the same as Winter in NZ. It does freeze at night, but high end leathers are fine. If you really suffer from the cold, take your plastics, but they are a real pain on hard ice, so ultimately you need to compromise one thing for another.
- A comfortable pair of sturdy TREKKING BOOTS or hard wearing running shoes /approach shoes are required for the walk up/down the valley and at camp
- GAITERS full calf-length - We recommend getting some super gaiters (not just standard ones) to really boost the warmth factor.

- WARM SOCKS (3 pair)
- LINER SOCKS (3 pair)

Hands

- CLIMBING GLOVES - well insulated climbing gloves fingered with wrist loops (Dachsteins/fiberpile)
- Lightweight glacier gloves (polypro or fleece) - 2 prs
- High Altitude Waterproof OVER MITTS with wrist loops

Personal Camping Gear

- SLEEPING BAG - 850g plus weight, winter rated bag (4 seasons in NZ). Bear in mind that you'll probably end up wearing long johns and down jacket at night as well
- THERMAREST with repair kit
- CLOSED CELL FOAM PAD - as the thermarest doesn't insulate against the cold we recommend a foam pad as well (these can be purchased cheaply in Huaraz)

It is possible to hire this kind of stuff in Huaraz, but it is preferable to have your own with you. A lot of the hire gear over there is pretty low in quality or really old and over repaired.

Climbing Equipment

Climbing gear is limited and expensive in Peru. Best to buy all technical equipment in advance. It is possible to hire some of this equipment in Huaraz. Ask us for more details.

- SIT HARNESS
- BELAY DEVICE
- JUMAR or similar autoblock - for use if there are any hard steps to cross (eg bergschrund, vertical ice step etc).
- PRUSSIC SLINGS - (6mm) 1 x 2.8m and 2 x 1.6m (loop length) The bare minimum on your harness is 1 long and 1 short prusik. The long one should be roughly long enough to go from toe to navel. the short one should be long enough to stretch from navel to chin. Variations can be made for personal preference.
- CARABINERS - screw lock x 4, snap link x3 Lightweight is good in the alpine environment. Wire gates are usually lighter. The straight and bent gate is usually a variation to allow for easier clipping. So for each straight gate there will be a matching bent gate.
- DAISY CHAIN or SLING - pre-sewn daisy chain or 120cm sewn spectra

- CRAMPONS. 'Step-in' types or heel bail. The best crampon is a pair that fit your well fitting boots. The Grivel G12 newmatic crampons with the antiball device or Charlet Petzl crampons seem to work best at antiballing on soft snow.
- SPARE PARTS for crampons. It is possible to break some modern crampons, but we won't be carrying any spares on the climb. If something breaks we'll have some wire and straps to improvise with
- ICE AXE, short (55cm) with curved pick eg grivel g1 ice axe or the black diamond raven ice axe , with leash
- ICE HAMMER - 45-50cm with leash
- HELMET
- Collapsible WALKING POLES (optional)
- ICE SCREW - Sensible to carry one on the glacier. If you are only buying one, get the longest (22cm) and if you buy a second get a 19cm. eg black diamond express ice screw

Luggage

- Large capacity 'EXPEDITION' PACK - a 55 to 60 litre pack is a good all round size - with 2 loops for ice axe & crampon attachments
- DUFFEL BAG large enough to contain big pack & able to be locked. This is for putting your pack in when it is on the burro and provides good protection for your gear. Easier for burro if it doesn't have wheels.
- PADLOCK and keys for duffel bag

Miscellaneous Personal

- WATER BOTTLES, 2 x 1L wide mouth
- THERMOS FLASK
- CUP, BOWL & EATING UTENSILS Bowls and utensils can be bought in the market in Huaraz. Plastic ware and utensils are all pretty cheap
- WATCH (with alarm)
- SWISS ARMY KNIFE or Leatherman
- CAMERA & memory card
- EAR PLUGS
- HEADTORCH, with LED plus spot beams - with spare batteries (can be bought in Huaraz) and bulb
- Assorted STUFF SACS. Useful for carrying food & gear etc., try to organize all your gear into these.
- PEE BOTTLE (avoid nocturnal excursions) (Robyn's comment : girls a large plastic peanut butter jar works well!)
- READING MATERIAL
- ELECTRONIC DEVICES- bring relevant plug adaptors if you want to recharge camera/ Ipod/ head torch batteries. Do not rely on one charged set.....have a second charged set at the ready. Plugs are slightly different

shaped in Peru, but the same voltage (220V). NZ/ Australia is a 2 pin, diagonal system. South America is a 2 pin straight system. If you have a bunch of things to recharge after every trip then carrying a NZ/Oz multiboard with one local adaptor is a great way to recharge everything at the same time.

- NOTE PAD & PENCIL
- ZIP LOCK BAGS
- PERSONAL TOILET ITEMS
- If you have a particularly favourite TRAIL SNACK from NZ or Australia you may like to bring your own store.

Personal Medications

- THROAT LOZENGES
- ELASTOPLAST
- PAIN RELIEF/ ANALGESICS Aspirin, Ibuprofen, Panadeine Forte
- INSECT REPELLENT & ANTIHISTAMINE
- BLISTER KIT - tape, 'Moleskin' & '2nd skin'
- BETADINE
- ANTI-INFLAMMATORY - diclofenac
- ANTI-BIOTICS
- HAND SANITIZER
- For DIARRHEA 'Imodium' or 'Lomotil'
- SUN BLOCK should be full screen with PABA & not a tanning cream (2-Presun 29, 2-Zinc Oxide)
- LIP SCREEN (full block)
- 'POLAR PURE' or AQUATABS for water treatment (or tincture of iodine)
- STERIPEN : We will be boiling all drinking water, but some people may wish to carry a steripen to purify water sourced directly from streams.
- SLEEPING MEDICATION (see your physician for a prescription, please inform guide when using these)
- DIAMOX 250MG tablets - ask your doctor about the use of this
- CHEMICAL HAND WARMERS FOR SUMMIT DAY - probably not available in Huaraz, buy in Oz or NZ
- Other personal medication

If you are talking to your GP about getting items on prescription then also ask about the use of altitude medicine Diamox, Dexamethazone, Nifedipene. Your guides will have a stock of these for use if required, but it would be helpful if you had your own stock of Diamox to use if needed. Flu jab?