

Suggested Gear List for CSP-Peru Expedition Members

Note: We will be able to get substantial gear discounts, so after you have been accepted to the expedition, please consult with us regarding gear purchases from our great sponsors.

Personal Clothing

- If you are going to be climbing peaks below 6000 meters, use the lighter gear suggested, above 6000 meters, use the warmer/better gear. All of your gear except for the axes/tools should fit in your pack.
- (Note: Wind is the main enemy and so everything exposed should be windproof)
Boots- plastic or double climbing boots, for their warmth and they dry quickly.
Below 6000 meters, single CLIMBING boots are acceptable – any questions, please email.
- Light weight hiking shoes- for approaches and around base camp
- Socks- wool or synthetic (no cotton!), liner socks, hiking socks, and expedition weight socks. Make sure you have a layering system that works well with your boot fit.
- Base layer- long underwear top and bottom, lightweight synthetic or polypropylene
- 2nd layer- 6000 meters – expedition weight top and bottom
- 3rd layer- light softshell top, windproof fleece or light puffy jacket. Softshell pants
- Hardshell layer- protection from wind and rain. Waterproof, breathable, durable and VERY lightweight. Top must have hood, pants must have full side zips for easy on and off.
- Puffy layer- Large down parka with hood, 6000 m – insulated pants with full side zips for the ability to put them on while wearing crampons
- Liner gloves- synthetic, windproof
- Gloves- waterproof, insulated and durable, super warm expedition type
- T-shirts- synthetic, or cotton for the hike in
- Shorts- zip off pants work as well
- Underwear- synthetic
- Warm hat- windproof is nice
- Balaclava/bandana- for sun protection, Buffs work well
- Sun hat- baseball cap
- Travel and town clothes- nice clothes for going out to eat and going to the climate change conference

General Gear (Everyone)

- Sleeping bag- below 6000 meters – 20 degree F down or synthetic, above 6000 meters – 0 degree to -10 degree, down
- Sleeping pads- thermarest style inflatable AND closed cell foam
- Backpack- at least 75L to be able to carry climbing gear, scientific equipment, and cold weather gear (the only exception to this is those who are climbing in Ishinca or Quique Valleys below 6000 meters)
- Small summit pack- 25L or so for summit days and around town, large enough for your personal gear and sampling equipment (some people just use their expedition pack for summit days)

- Duffle bag- large and sturdy, will be strapped to mules for travel. Bring a second, smaller duffel to store gear in Huaraz when on the mountain
- Water bottles- three liters in total capacity, no metal water bottles, Nalgene are best, camelback hydration system is nice along with Nalgene (but tubes will freeze higher up and so don't plan on climbing with them). Bottle insulators are nice but heavy.
- Headlamps- bring all the batteries you will need. Bring two lamps – a lightweight lamp for camp, a high power lamp for climbing.
- Glacier glasses- with side shields, make sure they are 100% UVA/UVB
- Pocket knife- small and light
- Lighter and matches- lighters work up to 4000 meters, bring matches for higher camps

Medical Gear

(Note: Sun is the main enemy here both low and high on the mountain)

- Drugs – Alex will have more details
- Diamox (Rx)
- Cipro (Ciprofloxacin) (Rx) (or Flagyl)
- Tylenol
- Ibuprofen
- Imodium
- Benadryl
- General first aid kit
- Band-aids
- Neosporin
- Athletic Tape
- Moleskin
- Ace Bandage
- Antacid (Tums, Maalox)
- Ibuprofen/Advil
- A few safety pins
- Hand sanitizer
- Personal medications- prescriptions, multi-vitamins, nutritional supplements, etc.
- Toilet paper- small emergency supply for town and the mountain (Always carry some while in Peru – you will be surprised how often there is none in the toilet!)
- Alcohol wipes- not baby wipes, as they will freeze
- Water purification- we boil most of our water, but bring a back-up if you feel inclined
- Sunscreen- minimum 50 SPF
- Lip balm- minimum 30 SPF
- Gatorade/Electrolytes- we drink tons of water, flavoring is great to help stay hydrated
- Feminine Products
- Supplies for contacts or prescription lens
- Toothbrush, toothpaste- travel sized to reduce weight

Climbing Gear (for participants who plan to climb)

- Ice ax- standard mountaineering ice ax (below 6000)
- Technical ice tools- above 6000 meters in addition to the ice ax, two tools are necessary
- Crampons- must have anti-balling plates, which is critical in wet snow
- Harness- lighter weight alpine harness with adjustable/removable leg loops
- Helmet- make sure your warm hat fits under and your hoods fit over your helmet
- Belay/rappel device- with locking carabiner
- Carabiners- at least 2 regular, at least 2 locking
- Cordage- 2- 24” slings, 1- 48” slings, prussics
- Ascender- Jumar or Petzl tribloc
- Trekking poles- one or two, great place to store duck tape

Rock climbing shoes- for bouldering on days off

Miscellaneous

- Heavy duty trash bags – 2 or so to line your backpack and sleeping bag
- Small padlock- Locks for your bags to secure your belongings
- Pee bottle- 1.5-2 Liter capacity, make sure it doesn't look or feel like your water bottles!
- Ladies, a pee funnel is nice
- Favorite snack foods and teas- bars, gels, blocks, chocolate; bring plenty, as they are not available in Peru
- Stuff sacks- for organizing your gear
- Entertainment- iPods, books, kindle/nook, cards, etc
- Camera- with batteries and enough memory cards. It is worth the small bit of extra money to buy a nice camera – there will be some great pictures available!!
- Foam ear plugs
- Thermos – can be used instead of one of the Nalgene's
- Hand warmers – rarely work at higher elevations
- Tent- bring one for base camp if you have one, we have tents for high camps
- Tent repair kit- bring one if you have one
- Swim Suit- Say what?!? The beach is only a few hours away for surfing and kiteboarding...