



NUESTRA MONTAÑA EXPEDITIONS

EQUIPMENT FOR CLIMB THE ACONCAGUA

Clothing

- Underwear.
- Interior Set synthetic length. Trousers and vest pinches long billiard cues. (Polypropylene or Capilene).
- Diver and jacket of polar.
- Trousers of polar and / or polar mike. It can be well sheltered interiors, which are used on thinner others.
- Jacket sheltered by pen. With landfill of duvet or synthetic with a good hood, of type expedition. It must be comfortably dressed on other caps or coats.
- Jacket cuts impermeable wind / transpirable. It must have a hood. Suggested: Gore-Tex
- impermeable Trousers / transpirable. Suggested: Gore-Tex. One recommends possessing a zipper to the sides to guarantee a simple position and to allow good ventilation.
- Long and light Trousers for the trek of approximation.

For the head

- Cap for the Sun. With a visor and handkerchief to protect the neck.
- Light synthetic Balaclava. Suggested: Polypropylene or Capilene.
- Cap of wool or polar lining type ski.
- Frontal Lantern. (With batteries of refill).
- Lenses for glaciers. With filter UV 400 %, with lateral coverlets. If you use lenses of contact or of increase we recommend to him to bring a couple extra.
- A couple of spectacles of ski.
- Two handkerchiefs of neck or buff.

For hands

- Thin Gloves. 2 couples, polar or polypropylene
- Gloves of coat: Polar (advisable wind stopper - wind block) or wool.
- Mitts: Duvet or synthetic cutlery with Gore-Tex, or with mitts of Gore - tex extra. We recommend reinforcement in the palms.

For the feet

- Slippers or boots of trek.
- Boots of mountain for the proximación.

- Double Boots (for 7 000m and - 40°C of temperature). Advisable Koflach or Assolo. They can also be double synthetic boots as the Spantik or the BARUNTSE of The Sportiva.
- Gaiters or it covers impermeable boots.
- Thick Averages. (4 couples) averages of wool or synthetic fabric for cold climate.
- 1 Couple of sandals (sandals) with a grasp (type Franciscan) to cross crossings of rivers.

Technical equipment

- Light Ice ax. The measure is very important: if you measure between 1.7 mts. Use a tool of 60cm; 1.7 to 1.9 mts. Use a tool of 65 cm; if you measure more than 1.9 mts. use a tool of 70cm.
- Crampones. We recommend crampones of 12 tops semi rigid light. Not Footings or Simond Scorpions or Grivel Rambo (' these are crampones for technical escalations of waterfalls)
- Canes of skiing. 1 couple of telescopic canes.

I equip of expedition

- Rucksack. With an internal structure of, at least, 70 Lts.
- A small rucksack, of brand of 35 Lts.
- Stock exchange of sleeping of expedition, at least-20°C (0°F). 1 kg of duvet of good quality.
- Colchoneta type Neoprene or Thermarest is a normal current of canaleta.
- Plate, glass and cutlery. Unbreakable for the camps of height. · Two bottles of water, of a liter with broad mouth
- A thermos of a liter (type Primus)
- Bottle for wee
- Protective solar Cream. SPF 50
- Labial Pencil with solar screen. SPF 50
- Personal First aid kit of the first aids.

For the trip

- Big and resistant Purse. Sufficiently big to transport all his equipment. With safety padlock.
- Another smaller purse. To make the excess luggage deposited in the warehouse.
- Plastic Stock exchanges. To pack the clothes and to keep her dry.
- Gown of trip.
- Purse of personal hygiene
- Photographic Equipment. Optional

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