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## Peru Expedition Training Course – Equipment List

Large duffle bag for mule transport (can also be used as airline luggage)  
Large internal frame pack (65-75L)\*  
Day pack (30-45L) for trekking and summit day  
Down or Synthetic sleeping bag rated to -20°F\*  
Inflatable or closed-cell foam sleeping mattress\*  
Double plastic mountaineering boots  
Crampons, 12-point non-rigid\*  
Mountain axe, 70cm best for most people\*  
Climbing harness, to fit comfortably over bulky clothing.  
Carabiners, 6 regular, 2 locking  
1 Ascender  
10 Meters of 6mm accessory cord  
Trekking poles, 3-section adjustable fit best in luggage\*  
Down parka w/hood\*  
Heavy-Duty Gore-tex Jacket and Pants  
Gaiters, roomy enough to fit over plastic boots  
Expedition mittens with removable liners (gloves are not warm enough)  
Heavy-weight fleece gloves, wind-stopper style are great  
Light-weight poly-pro (synthetic) gloves, for an inner layer and for sun protection  
Neoprene face mask or fleece neck gaiter  
Balaclava and fleece or wool hat  
Fleece top and bottom  
Poly-pro (synthetic) underwear - 1 light set (top and bottom)  
- 1 heavy set (top and bottom)  
Comfortable trekking shoes or light weight hiking boots  
Glacier glasses  
Goggles  
Wide brim sun hat  
Down booties (for high camp)  
Shorts and cool shirt (not cotton) for trekking  
Head lamp and extra batteries  
2 - 1 liter water bottles (or 1 bottle and a 1L thermos)  
Cup, bowl and spoon  
Mole skin, bandaids, tape, throat lozenges  
Pocket knife  
Sunscreen Lotion (SPF 30-45) and Lip Protection Balm  
Water purification tablets to treat 50L water  
12 high-energy bars of your choice  
Personal care kit: Mole-skin or Compeed, 10 band-aids, 10 tablets Aspirin, 10 tablets Ibuprofen

\*Rental equipment available from VisionQuest Journeys, 90 days notice please