

# ALASKA MOUNTAIN GUIDES INTERNATIONAL INC.

## MEXICO VOLCANOES EQUIPMENT LIST

PLEASE FOLLOW THIS LIST CLOSELY- MANY ITEMS ARE HARD TO GET ABROAD.

Weather in the mountains can be volatile and clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. Ideally the clothing items listed below should layer together to provide appropriate insulation in the most demanding conditions. Because it can snow, or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronilla, fleece, and pile are best, wool will also work.

**Please contact us if you have any questions regarding equipment.**

- ( ) **Long underwear:** 2 pairs of tops and bottoms, both made of Capilene or the equivalent. One pair light or medium weight, the second pair, heavy weight. Both pairs should be able to be layered and worn at the same time.
- ( ) **Pants:** 1 pair, Synchronilla, or, pile. To be worn over either or both of the long underwear bottoms. Side zippers make it possible to change layers without taking boots off.
- ( ) **Medium weight top:** 1 made of Fleece, or, pile. To be worn over the long underwear tops.
- ( ) **Jacket:** 1 fleece or pile. To be worn over other top layers.
- ( ) **Outerwear:** 1 pair top and bottoms made of Gortex, StormH2no or the equivalent. Outerwear must be waterproof, sturdy, and fit over other layers. Full side zippers on pants or bibs make changing layers easier.
- ( ) **Light Down Jacket.**
- ( ) **Shorts:** 1-2 pair nylon. They're nice to wear trekking and over long underwear.
- ( ) **2-3 T Shirts:** For trekking in, synthetic ones are best, but cotton will work.
- ( ) **Head Wear:** 2 Hats. A sun visor or baseball cap is good protection from the sun. And a heavy weight fleece or pile hat.
- ( ) **Neoprene Face Mask or Balaclava:** For full-face wind protection.
- ( ) **Gloves:** 2 pair Capilene, fleece, or wool. You should be able to layer these for increased insulation.
- ( ) **Outer gloves or mittens:** 1 pair Gortex, StormH2no or equivalent. They should be waterproof and fit over inner gloves.
- ( ) **Socks:** 3 or 4 sets made from Capilene, wool, or the equivalent.
- ( ) **Hiking Boots:** We will wear them while trekking. They should be broken in.
- ( ) **Boots:** Plastic mountaineering are best. All boots need to be compatible with crampons. Break new boots in ahead of time to avoid blisters.
- ( ) **Gaiters:** These fit over boots to keep out snow and stones.
- ( ) **Ski Goggles:** Double lens models work best.
- ( ) **Sunglasses:** Dark glasses with side protection.
- ( ) **Sleeping Bag:** A down bag is best because of it's warmth and compressibility. The bag should have a comfort range rated to -5 degrees Fahrenheit minimum.
- ( ) **Bivy sac, or, vapor barrier liner:** can be used to increase a sleeping bags comfort rating. Optional.
- ( ) **2 Sleeping Pads:** 1 Compact, inflatable pad, such as Thermarest. The other a closed cell foam pad such as a Ridge rest or Z-rest. 2 closed cell foam pads will also work.
- ( ) **Back Pack:** A pack that is at least 4200 cubic inches.
- ( ) **Summit Pack:** This pack should be lightweight at least 2000 cubic inches. Optional, many people use their backpack as a summit pack.
- ( ) **Trekking Poles:** Adjustable lightweight ones are best.
- ( ) **Large Duffel Bag:** For carrying your equipment on the plane and in the vehicles etc.
- ( ) **Ice Axe:** Lightweight is preferable.
- ( ) **Light Weight Alpine Climbing Harness:** Adjustable leg loops to fit over different layering combinations.

- ( ) **Crampons:** Lightweight is preferable.
- ( ) **Climbing Helmet:** It should be lightweight and fit over your warm hat.
- ( ) **One Locking Carabineer:** For your harness.
- ( ) **Iodine For Water Treatment:** One bottle of Polar Pure crystals is best or two bottles of Potable Agua tablets.
- ( ) **Spoon:** Lexan is best.
- ( ) **Insulated drinking mug**
- ( ) **Plastic Bowl**
- ( ) **Head Lamp:** With extra batteries and bulb.
- ( ) **T. P.:** 1 roll in plastic zip lock bag.
- ( ) **Pocket Chemical Hand Warmers:** 4 pair.
- ( ) **Lighter**
- ( ) **Energy Bars:** Ten of your favorites for summit days.
- ( ) **Aspirin and Advil:** At least 30 each.
- ( ) **Toiletry Towelettes:** For hygiene, 1 or 2 a day.
- ( ) **Blister Kit:** Compead brand blister kit, or, mole foam.
- ( ) **Personal Medical Kit:** Small, with bandages, personal meds. Etc. NO SLEEPING PILLS.
- ( ) **Sun Block and lip protection:** Protection rating of 20 SPF or more. 4-8 ounces of sunscreen and 2 tubes of lip protection.
- ( ) **Water Bottles:** 3 one liter or quart bottles.
- ( ) **Pee Bottle:** 1-liter wide mouth nalgene with secure lid. (Optional)
- ( ) **Bandana:** Extra sun protection.
- ( ) **Stuff Sacks:** An assortment of approx. 4-8 to organize gear inside of your pack.
- ( ) **Personal Medications:** make certain to bring an ample supply of any medications that you are currently taking. We also recommend that everyone bring an antibiotic for gastrointestinal, upper respiratory, and altitude related illness. Please contact us for more information.

**Recommended Items:** Book, journal, camera and film.

**We provide:** tents, group climbing equipment, expedition first aid kits, cooking equipment, and trip food.

**We also have the following equipment available for rent:** Plastic mountaineering boots, backpacks, sleeping bags/pads and down jackets.

We would be happy to answer any questions that you have on equipment!

Our guides participate in the "Guide Line" program of the Patagonia Company. We use and recommend Patagonia clothing and products. The "Guide Line" is an information service that can answer questions about clothing and gear. For more information call them at 1 (800) 523-9597.

## **CLIMBING TREKKING SKIING IN ALASKA & THE WORLD'S GREAT RANGES!**

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