

EQUIPMENT LIST FOR MEXICAN VOLCANOES EXPEDITION

Clothing:

- Plastic Double boots or Leather mountaineering boots (crampon ready)
- Light hiking boots or trail shoes (optional but better for acclimatization hikes)
- Sneakers or comfortable shoes (for walking around town)
- Sock Liners (2 or 3 pairs)
- Wool socks (2 or 3 pairs)
- Gaiters
- Lightweight underwear, top and bottom
- Shorts
- T-shirt
- Insulating layers, i.e. fleece shirt and fleece jacket (2 layers)
- Fleece pants (ideally wind-resistant climbing pants)
- Shell pants windproof, waterproof and breathable (preferably Gore Tex)
- Gore Tex parka
- Down Jacket
- Winter Hat (fleece)
- Sun Hat
- Glove Liners
- Mountaineering gloves (good for 18° F or so)
- Mittens
- Glacier Glasses or sunglasses with side shields
- Clothes for wearing off the mountain (2 or 3 days)

Climbing Gear:

- Ice Axe (with leash attachable to harness' carabiner)
- Crampons
- Harness
- 2 Locking carabiners (minimum)
- 2 non-locking carabiners (minimum)
- runners (minimum 1 long one)
- Belay device (optional, but bring it if you own one)
- Helmet (optional)

Camping Gear:

- Head lamp and extra batteries
- Sunscreen and Lip protection
- Personal First Aid Kit
- Pocket Knife
- Camera (recommended)
- Compass and altimeter (optional but recommended)
- Lighter
- Backpack (4000 cu in or more)
- Duffel bags (2 for flying gear to Mexico, pack your backpack inside a duffel bag!)
- 3 One-liter water bottles (camel bags and other similar hydration systems not adequate for high altitude mountaineering)
- toothbrush/toothpaste and toiletries
- anti-bacterial wet wipes and/or liquid hand sanitizer

- sleeping bag rated 20° F or lower
- sleeping pad (2 for more comfortable sleeping)
- Bandana
- Cup, Bowl and spoon
- candle (for hut) optional
- water purification tablets optional (could be used for emergency or when unsure of water's quality)
- Pee bottle (highly recommended) add pee funnel for women.