
















Andes Mountaineering 2019/2020 Leadership Expedition
Vertical - Recommended Gear List
 Updated June 20th, 2019

Upper Body Layers				
Layer clothing combining different garments in order to achieve proper thermoregulation. Avoid cotton when purchasing as this material is a poor insulator when wet.				
Item	Item	Comments	#	Purchase-Price
	Base layer T-shirt.	Mid-weight underwear top made of wool, synthetic, or Capilene®. No Cotton. Recommended link	2	\$30 - \$40
	Base Layer (Mid-Weight)	Mid-weight underwear top made of wool, synthetic, or Capilene®. No Cotton. Recommended link	2	\$50 - \$60
	Middle Layer (Fleece Pullover)	Polyester fleece pullover/expedition weight top of Polartec 200. It is great to have pit zips to allow for ventilation. Recommended link	1	\$90 - \$150
	Top Layer Down Jacket	Should fit comfortably over top your base and middle-layers and fit comfortably underneath your rain jacket. It's a great investment. Recommended link	1	\$250
	Rain Jacket	A sturdy, roomy waterproof jacket with a hood. Some examples of waterproof brands are HyVent, H2No, Precip and Gore-Tex. Recommended link	1	\$150 - \$250




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Lower Body Layers				
For this expedition, you will need 1-2 synthetic insulating layers (an under layer and a thicker pair of fleece pants. All layers must fit comfortably over each other. If you tend to get cold easily, add a middle layer between the base layer and fleece pants.				
Item	Item	Comments	#	Purchase-Price
	Base Layer (Mid-Weight Synthetic)	Mid-weight bottom Recommended link	2	\$35-\$45
	Expedition level Fleece mid-layer	Can be worn alone or over top your base layer. They are great for around camp or to sleep in. Recommended link	1	\$50 - \$60
	Trekking Pants	Should fit comfortably over all lower body layers. Side zippers allow the pants to be put on over boots. Recommended link	1	\$80 - \$120
	Rain Pants / Waterproof Cover	Again, these pants should fit comfortably over all lower body layers. Must be waterproof. Recommended link	1	\$80 - \$100
	Sports Bra for Women	Bras must be silk or synthetic. Recommended link	3	\$25 - \$40






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	Briefs	Men should purchase synthetic material briefs. Women can wear what's comfortable; cotton, silk, or synthetics are fine. Recommended link	3	\$25 - \$35
Head, Neck & Hand Layers				
Item	Item	Comments	#	Purchase-Price
	Baseball Cap	Important to protect ears and face from the sun. Can be cotton Recommended link	1	\$15-\$20
	Wool or Fleece Hat	A hat ("toque") that will keep your head warm. Polartec is suggested. Recommended link	1	\$20 - \$30
	Balaclava	A balaclava will help keep most of your face and neck warm. Recommended link	1	\$30 - 45\$
	Neck Gaiter	To protect your neck from wind and sun. The Buff brand is sufficient. Recommended link	2	\$20 - \$30




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	Liner Gloves	Lightweight. Wool or synthetic (fleece). Recommended link	1	\$25 - \$35
	Windproof Gloves	Windproof and warm. If they are waterproof as well, that helps as it can rain. Recommended link	1	\$60 - \$80
	Expedition Mitt	Rounded glove with one internal section for the four fingers and another for the thumb and having the side next to the palm of the hand protected by a thick padding. Can be down or synthetic. Recommended link	1	\$80 - \$100
Sleeping Gear				
Item	Item	Comments	#	Purchase-Price
	Sleeping Bag	We suggest a 0 degree F bag. If you have a bag close enough, consider purchasing a liner bag which can add several degrees of comfort. Can be down or synthetic. Recommended link	1	\$100 - \$200
	Compression Sack	Use this to compact your sleeping bag to help with space in your backpack. Recommended link	1	\$25 - \$30







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	Inflatable Mattress & Stuff Sack	We highly recommend self-inflating sleeping mattresses. Thermarest and NEMO are great brands. Recommended link	1	\$90 - \$140
	Plastic Trash Bags	2-3 Heavy duty lawn and garbage bags (33 gallon) help waterproof your sleeping bag and backpack.	3	\$0,5 - \$1,0
Backpack				
Item	Item	Comments	#	Purchase-Price
	Backpack	40 to 50 liters backpack . This will contain your personal gear for one day to carry your personal gear, trail lunch and water. Recommended link	1	\$95 - \$170
	Stuff Sacks	Nylon or mesh sacks for organizing items in your pack. Ziploc bags work as well. Recommended link	6	\$4 - 15\$ each
Boots and Socks				
Item	Item	Comments	#	Purchase-Price
	Boots	Sturdy leather waterproof backpacking boots with good ankle support or light mountaineering boots with good ankle support.	1	\$120 - \$175







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	Camp shoes	Additional shoes for around camp. Could be mid-cut (over your ankles) or with a lower cut.	1	\$35 - \$60
	Wool Socks	Heavy wool or wool/polypropylene blend. Recommended link	3 pairs	\$15 - 25\$
	Liner Socks	Lightweight wool, polypropylene or Capilene® "wick dry" socks. Recommended link	3 pairs	\$15 - \$25
Miscellaneous				
Item	Item	Comments / web link reference	#	Purchase-Price
	Insulated Thermos	20 oz. insulated thermos with a locking lid for hot drinks. Recommended link	1	\$25 - \$35
	Water Bottle	Nalgene Wide-Mouth Water Bottle - 32 fl. oz. Recommended link	3	\$10 - \$15
	Hydration Reservoir - 2 Liters	Recommended link	1	\$20 - \$40




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	Bowl and utensils	Recommended link	1	\$15 - \$20
	Head lamp	<p>Make sure it's durable and lightweight. Bring spare batteries.</p> Recommended link	1	\$30 - \$50
	Sunscreen	A 3 to 6 ounce tub of sun screen with SPF 30 or greater.	1	\$15 - \$25
	Small Absorbent Towel	Recommended link	1	\$8 - \$12
	Toiletries	<p>Toothbrush, toothpaste, comb, brush, skin lotion, tampons or diva cup. Travel sizes are enough.</p> Recommended link	1	\$10-\$20
	Personal First Aid Kit	<p>While you do not need to bring a full first aid kit, you should have at minimum a blister kit - including second skin and hand warmers.</p> Recommended link	1	\$20 - \$30

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	<p>Hand and Foot Warmers</p>	<p>Suggested to bring hand and foot warmers especially if you are particularly susceptible to being cold.</p> <p>Recommended link</p>	<p>6</p>	<p>\$30</p>
	<p>Multi-knife</p>	<p>Swiss Army Knife or pen knife. Remember to keep this in your checked bag when flying.</p> <p>Recommended link</p>	<p>1</p>	<p>\$25 - \$50</p>
	<p>Watch</p>	<p>A watch with an alarm is necessary for waking up each day. Cell phone batteries will not stay charged given the cold temperatures.</p>	<p>1</p>	<p>-</p>
	<p>Notepad and pencil</p>	<p>A small, lightweight notepad is fine for taking notes.</p> <p>Recommended link</p>	<p>1</p>	<p>\$5 - \$10</p>
	<p>Hand sanitizer</p>		<p>1</p>	<p>\$2</p>
	<p>Trekking Poles</p>	<p>Collapsible</p> <p>Recommended link</p>	<p>1pair</p>	<p>\$70- \$120</p>

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	<p>Sunglasses</p>	<p>Lenses should be dark and block 100 percent Ultra Violet. Julbo, Smith, Suncloud, and Oakley are good brands</p> <p>Recommended link</p>	<p>1pair</p>	<p>\$120 - \$200</p>
	<p>Chums</p>	<p>Chums or Croakies are great for keeping track of your sunglasses or glasses.</p> <p>Recommended link</p>	<p>1</p>	<p>\$8</p>
	<p>Ski Goggle</p>	<p>Ski Goggles can be useful in combination with sunglasses for full face coverage. Please bring these to use on windy days.</p> <p>Recommended link</p>	<p>1</p>	<p>\$55 - \$90</p>