





Wharton Atacama 2019/2020 Leadership Venture

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. One t-shirt can be used for trekking and another t-shirt can be saved for the end of the expedition as a clean item of clothing Recommended link	2	\$30 - \$40
	Base layer T-shirt	Light weight synthetic t-shirt. Used on its own mainly for the desert trekking section. Also can be used in combination with a base layer at night or if its cold.	2	\$20-\$30
	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

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	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. Look for one with pit zips. Recommended link	1	\$150 - \$250
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 bottoms of high performance, polyester, polypropylene, ZeO2 or Capilene®. Cotton and cotton blends are not acceptable. 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

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	Trekking Pants	Should fit comfortably over all lower body layers. Side zippers allow the pants to be put on over boots. Lightweight "running pants" are not durable enough. One pant can be convertible in to shorts. Recommended link	2	\$55 - 85
	Trekking short pants	Shorts are used during the trekking section and especially during river crossings. The must be synthetic for quick drying. If you've brought a convertible pant, you might want to skip this item.	1	\$30-\$65
	Sports Bra for Women	Bras must be silk or synthetic. The wicking/quick dry fabric is essential for the transfers of moisture away from your skin to the exterior of the bra where it will evaporate quickly. Recommended link	3	\$25 - \$40
	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				
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	Baseball Cap	Important to protect ears and face from the sun. Can be cotton. The brim should have a dark colored underside so as not to reflect more light into your eyes. 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
	Neck Gaiter	To protect your neck from wind and sun. The Buff brand is sufficient. Recommended link	2	\$20 - \$30
	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
Sleeping Gear				
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	Sleeping Bag	We suggest a 14 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. If you know your body gets cold, you should get a warmer bag. Recommended link	1	\$150 - \$200
	Compression Sack	Use this to compact your sleeping bag to help with space in your backpack. Recommended link	1	\$25 - \$30
	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				
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	Backpack	<p>40 to 50 liters backpack . This will contain all of your gear and will also need to fit group gear (food, tents, and cooking gear). If you are purchasing a new backpack, you may wish to get one with a detachable top that can be worn around your waist. This can be worn during any day hikes when you do not have much gear to carry</p> <p>Recommended link</p>	1	\$100 - \$200
	Duffel Bag	<p>Duffel Bag (70 to 90 liters). During the course of a trip, the gear you don't need during the day will be transported by the support team. This should ideally be stored in a duffel bag. You should also use your duffel bag to store all your gear for the flight down - don't try and attach multiple items off of your backpack - they tend to come lose and get lost in transit.</p> <p>Recommended link</p>	1	\$150 - \$200
	Stuff Sacks	<p>Small Nylon or mesh sacks for organizing items in your pack. Ziploc bags work as well.</p> <p>Recommended link</p>	5	\$4 - 15\$ each
Boots and Socks				
Item	Item	Comments	#	Purchase-Price
	Boots	<p>Sturdy leather waterproof backpacking boots with good ankle support or light mountaineering boots with good ankle support.</p>	1	\$120 - \$175

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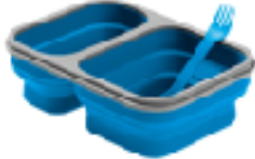

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	Camp shoes	Additional shoes for around camp. Could be mid-cut (over your ankles) or with a lower cut.	1	\$35 - \$60
	Sandals	Important for safe river crossings, they must have toe protection and have the ability to fit snugly. Common flip flops is not an option, Keen brand and Crocs with straps work well.	1	\$40-\$90
	Gaiters	Important to keep rain, mud, or rocks out of the top of your boots.	1	\$30 - \$50
	Wool Socks	Heavy wool or wool/polypropylene blend. Recommended link	3 pairs	\$15 - 25\$
	Liner Socks	Lightweight wool, polypropylene or Capilene® "wick dry" socks. You will need at least 2 pairs if you are using a liner sock/wool sock combination. Recommended link	3 pairs	\$15 - \$25
Miscellaneous				
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	<p>Insulated Thermos</p>	<p>20 oz. insulated thermos with a locking lid for hot drinks. Klean Kanteen and Hydro Flask are great brands</p> <p>Recommended link</p>	<p>1</p>	<p>\$25 - \$35</p>
	<p>Water Bottle</p>	<p>Wide-mouth 16 oz. or 32 oz. sized plastic bottles such as the Nalgene® brand</p> <p>Recommended link</p>	<p>2</p>	<p>\$10 - \$15</p>
	<p>Hydration Reservoir - 2 Liters</p>	<p>Recommended link</p>	<p>1</p>	<p>\$20 - \$40</p>
	<p>Bowl and utensils</p>	<p>A bowl with a snap-on lid for meal and Light My Fire Spoon/Fork/Knife combinations work well, but can easily break. Lexan spoons are light and durable. Bamboo spoons also work great.</p> <p>Recommended link</p>	<p>1</p>	<p>\$15 - \$20</p>
	<p>Head lamp</p>	<p>Make sure it's durable and lightweight. Keep in mind that Antarctica summer has no real night, however in case of an emergency its a must item. This is also a very used item for post venture travel.</p> <p>Recommended link</p>	<p>1</p>	<p>\$30 - 60\$</p>

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	<p>Sunscreen</p>	<p>A 3 to 6 ounce tub of sun screen with SPF 30 or greater.</p>	<p>1</p>	<p>\$8 - \$15</p>
	<p>Solar Lip Protector</p>		<p>1</p>	<p>\$3 - \$5</p>
	<p>Small Absorbent Towel</p>	<p>Recommended link</p>	<p>1</p>	<p>\$8 - \$12</p>
	<p>Toiletries</p>	<p>Toothbrush, toothpaste, comb, brush, skin lotion, tampons or diva cup. Travel sizes are enough.</p> <p>Recommended link</p>	<p>1</p>	<p>\$10 - \$20</p>
	<p>Personal First Aid Kit</p>	<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> <p>Recommended link</p>	<p>1</p>	<p>\$20 - \$30</p>

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	<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>A sturdy telescoping pole for easy packing. Important to have pair snow baskets.</p> <p>Recommended link</p>	<p>1pair</p>	<p>\$70 - \$120</p>

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	Sunglasses	Any good quality sunglasses with 100% UV will work fine. If you wear prescription lenses and have limited vision without them, bring your own prescription sunglasses or purchase clip-on polarized shades. Lenses should be dark and block 100 percent Ultra Violet. Julbo, Smith, Suncloud, and Oakley are good brands Recommended link	1pair	\$120 - \$200
	Chums	Chums or Croakies are great for keeping track of your sunglasses or glasses. Recommended link	1	\$8