info@alpenglowexpeditions.com
877-873-5376

Mexico Climbing School Equipment List 2017

Having the right equipment on your expedition will make almost as much a difference to your safety, comfort, and enjoyment as any physical training you do to prepare for your trip. It's essential that you take the time to acquire the correct gear and don't wait until the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online and at your local gear store.

The purpose of this gear list is to help guide your purchases. Sometimes, salespeople in your hometown don't have first hand knowledge of high-altitude climbing, so balance their advice with what you read here. And don't hesitate to call us for more information on any of these items.

For the best personalized shopping experience with a climbing and mountaineering equipment expert, contact Alpenglow Sports' Brendan Madigan at 530-583-6927 (w), 530-414-1472 (c), or Brendan@alpenglowsports.com. Located in Tahoe City, CA, Alpenglow Sports is a gear shop dedicated to great customer service and they have an unparalleled knowledge of the products they sell. Alpenglow Sports stocks or can quickly order everything you might need for your trip. And, of course, they will be happy to ship to your location if you are not in the Tahoe area. Let them know you are going on an Alpenglow Expeditions trip. They're familiar with our expeditions, gear preferences, and the mountains we climb.

Your favorite Baseball Hat

Hat - Bring your favorite baseball hat for shelter from the sun. No white under the brim - the reflection off of it from the sun is blinding.

Alpenglow Expeditions Neck Gaiter

Neck Gaiter (Buff) - A multi purpose neck gator that can also be worn under your hat. Make sure that it covers as much skin as possible and yet is still comfy. We also recommend the Eddie Bauer Multiclava and the Original Buff.

Patagonia Balaclava

Balaclava - We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours.

©2004-2017
All Rights Reserved
Alpenglow Expeditions

Eddie Bauer Telemetry

Beanie - A comfortable, warm well-fitting hat that covers your ears. Make sure that one of your hats fits under a helmet. We also recommend the Patagonia Lined Beanie.

Black Diamond Vapor

Climbing Helmet - Easily adjustable lightweight helmet that fits with hat and Balaclava. Make sure this is a climbing-specific helmet. *Climbing helmets are also available to rent at no charge from Alpenglow Expeditions on a first come, first serve basis.

Kaenon Klay

Glacier Glasses - Must have dark lenses. Minimal light should come in below, above, or around the sides of the lenses.“Wrap” style is best. Ventilation is important and a retainer strap recommended (Chums or Croakies). Revo Guide II glasses also recommended.

Smith I/O 7

Goggles - These will be worn on stormy or windy days. Make sure you are getting a snug fit with lenses for bright sun. Ventilation and anti-fog features are recommended. Julbo Universe Goggles also recommended.

Eddie Bauer Mountain Glove

Lightweight Glove - All-around gloves for mountaineering, backcountry skiing, and hiking. These gloves (and similar options) are warm, wind-resistant, durable and have a sure grip. You will rarely take these gloves off. They should be snug-fitting, and have some sort of reinforced palm. The Black Diamond basic work glove is also recommended.

Eddie Bauer Guide Glove

Midweight Gloves - These gloves should be full GORE-TEX®, and insulated. These will be your main glove for the trip until summit days, or when it gets especially cold. Black Diamond Spark or Punisher are also recommended.

©2004-2017
All Rights Reserved
Alpenglow Expeditions

Black Diamond Guide Glove

Heavyweight Gloves - These gloves should be full GORE-TEX®, with a removable fleece liner (so you can take the liner out and dry it at night). These gloves are used at higher altitude and are need to keep your hands dry, and warm. Over the cuff style is recommended.

Ice Breaker Hike Liner Crew

Liner Socks (2 pair) - (optional) A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.

Patagonia Midweight Hiking Crew Socks

Hiking Socks (3 pair) - Your everyday sock, good for day hikes, trekking, and in- town. NO COTTON.

Patagonia Ultra HW Mountaineering Socks

Warm Socks (2 pair) - A wool synthetic blend. Pure rag wool socks are not nearly as effective in wicking moisture or retaining their shape and reducing blisters. NO COTTON. Also recommended: Smartwool Mountaineering Extra Heavy Crew Socks.

La Sportiva Bushido Hiking Shoes

Hiking shoes - These light to mid-weight shoes are for every day use. The ideal shoe is comfortable to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe stays drier when hiking in rain or snow. La Sportiva trail running shoes also recommended. **For those who need more ankle support, a high-top lightweight boot is also appropriate.

©2004-2017
All Rights Reserved
Alpenglow Expeditions

La Sportiva G2SM Boots

Mountaineering Boots - Insulated double boots that have a stiff sole and accept a step-in crampon are the best choice. The boots should be comfortable, have adequate wiggle room for your toes, and your heel should not lift more than 1/8th of an inch when walking. Leather mountaineering boots are also acceptable, but having cold feet is a risk when high on the mountain. La Sportiva Spantik and Baruntse also recommended. *Mountaineering boots are available from Alpenglow at no extra charge.

Outdoor Research Expedition Crocodile Gaiters (required if your boots do not have integrated gaiters)

Waterproof Gaiters - GORE-TEX® or Schoeller® calf- high gaiters, insulated supergaiters recommended. Also recommended are Black Diamond GTX FrontPoint, and Mountain Tools Insulated Supergaiters

Eddie Bauer Quantum Short-Sleeve T-Shirt

Upper Body Light Weight - Ultra-light base layer that effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option. Patagonia Capilene 1 T-shirt and Icebreaker 150/200 weight shirt also recommended.

Eddie Bauer Resolution IR 1/4 Zip

Mid Weight Layer - A poly-pro mid-layer that you will never take off. Fitted, light- weight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.

Eddie Bauer Cloud Layer Pro 1/4 Zip

Warm layer - A polarguard or fleece jacket. Warmer than your expedition weight top, but not as extreme as your big puffy jacket. Full zip is recommended. Patagonia R1 Jacket also recommended.

©2004-2017
All Rights Reserved
Alpenglow Expeditions

Eddie Bauer Ignitelite

Synthetic Jacket - A simple, lightweight synthetic jacket. This item is good for layering systems and the Primaloft keeps you warm when wet.

Eddie Bauer Sandstone

Soft Shell Jacket - (optional) While this item isn't required, we know that those who don't have one wish they did! More breathable than Gore-tex, these jackets block wind and light precipitation. A windshirt is an option for this layer. Patagonia Guide Jacket and Black Diamond Induction Shell are also options.

Eddie Bauer Neoteric Shell

Gore-Tex® jacket - A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it. Patagonia M10 jacket is also an option.

Eddie Bauer Downlight Alpine Jacket

Down parka - A puffy jacket with a hood that will keep you warm during the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight.

Eddie Bauer Guide Pro Short

Quick-dry shorts - Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON. Patagonia Baggies Shorts also recommended.

©2004-2017
All Rights Reserved
Alpenglow Expeditions

Eddie Bauer Snowline Baselayer Pant

Light to mid-weight - Fitted and quick drying. This piece will be a base-layer that will get you through a wide range of temperatures. We also recommend Patagonia- Capilene 2 Bottoms and Icebreaker 200/260 weight.

Eddie Bauer Guide Pro Alpine

Soft Shell pants - You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant. These pants should have an ankle zip so they will accommodate your mountain boot. Also recommended: Patagonia Alpine Guide Pant.

Black Diamond Sharp End Pants

Gore-tex® pro shell pants - Your waterproof bottom layer for extreme weather days. Make sure you have water-resistant zippers, crampon patches + good pockets.

Eddie Bauer Igniter

Insulated pants - (Optional) For those that get cold easily, especially while hanging in camp. Full-length side zippers are recommended, for throwing on top of all of your layers.

Eddie Bauer Bacon Pack

Daypack - Mid-size pack for city days and trekking. Streamlined, neat and lightweight (10-20 liters). Black Diamond Bullet 16 Pack also recommended.

Eddie Bauer Terrain 55 Pack

Backpack - Internal frame pack that is between 40 and 60 liters. Either purchase a matching pack cover, or use garbage bags as liners. Make sure the pack is fitted to YOUR body. Black Diamond Mission 50 pack also recommended.

©2004-2017
All Rights Reserved
Alpenglow Expeditions

MSR Dromlite 2L with Hydration Tube

Hydration System - (optional) Should carry 70-100 ounces. Must be durable and have a reliable closure system.

Eddie Bauer Maximus Duffel

2 Duffle Bags - 2 Duffle Bags - At least one bag should be extremely durable, waterproof, and big - between 90L and 120L. You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own, plus what you anticipate buying.

Eddie Bauer Kara Koram

Sleeping Bag - Rated to 0º. Choose an 800+ Fill Premium Goose Down bag. Make certain that the sleeping bag is the right length. DON'T FORGET A COMPRESSION SACK FOR THE SLEEPING BAG. Many climbers also like a silk liner. Recommended: Granite Gear Compression Sack.

Black Diamond Spot Headlamp

Headlamp - L.E.D. headlamps are required.. Make sure they have 3+ bulbs. Bring extra batteries. We highly recommend a tilting lamp.

Black Diamond Sabretooth Crampons

Crampons - Steel crampons with anti-balling plates are required (so that snow does not build-up in the base of your foot). Make sure that crampons have a heel bail. Also recommended: Petzl Vasak. **Crampons are also available to rent at no charge from Alpenglow Expeditions on a first come, first serve basis.

Petzl Altitude Harness

Harness - Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight + comfortable. **Harnesses are also available to rent at no charge from Alpenglow expeditions on a first come, first serve basis.

©2004-2017
All Rights Reserved
Alpenglow Expeditions

Petzl Attache

Locking Carabiner (2) - Lightweight small carabiners are best. **Available to rent from Alpenglow at no extra charge

Petzl Spirit

Non-Locking Carabiner (2) - Lightweight small carabiners are best, wire-gates are fine. **Available to rent from Alpenglow at no extra charge

Petzl Reverso 4

Belay Device - Light, easy to use + simple. Should have teeth/ grooves for skinny ropes. **Available to rent from Alpenglow at no extra charge

Accessory Cord

Prusik Cord - (12' 6mm) This cord should be uncut and not kevlar. Sterling and Blue Water recommended. **Available to rent from Alpenglow at no extra charge

Petzl Summit

Mountaineering Ice Axe - Non-technical ice axe. 55-65cm. Make sure axe has a comfortable hold, and is lightweight. Black Diamond Raven also recommended.
*Ice Axes are also available from Alpenglow at no charge.

©2004-2017
All Rights Reserved
Alpenglow Expeditions

Black Diamond Contour Trekking Pole

Trekking pole(s) - (Optional but highly recommended) Make sure that they are durable, lightweight + easily adjustable and collapsable.

Nalgene wide mouth Water Bottle x2

Two Lexan 1 liter, wide mouth bottles.

Nalgene Cantene PEE Bottle

Wide mouth compressible 1-1.5 liter bottle.

MISCELLANEOUS: underlined items are required

-PASSPORT (with visa, if necessary)
-TRAVEL WALLET POUCH (waist or neck)
-2 LUGGAGE LOCKS (TSA compliant)
-LEATHERMAN/ SWISS ARMY KNIFE (think lightweight- Leatherman Juice C2 is guide's favorite).
-NON-COTTON UNDERWEAR (men- polypro boxers or briefs / women-poly-pro sports bras, cotton or polypro briefs are fine)
-4 HEAVY DUTY GARBAGE BAGS (at least)
-WATER PURIFICATION TABLETS (IODINE OR EQUIVALENT)
-ZIP LOCK BAGS (large size, for organizing small items and waterproofing)
-STUFFSACKS (assorted sizes, for organizing your clothes and gear)
-SUNSCREEN: SPF 30 (or higher) LOTS
-LIP BALM with SPF 15 (or higher) Dermatone, Blistex
-INSECT REPELLENT
-PERSONAL FIRST-AID KIT (Band-aids, Ibuprofen, Cough Drops, Moleskin, Pepto-bismol, Immodium, Personal Medications)
-PEE FUNNEL(optional for women) One popular model is the Freshette.
-TOILETRIES [Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Quick Dry Towel, Moisturizer, Purel Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)]
-SNACK FOOD (trail mix, balance bar, GU, candy, powdered drink mixes – don't bring a whole suitcase, but bring a variety of things you know you can eat while in the mountains. Carbohydrate energy gels and blocks are essential for summit days. 2-2.5 lbs should be sufficient unless you love the stuff!)
-HAND WARMERS (3-6 packs)

©2004-2017
All Rights Reserved
Alpenglow Expeditions

IN TOWN:

-T-SHIRTS
-SHORTS
-SKIRTS (WOMEN)
-GOING-OUT CLOTHES (for a celebration night out in town, clothes that will not go into the mountains)
-LONG PANTS
-UNDERWEAR
-SOCKS
-WARM SWEATER
-SWIMSUIT
-SPENDING MONEY (souvenirs, gifts, departure tax, staff/guide tips)

OPTIONAL:

-SMARTPHONE: for music and photos.
-SOLAR CHARGER: Goal Zero Guide 10 plus Solar kit to charge phones. 30+ Sherpa 50 battery for laptops.
-EAR PLUGS
-JOURNAL/ CARDS/ GAMES FOR PERSONAL ENTERTAINMENT
-LANGUAGE PHRASE BOOK OR DICTIONARY
-CAMERA- Full size DSLRs not recommended as your summit camera. Sony RX100 is a guide's favorite. Remember extra SD cards and batteries.
-COMPACT BINOCULARS
-SANDALS (flip-flop Chacos or Tevas)

A NOTE ON PACKING

For your international flights we recommend that you pack all of your equipment in your two duffle bags. Do not simply pack your backpack (since its straps can be damaged by baggage handling machines). It is important to lock these bags for their trip. Depending on airport, you may be able to put your travel locks on after they have been searched. If not, lock the bag with zip ties. If the TSA cuts off the zip tie to search your bag, they will replace it. You will still need travel locks to lock your bags in the hotel and in Basecamp. Generally, you will take one duffle to Basecamp, and leave one in the hotel with your belongings for town.

©2004-2017
All Rights Reserved
Alpenglow Expeditions

GEAR CHECKLIST

☐HAT
☐NECK GAITER
☐BALACLAVA
☐BEANIE
☐HELMET
☐GLASSES
☐GOGGLES
☐LIGHTWEIGHT GLOVES
☐MIDWEIGHT GLOVES
☐HEAVYWEIGHT GLOVES
☐LINER SOCKS X2
☐HIKING SOCKS X3
☐WARM SOCKS X2
☐HEATED SOCKS
☐HIKING SHOES
☐MOUNTAINEERING BOOTS
☐GAITERS
☐LIGHT WEIGHT TEE
☐MID WEIGHT LAYER
☐WARM LAYER
☐SYNTHETIC JACKET
☐SOFT SHELL
☐GORE TEX SHELL
☐DOWN PARKA
☐SHORTS
☐BASE LAYER BOTTOMS
☐SOFT SHELL PANTS
☐GORE TEX PANTS
☐INSULATED PANTS
☐DAY PACK
☐BACKPACK
☐HYDRATION SYSTEM
☐DUFFLE BAGS X2
☐SLEEPING PAD
☐SLEEPING BAG
☐HEADLAMP
☐CRAMPONS
☐HARNESS
☐LOCKING CARABINERS X2
☐NON-LOCKING CARABINERS X2

©2004-2017
All Rights Reserved
Alpenglow Expeditions

- ☐BELAY DEVICE
- ☐ICE AXE
- ☐ACCESSORY CORD
- ☐TREKKING POLES
- ☐NALGENE 1L X2
- ☐NALGENE PEE BOTTLE
- ☐PASSPORT
- ☐LUGGAGE LOCKS
- ☐BOWL, SPOON, MUG
- ☐LIGHTERS X3
- ☐NON-COTTON UNDERWEAR
- ☐SUNSCREEN
- ☐LIP BALM
- ☐FIRST AID KIT
- ☐TIOLETRIES
- ☐SNACKS
- ☐HAND WARMERS

info@alpenglowexpeditions.com
877-873-5376