

RECOMMENDED CLOTHING AND EQUIPMENT FOR HIGH MOUNTAIN ACTIVITIES

Recommended clothing and equipment for high mountain activities for guides and participants:

- ✓ Sun hat / cold hat.
- ✓ Gloves and mittens (first and second layer).
- ✓ Sunglasses category 4 and goggles.
- ✓ Balaclava and buff.
- ✓ Windbreaker.
- ✓ Down jacket or parka.
- ✓ First layer (shirt and pants).
- ✓ Second layer (for the upper and lower part).
- ✓ Third layer (winter trekking pants and recommended windbreaker pants).
- ✓ Trekking boots (the use of new shoes or boots is not recommended, as these could cause injuries to the feet).
- ✓ Plastic or double boots.
- ✓ Climbing socks, rest socks, spare socks.
- ✓ Sunscreen factor 50+ (face and lips).
- ✓ Personal backpack to climb to the summit (25 to 30 liters).
- ✓ Headlamp, charged or with batteries.
- ✓ Mat.
- ✓ Backpack 65 to 80 liters or duffel for equipment.
- ✓ 2 bottles of water (nalgene of 1 liter or liter and a half).
- ✓ Personal toiletries: Moisturizing creams, deodorant, wet towels, toothpaste, toothbrush, comb, among others.
- ✓ Trekking poles.
- ✓ Depending on the type of ascent, the following personal technical equipment: crampons, ice axe, helmet, harness, carabiners, lanyard, rope, etc.

¡REMEMBER!

- ☑ Each **high mountain activity** may have variations in terms of the technical equipment required, depending on factors such as technical difficulty, location, altitude, climate, weather conditions, etc. Each activity published on our website specifies the personal technical equipment.
- ☑ Personal technical equipment is included in all our Full and/or Tailor-Made programs. In the case of the basic programs, participants can bring their own technical equipment (after checking with our guides), although it can be included as an additional item to the value of the program.
- ☑ In any case, this technical equipment is specified in each program sent to our customers.