

**Documents:**

- Passport
- Plane tickets
- Medical insurance with mountaineering coverage

**Personal gear:**

- Backpack (50–60 liters)
- Sleeping bag with comfort temperature from -20 °C to -10 °C
- Sleeping pad (self-inflating or foam)
- Trekking poles with wide baskets
- Crampons (steel or aluminum, compatible with boots)
- Ice axe (classic, for self-arrest)
- Helmet
- Climbing harness
- Personal anchor system with carabiners (preferably automatic or screw-lock)
- Carabiners (at least 4, including two locking)
- Accessory cord (6–7 mm diameter, 2–3 m length for making a Prusik knot)
- Jumar (ascender)
- Descending device (e.g., a figure-eight or similar)
- Cup, spoon, bowl

**Clothing and footwear:**

- Double or triple mountaineering boots
- Trekking footwear (boots or trail shoes)
- Waterproof jacket and pants (membrane rating at least 5000/5000, preferably Gore-Tex)
- Fleece jacket and pants
- Thermal underwear, top and bottom
- Down jacket with hood, thick and warm
- Warm mittens
- Thick gloves
- Thin gloves for working
- Bandana or buff
- Warm hat
- Trekking socks (several pairs, including warm ones for the ascent)

**Miscellaneous:**

- Headlamp with at least 12 hours of burn time plus spare batteries
- Sunglasses (category 3–4)
- Ski goggles (for wind protection)
- Thermos (1 liter, preferably with a secure lid)
- Windproof mask or scarf
- Gaiters for snow protection
- Sunscreen (SPF 50+)
- Lip balm
- Personal first aid kit (including altitude medication, bandages, analgesics)
- Elastic bandage and/or support brace
- Chemical hand/foot warmers (optional)

### **Equipment rental prices on Alpamayo (2024):**

Waterproof jacket — \$70

Trekking poles — \$30

Mountaineering boots (double) — \$120

Backpack 50-70 L — \$50

Down jacket — \$100

Sleeping bag (-20 °C) — \$80

Sleeping bag (-30 °C) — \$130

Crampons — \$50

Ice axe — \$50

Helmet — \$40

Harness — \$40

Locking carabiners — \$10 each

Personal anchor system — \$20

Jumar — \$35

Descending device — \$30

Gaiters — \$25

High-altitude tent (2-3 people) — \$150

Kitchen set — \$30