

## **Clothing and Equipment List**

Most gear can be purchased at specialised gear stores. If you decide to arrive without certain items, it is expected, after consultation with PIRP staff, that you order them immediately. If you are not sure about an item, please contact us before you spend a lot of money on an item that might not fit the requirements.

This list contains all technical gear, there are days off and other 'town' days when you might want your 'normal' clothing.

For your own comfort and safety, it is important that you understand each item and its use.

It's an extensive list. An estimate of the cost of gathering personal gear will vary widely depending upon how many of the items you already own.

PIRP will supply most technical and camping gear such as ice axes, crampons, harnesses and helmets, stoves, tents, ropes, etc.

All but the optional items are mandatory!

Brands we trust:

For general gear: The north face, Mountain hardware, Rab, MEC, MSR, Outdoor Research, Patagonia

For climbing and mountain stuff: Black Diamond, Petzl

Sleeping bags and pads: Rab, Thermarest, MEC, Exped, Patagonia

Head lamps: black diamond, Petzl

Drybags: seal line, aqua quest, outdoor research

Backpacks: Osprey, Mec, Gregory, Blackdiamond, Exped

Hiking/Mountain shoes: Scarpa, LaSportiva, Salewa, Hangwag, Meindl,

(There are other good brands out there, if in doubt feel free to ask, not recommended items come from outbound, woods, canadian tire,

Mountain warehouse, etc.)

### **Clothing.**

#### **SOME ADVICE ON DRESSING FOR THE OUTDOORS**

Layering is the most effective way to keep warm in the outdoors. Layering is a three-part process: moving moisture away from the body, insulation, and protection from the weather.

#### **NEXT TO SKIN**

You should wear a wicking layer made of fabrics designed to move moisture away from your skin, such as polypropylene, Capilene, silk, Thermax, to name a few. Choose fabrics that are also designed to be warm when wet. **NO COTTON!**

#### **MIDDLE LAYER(S)**

Two more insulating layers of wool or fleece. They create pockets of warm air and help to wick moisture even farther away from skin. Both wool and fleece retain their warmth even when wet. **NO COTTON!**

#### **OUTER LAYER**

On the outside is a waterproof, windproof, and breathable protective layer, such as Gore-tex. There are many proprietary fabrics out there, so ask questions and make sure you buy a good quality shell. (Buy outerwear big enough so you can fit several layers underneath, but not too big, either)

# The Layering System

The Layering System is all about keeping you warm and dry in all types of weather. The environment (and your body temperature) changes throughout the day, so add or subtract layers as needed.



## Base Layer

- Wicks sweat away from your body to keep you dry & warm
- Can be made of natural or synthetic material
- Fits snug to your skin



## Mid Layer

- Insulation to retain body heat
- Fleece and puffy jackets are commonly used
- Ideally lightweight, quick drying and packable



## Outer Layer

- Protects you from the elements
- Should be windproof, waterproof and durable



ITEM	DESCRIPTION	APROX. USE	QUANTITY	SAMPLE PICTURE
Base Layer	Merino wool, Polypropylene, Capilene, Silk, Thermax, etc., <b>no cotton.</b> Top and long underwear.	Most of the time	2	
Warm layer	Wool or Fleece, no cotton A down jacket also works well given, you are able to keep it dry in any conditions	Often	2	

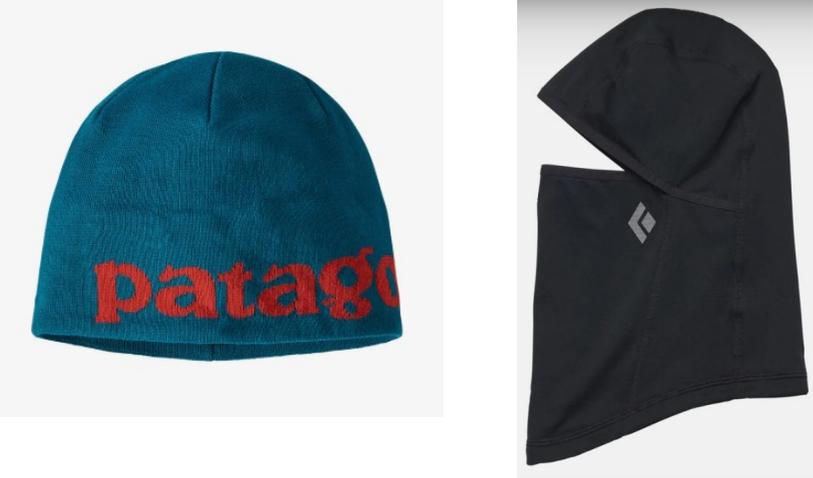
<p>Waterproof shell with hood (Rain Jacket)</p>	<p>Gore-tex or similar, waterproof-breathable or just waterproof, should be heavy duty, does not need to be insulated.</p>	<p>Often</p>	<p>1</p>	
<p>Underwear</p>	<p>Polypropylene, Capilene, Silk, Thermax, wool, synthetic blend, etc., <b>no cotton</b></p>	<p>Often</p>	<p>You know yourself</p>	

T-shirts	Quick dry, <b>no cotton</b>	Often	2+	
Sunshirt	UVP protection, long sleeve, bright colour and hooded recommended	Often	1	

Warm Pants	1 pair fleece or wool (Optional, but a very good idea for those that get cold), <b>no cotton</b>	At times when it gets cold	1	
Hiking Pants	Nylon quick dry, breathable wind pants, <b>no cotton</b>	Often	1+	

<p>Waterproof Shell Pants (Rain pants)</p>	<p>Gore-tex or similar. Preferably have zips to enable fitting without removing boots but not required.</p>	<p>Often</p>	<p>1</p>	
<p>Gloves or Mittens</p>	<p>Wool, fleece or polypropylene (Windstopper fleece is excellent), or wool or fleece mittens.</p>	<p>Often</p>	<p>2</p>	

<p>Gloves or Mittens</p>	<p>Water resistant mitten shells Gore-tex or coated nylon / cordura shell to be worn over mitts if your main gloves or mittens are not waterproof or heavy duty. Some participants might find waterproof fishing gloves helpful, they are usually cheap but stay wet when they get wet.</p>	<p>Often</p>	<p>1</p>	
<p>Work Gloves</p>	<p>Cheap and helpful when participants are building the tents or moving the equipment from side to side. Easy to find in Puerto Natales.</p>	<p>Often</p>	<p>1</p>	

<p>Toque and/or Balaclava</p>	<p>Fleece is acceptable. Lightweight polypro/fleece balaclava is handy to wear under a climbing helmet.</p>	<p>Often</p>	<p>1</p>	
<p>Sun Hat</p>	<p>Wide brimmed or baseball cap</p>	<p>Often</p>	<p>1</p>	

**Footwear** (Break in footwear before you arrive. You spend a lot of time in boots and shoes; it's worth spending time and money to get the best fit)

Socks	Wool or fleece	often	You know yourself	
Liner socks	Thin socks that go inside your socks. Can be a good option to prevent blisters.	Often	You know yourself	

<p>Gaiters</p>	<p>To be worn over top of boots. Coated nylon or Gore-tex acceptable. Not required if you have good pants or do not ordinarily use them. Outdoor Research is a good brand for Gaiters.</p> <p>Also a good item to protect your expensive rain pants from getting cut when using crampons.</p>	<p>Depending on the weather</p>	<p>1 pair</p>	
<p>Mountain boots</p>	<p>For mountain boots, a sturdy pair with at least 1/2 shank and high rand are required. Test boots with the socks (1 or 2 pairs) you will be wearing. Boots must be able to hold strap-on crampons.</p>	<p>Every time you are on the glacier and the mountain</p>	<p>1 pair</p>	
<p>NO Keen-like shoes please! Crampons do not fit on them</p>	<p>Students with Keen-like boots can not fit crampons on and therefore can not come onto the glacier!</p> <p>This includes soft light hiking boots!</p> <p>Feel free to bring Keens and light hikers for other uses.</p>	<p>Base camp</p>	<p>1 pair</p>	 <p style="text-align: center;">  <b>ON THE GLACIER</b> </p>

Rubber boots	Essential for river crossing and rainy camp days.	Often	1 pair	
Sunglasses and Googles	It is MANDATORY go with them on the glacier	Often	1	

## Expedition Gear

Sleeping Pad	Closed-cell foam ensolite or equivalent. Minimum 14mm thick. Inflatable pads are excellent, but also require a repair kit and stuff-sack. If you do bring an inflatable pad you must bring a repair kit!	Often	1 or 1 inflatable and 1 foam pad	
Sleeping bag	Good quality 3-season, rated -10C ish if you get cold easily, otherwise in the -5C ish range might be warm enough. Synthetic fill (fibrefill, Dacron, Polarguard, Hollofill, Qualofill, Lite-loft) are preferred over down for our wet patagonic climate.	Often	1	

<p>Dry Bag/Stuff sack</p>	<p>Minimum 1* that fits your sleeping bag  Plus extra stuff sacks of different sizes can be useful (5L, 10L, 15L, can be more or less, depending on personal preferences) the smaller in size the easier it is to pack it in your backpack.</p>	<p>Often</p>	<p>You know yourself</p>	
<p>Backpack 55 - 65L</p>	<p>Backpack Large internal frame pack 55- 65 litre capacity. Best way to find out if the size is good enough, try to fit in all your camping gear and some clothing into your bag, if there is still space for some group gear and food the bag will be big enough.</p>	<p>Often</p>	<p>1</p>	

Hiking poles collapsible

Hiking poles are great to protect you from long term injury during long hikes with heavy loads.  
Also great for stretcher building and needed for first aid scenarios

Often

1 pair



Plastic Garbage bags

Heavy duty works best. Used to waterproof equipment and clothing.  
Better get a few heavy duty garbage bags than a lot of shitty thin ones. (we are talking the big grey ones)

Always

2



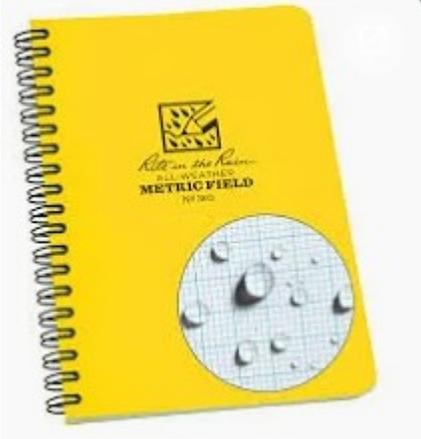
<p>Water bottle</p>	<p>at least 1L Wide mouth Nalgene and Aluminium works best. For hot water choose thermos with small mouth and stainless steel.</p>	<p>Often</p>	<p>1 cold water 1 hot water</p>	
<p>Headlamp</p>	<p>(hands free) with spare batteries or rechargeable, Look for waterproofness. &gt;350 Lumen is nice.</p>	<p>Often</p>	<p>1</p>	
<p>Multi tool</p>	<p>Leatherman or Swiss army knife type with locking blade is best</p>	<p>Often</p>	<p>1</p>	

Eating Utensils	Unbreakable bowl with lid and spoon. Insulated mug is nice to have.	Often	1 each	 
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**Miscellaneous**

Sunscreen and lip balm	Waterproof sunscreen with minimum SPF 40. Lip Balm with sunblock	Often	1 each	 
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Personal First Aid Kit	Band-Aids, blister material such as moleskin, medical tape, aspirin etc. • Toilet Articles Toothbrush, toothpaste, tampons, etc. Plus at least one role of M3 micropore (the tape they use to hold the cotton ball on, when donating blood), used for blister care!			 
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<p>Bathroom Kit Bag or Container</p>	<p>A place to store TP, Tampons, Diva Cup, Pads, Handsanitizer. Assign a small container or waterproof bag for these items if you are planning to use them. An empty peanut butter jar works well.</p>		<p>1</p>	
<p>Prescription Glasses and Contact Lenses</p>	<p>If you wear them, bring a spare set. Contact wearers should bring a pair of glasses as a backup and enough contact lenses for the duration of the program.</p>			
<p>Paperwork and pencil</p>	<p>Rite in the Rain books are useful. You will be expected to take notes in order to maximize your experience</p>	<p>Often</p>	<p>1</p>	

Duct Tape	For miscellaneous repairs. Available at hardware or building supply stores.		1	
Small hand sanitizer	Bring a small container and fill up hand sanitizer for outtrips.	Often	1	
Bath towel or hand towel	Quick drying is helpful, Casa Raky will provide towels for on-site use	Often	1	
<b>Other optional Items</b>				
Personal Power bank	To charge headlamp, cellphone, camera, etc		1	

Climbing helmet	PIRP will provide rock climbing helmets		1	
Rock climbing harness	Must be UIAA approved and in good conditions (not older than 10 years) PIRP will provide rock climbing harnesses		1	
Crampons	Check first what kind of boot you have. PIRP will provide crampons		1 pair	
Insect Repellent		Sometimes	1	

**Please contact us if you have any questions before you go shopping!**

**Gear checklist for printing with check box.**

Base Layer	2	Sunshirt	1	Sunglasses/Goggles	2
Warm layer	2	Rubber boots	1	Bathroom Kit Bag or Container	1
Waterproof shell with hood (rain jacket)	1	Sleeping Pad	1	Prescription Glasses and Contact Lenses	?
Underwear	?	Sleeping bag	1	Notebook/Journal/Pencil, writing paper	1
T-shirts	2+	Dry Bag/Stuff sack	?	Duct Tape	1
Warm Pants	1	Backpack 55 - 65L	1	Small hand sanitizer	1
Hiking Pants	1+	Hiking poles collapsible	1	Personal hygiene stuff	?
Waterproof Shell Pants (rain pants)	1	Plastic Garbage bags	2+	Bath towel	1
Gloves or Mittens	2	Water bottle	1	Lightweight Hiking boots	1
Work Gloves	1	Thermo	1	Insect Repellent	1
Wool Cap and/or Balaclava	1	Headlamp	1	Harness	1
Hiking Socks	?	Camping Eating Utensils	2	Climbing helmet	1
Liner socks	?	Multi tool	1	Crampons	1
Gaiters	1	Sunscreen and Lip Balm	1	Personal First Aid Kit	1
Mountain boots	1	Power bank	1		