

TIMBERLINE MOUNTAIN GUIDES EQUIPMENT LIST FOR EL PICO DE ORIZABA:

Please make sure you bring all the items on the equipment list. We have selected these items with great care to give everyone the best chance of staying dry and warm. The weather can be stormy at any time.

DOCUMENTS:

Passport
Wallet
Plane Tickets
Trip Itinerary
Medical Allergies and Restrictions
Paperback book (optional)

CLOTHING:

Enough street clothes for 4 days of travel off the mountain
Light or medium weight long underwear top – polypropylene or capilene
Light or medium weight long underwear bottom – polypropylene or capilene
Nylon shorts and/or trekking pants
Light weight fleece or wool sweater
Heavy fleece or wool sweater
Warm down or synthetic fill jacket
Waterproof/breathable (Gore-tex or equivalent) shell pants or bibs
Waterproof/breathable (Gore-tex or equivalent) shell jacket
6 pair warm socks – wool or wool/synthetic blend
1 heavy waterproof pair gloves or mittens
1 medium weight pair of gloves or mittens
Heavy polar fleece or wool hat – must come down over the ears
Polar fleece neck gaiter or balaclava
Sun visor or ball cap

PERSONAL GEAR:

Good quality sun glasses or glacier glasses, preferably with side shields.
Ski goggles (100% UV protection)
Sun block & lip crème (SPF 15 or more)
Toilet paper
3– 1qt water bottles
Ski poles (optional/recommended)
Headlight w/fresh batteries and spare bulb (needed for all climbs)
Eating utensils (bowl, spoon & cup)

PACKS AND SLEEPING GEAR:

Good quality backpack (big enough to hold all your stuff, 5000 to 6000 cu. in.)
Sleeping pad (Therm-o-rest or 3/8” ensolite)

Sleeping bag – down or synthetic (rated 10 or 20 degrees F)

TECHNICAL CLIMBING GEAR:

Crampons

Ice axe (60 to 70cm) long

Climbing harness (preferably light weight)

FOOTWEAR:

Sneakers or comfortable shoes for around town

Hiking boots for approach hike

Full shank mountaineering boots, need to be comfortable enough for hiking on dry trail as well as glacier climbing.

COMMUNITY GEAR PROVIDED:

Expedition first aid kit

All tents necessary on the trek and climb

All cooking equipment including stove, pots, pans and fuel

All food on the mountain and trek to basecamp

All maps and ropes for climbing

Water purification equipment