

Equipment List

Cancer Climb & Trek for Prostate Awareness

Peruvian Andes

September 9 -19, 2018

When it comes to climbing and hiking in the mountains the Andes are no different than anywhere. The keys: dress in layers and be prepared for any conditions. Since we will just be doing day hikes what we carry will be fairly minimal. The essentials will include water for the day, snacks, lunch and gear. This adds up to around 15-20 lbs. in your day pack. So when planning your clothing needs, think about dressing in layers. The temperatures can change dramatically at altitude from early morning, through the day and into the evening. Please keep in mind that the maximum weight for baggage flying from Lima to Cuzco is 23 Kilos or 50.6 lbs.

Climbing / Trekking Team:

Hiking boots – High top hiking boots with good ankle support are a must. If you're planning on new boots, get them now and break them in.

Casual boots or shoes – For relaxing after a long day on the trail.

Head Lamp & extra batteries: Just in case we find ourselves out on the trail later than expected.

Daypack – Large enough to pack a lunch, 2 liters of water, some clothes for weather changes, snacks and incidentals you need for the day.

Hiking Poles – Optional, but highly recommended. The telescoping ones are easier to transport.

Sleeping Bag Liner – Silk.

Long underwear – Poly or wool is the best.

Sweaters & or sweat shirt: 2 each, consider a light and a heavy one.

Water Repellent Wind Breaker – Wind, rain or even snow can come up in the mountains suddenly.

Wind & Waterproof Pants – Same as above

Parka – A down jacket is a great asset for chilly nights in Cuzco.

Gloves – Consider two pair. A light pair and warmer pair.

Socks – The new wool hiking socks are comfortable and user friendly.

Hats – two are suggested. A hat with a brim to shield the sun's rays, also a warm hat for the evenings.

Bandana – to save your face from the wind.

Sun Glasses: The sun is very bright at this altitude, plan accordingly

Sun Screen – I use at least a 30 just to be safe

Lip Baum – High altitude sun and wind can be severe

Water Bottles – 2 bottles of 1 liter each and or a hydration system.

First Aid Kit – We suggest a small one to meet any emergencies. We will carry a more complete kit for the team. .

Camera, memory card & spare battery – (Optional) bring an extra memory card and at least one spare battery pack, they don't last as long at high altitude.

Shoe Laces – an extra pair is optional but can come in handy.

Towel: A small, synthetic, quick drying towel is recommended for the trail.

Gaiters: (Optional) Good to keep scree and sand out of your boots..

Eating Utensils: A personalized bowl, cup, plate and utensils are recommended. Put some identifying mark on all your gear if at all possible.

Other Clothing: The new quick dry synthetic shirts and pants are great to wick away sweat on a climb with altitude to keep from catching cold. Even better they can be washed and dry overnight so you can minimize what you need to bring.

Luggage: We are getting lots of questions as to what to pack and how many bags to bring. As you know the airlines all now have extra charges on excess baggage and are strict about weight. The final decision is yours. We would suggest you start planning now. From past experience, most of us will bring a duffle bag with wheels and a backpack.

Positive attitude, patience and a good sense of humor: