



SKYLINE ADVENTURE SCHOOL

QUALITY GUIDED TRIPS & PROFESSIONAL OUTDOOR INSTRUCTION

P.O. Box 8321, MISSOULA MT 59807
PHONE: (1)406-322-3065 (USA) / (51)43-427097 (PERU)
EMAIL: INFO@SKYLINE-ADVENTURES.COM
FAX: (51)43-42-70-97 (PERU)
WWW.SKYLINE-ADVENTURES.COM

PERSONAL EQUIPMENT LIST:

The following clothing list works well for most people on mountain trips. For treks, you may eliminate the items with asterisks. If you are an excessively cold person you may want to add a few additional warm layers to ensure you are comfortable. Please ask if you have any questions about any of the required items.

- Solid hiking shoes / boots (crampon compatible unnecessary) The shoes should provide good ankle support as the trails are often very rocky. They should be “broken in” before the trip to prevent you from getting blisters. “Broken in” means that you have worn them for enough time that the shoe has conformed to your foot shape.
- 2-4 pairs of warm wool or synthetic socks
- 2 pairs of thin liner socks – These are socks that you wear under your thicker socks to help prevent blistering
- Pair of comfortable camp shoes (running shoes/sneakers, lightweight sandals, cros)
- 2 T-shirts - synthetic recommended
- 1-2 pairs of thermal polypro (or equivalent) mid-weight long underwear tops and bottoms
- 1 light fleece top
- 1 mid-weight fleece top and bottom *
- 1 pair of fleece pants
- 1 down or synthetic jacket with hood
- Gore-Tex or equivalent outer shell jacket and pants
- 1 pair of nylon (quick-dry) hiking shorts
- 1 pair trekking pants (nylon, quick-dry, can be type that converts into shorts)
- 1 pair of Gore-Tex gaiters (heavy-duty, size L or XL to fit over plastic boots – OR Crocodile is a great brand or model) *
- 1 pair of Gore-Tex shell gloves *
- 2 pair of removable fleece glove liners * (one pair of fleece gloves for treks is sufficient)
- 1 wool or fleece hat
- 1 cap for sun (with visor or bucket style for more coverage)
- 1-2 sports bras/tanks (for women)
- 2 water bottles or equivalent accessory (2 liter carrying capacity)
- All toiletries
- Small personal bottle of hand sanitizer
- Headlamp– LED style is light and efficient (bring at least 2 spare sets of batteries)
- 1 pair of glacier compatible sunglasses (full coverage – ask salesperson if you are not sure)
- Sunscreen (> SPF 45)
- Stick of chap stick (> SPF 45)
- Comfortable lightweight day pack
- In town clothing
- Sleeping bag rated for temperatures between a –15 F and a 0 F
- Expedition backpack (needed for some trips, consult with admissions person for details) *
- 2-3 large sturdy garbage bags
- 5-10 ziplock bags
- Camera & carrying case

Optional:

- Trekking poles (recommended)
- Thermarest sleeping pad
- Journal and pens
- Spanish / English dictionary
- Book to read and exchange in Huaraz