

WHAT TO BRING

Atacama 6000m kit list.

A working gear list for our high-altitude expeditions in the Chilean Andes — Ojos del Salado, Tres Cruces, Incahuasi, and the other 6000m peaks of the Atacama. Built for cold, wind, dry air, and long approach days. Bring everything on this list unless your guide tells you otherwise.

What we provide

Pan American Adventures supplies all expedition tents (base camp and high camp), camp stoves, cookware, fuel, eating utensils, group ropes, snow stakes, fixed-line hardware on technical objectives, base camp comms, and a full medical kit including supplemental oxygen for emergency use. You don't need to bring any of that.

What you bring

Everything on this list. It covers personal clothing, footwear, technical gear, sleep system, packs, hydration, sun protection, electronics, and personal items. The Atacama is cold, dry, windy, and high — gear that has been "fine" on Rainier or in the Alps is often not enough here. When in doubt, bring the warmer option.

HEAD & FACE

Head, face, and sun

The UV at 6000m is brutal. Cover everything.

- Glacier glasses, Cat 4 lenses, wraparound or side shields
- Ski / snow goggles with low-light and bright-light lenses
- Sun hat with wide brim or legionnaire flap
- Warm beanie (wool or synthetic)
- Insulated balaclava
- Lightweight buff or neck gaiter (x2)
- Sunscreen, SPF 50+ (two tubes, minimum)
- SPF lip balm (two sticks)
- Headlamp + spare batteries

UPPER BODY

Upper body layers

A real layering system, not a stack of fleeces.

- Base layer top, merino or synthetic (x2)
- Midweight fleece or grid fleece
- Light synthetic insulated jacket (active layer)
- Heavy down or synthetic belay parka with hood
- Hardshell jacket with hood, waterproof / windproof
- Down or synthetic summit parka (8000m-class) for high camp and summit day

LOWER BODY

Lower body layers

Wind protection matters more than thickness on most days.

- Base layer bottoms, merino or synthetic (x2)
- Soft-shell climbing pants
- Hardshell pants with full side zips
- Insulated down or synthetic pants for high camp / summit
- Trekking pants for approach and lower camps
- Underwear, quick-dry (4—5 pairs)

HANDS

Gloves and mittens

Hands are how summit days end early. Bring redundancy.

- Liner gloves, lightweight (x2)
- Soft-shell or work gloves for camp and approach
- Insulated climbing gloves
- Expedition mittens for summit day
- Hand warmer packets (8–10)

FEET

Footwear and feet

Double boots are required on summit day.

- Double mountaineering boots, 6000m-rated
- Approach / trekking boots, broken in
- Camp shoes or insulated booties
- Mountaineering socks (4–5 pairs)
- Liner socks (3 pairs)
- Gaiters, full coverage
- Toe warmer packets (8–10)
- Blister care: tape, moleskin, Compeed

TECHNICAL

Technical climbing gear

Crampons must be fit to your double boots before you fly.

- Mountaineering ice axe, general-purpose
- Crampons, 12-point, step-in or hybrid binding
- Climbing harness with adjustable leg loops
- Climbing helmet
- Locking carabiners (x3)
- Non-locking carabiners (x2)
- Belay device, tube-style
- 120cm sewn sling (x2)
- Prusik cord, 6mm (3m)
- Trekking poles, adjustable, snow baskets included

SLEEP SYSTEM

Sleeping bag and pad

PAA provides the tent. You bring the warmth.

- Sleeping bag rated to -30°C / -22°F or colder
- Sleeping bag liner, silk or fleece
- Inflatable sleeping pad, R-value 5+
- Closed-cell foam pad (used under the inflatable)
- Pillow or stuff sack for clothes
- Compression sack for sleeping bag

PACKS & BAGS

Packs and duffels

One large duffel for transport, one pack for the mountain.

- Climbing pack, 55–70L, with ice tool attachment
- Daypack, 25–35L (for acclimatization and travel)
- Heavy-duty duffel bag, 120L+, lockable
- Dry bags or stuff sacks for organizing kit
- TSA-compliant locks (x2)
- Trash compactor bags (x3, for waterproof pack liner)

HYDRATION & NUTRITION

Water and food

Dehydration is the #1 reason people don't summit here.

- Insulated water bottles, 1L wide-mouth (x2)
- Insulated bottle parkas / sleeves (x2)
- Hydration bladder, 2L, with insulated tube (optional)
- Pee bottle, 1L wide-mouth (and pee funnel for women)
- Thermos, 0.5—1L
- Electrolyte mix, 30+ servings (bring what you know works)
- Summit-day snacks, 2000+ calories of food you actually eat at altitude
- Personal favorite comfort food / treats

HEALTH & PERSONAL

Health, hygiene, personal

PAA carries the group med kit. You carry yours.

- Personal medications, original containers, with prescription copies
- Altitude medication if prescribed (acetazolamide / Diamox, dexamethasone)
- Ibuprofen and acetaminophen
- Anti-diarrheal and antacid
- Personal first-aid: bandages, tape, antiseptic wipes
- Toothbrush, toothpaste, floss
- Biodegradable wet wipes (large pack)
- Hand sanitizer, two small bottles
- Earplugs (high wind sleeps better)
- Reusable resealable bags for personal waste pack-out

ELECTRONICS

Electronics and power

Cold kills batteries. Keep everything inside your jacket.

- Phone, with offline maps and music downloaded
- Camera (optional) with spare batteries
- Power bank, 20,000 mAh+
- Charging cables for every device
- Universal travel adapter (Chile uses Type C and L plugs, 220V)
- Watch with altimeter (optional but useful)

DOCUMENTS & TRAVEL

Documents and travel

Keep the originals on you, copies in your duffel.

- Passport (6+ months validity), with photocopies
- Travel insurance documents — must include high-altitude rescue and evacuation
- Vaccination records as required
- Cash in USD and Chilean pesos (small bills)
- Two credit cards (one as backup)
- Flight itinerary printed
- Emergency contact card

A few notes from Fena and the guide team

- **Break in your boots before you arrive.** Brand-new double boots on summit day is the most common avoidable problem we see.
- **Fit your crampons to your boots at home.** Bring the tool. Don't trust it to fit "close enough."
- **The Atacama is a desert at altitude.** Lip balm and sunscreen run out faster than you think. Double what you'd normally bring.
- **If you only upgrade one thing, upgrade your sleeping bag.** Cold nights ruin summit days.
- **Some technical gear can be rented in Copiapó.** If you're not sure whether to bring or rent something — ice axe, crampons, double boots — email us first. We'll tell you honestly.
- **Pack to fly.** Carry on your boots, harness, helmet, sleeping bag liner, and any medications. If your duffel is delayed, you can still climb.