

# **STUFF FOR** **MEXICO'S VOLCANOES**

## **BODY STUFF**

Hiking Boots that will keep you toes warm at extreme temperatures (mountaineering boots aren't really necessary for either of these ascents, but they are kinda' nice)

Sock Liners (2)

Heavy Socks (2)

Hat (thermal)

Hat (sun protection)

Sunglasses and/or goggles

Rainproof Shell (Jacket & Pants)

Fleece jacket

Base Layer (tops & bottoms)

Thermal Gloves

Gaiters

Travel Clothes

## **TECHNICAL STUFF**

Ice Axe

Crampons

Harness

Locking Carabiners (4)

Daisy Chain or sewn runner

Belay Device

Headlamp & Extra Batteries

Trekking Poles

## **CAMPING STUFF**

Tent

Sleeping Bag

Sleeping Pad

## **FOOD STUFF**

One-liter water bottles (2)

Bowl/Cup/Spoon/Fork

Power Food & Snacks

## **OTHER STUFF**

Large backpack  
Small Backpack (for travel & summit day)  
Bathroom & Hygiene Stuff  
Camera  
CamelBak bladder  
Large Duffel Bag for travel  
Passport, Plane Tickets, Credit Card (w/ copies of each)