



Aconcagua Information Pack

Trip Insurance:

All participants must have suitable travel and emergency medical insurance cover to embark on one of our events. This is a condition of participation mentioned in our T&C's. A policy from any insurer with the correct level of cover will be acceptable. Please send us a copy of the policy wording showing specific cover for your trip, along with the policy number for our records.

If you do not have suitable insurance cover, we recommend clients take a policy from **Global Rescue**. Please email us a copy of your policy certificate for our records.

Flights:

You are responsible for booking your flights at the correct time. We normally check the flight status and details of our participants to monitor whether they are arriving for the event on time. However, you remain fully responsible for monitoring your flight status. PJS takes no responsibility for any customer errors that occur regarding arrival or departure times, dates, or other issues in connection with flight travel.

Please make sure you email us a copy of your flight itinerary as soon as possible, no later than 60 days before departure.

Visa & Passport:

It is your responsibility to fulfil all passport, visa and other immigration requirements applicable to your itinerary. We can provide general information about the passport and visa requirements for your trip, but this is for guidance only.

Although we require your passport details for our Online Registration, your specific passport requirements are your responsibility. Please check your passport is valid for your dates of travel.

Visa is not needed for travelers from most countries, please check with your local Argentinian embassy for details.

Park Passes:

To arrange your park passes, we will need a copy of your passport photo page along with a passport size photo. These are normally purchased in Advance of your arrival on payment of the appropriate fee. The Park fee is NOT included in our standard cost but listed it as an additional cost.



Vaccinations:

Participants should all have up to date vaccinations for Tetanus, Diphtheria, Hepatitis A, Typhoid. It is optional to have vaccinations for TB, Meningococcal Meningitis, Hepatitis B, Rabies, Cholera. Although yellow fever does not occur in Argentina, an official yellow fever vaccination certificate may be required depending on your itinerary.

Malaria Medication:

No malaria transmission occurs in Argentina. However, bite avoidance is recommended.

Altitude Sickness:

Most people experience some symptoms of Altitude Sickness (AS) at some point on the trek. This will normally be limited to headaches and nausea, as well as finding it a little more difficult to eat, drink and sleep. These symptoms are not severe but will make your journey a little uncomfortable for a short time. To prevent these symptoms as much as possible, we recommend going to your family doctor and asking for a script/prescription for Acetazolamide, usually sold under the trade name Diamox. This is a drug given for Glaucoma symptoms, but is also used for the treatment of AS.

Regular Medication:

Our team are not medical experts. We encourage you to visit your family doctor to discuss your medication requirements.

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist
- These should be carried in your hand luggage when travelling on flights
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- When taking out an appropriate level of travel health insurance including repatriation, specify cover for any pre-existing illnesses

Pre-Existing Medical Conditions

Please assess for yourself whether you are fit and able to take on this challenge. Please review this detailed Information Pack, our website and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking

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part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the adventure more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Whilst we will do our best to put in place appropriate measures, we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the trip to support with medical matters related to the trip environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive for pre-existing medical conditions and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the trip leader.

Kit List:

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. The benefits of a comfortable daypack cannot be underestimated, so make sure that you get one fitted in-store and train with this. Other essentials are high quality waterproof and windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night.

Everything listed on the Kit List is essential.

Please see a full copy of the Kit List at the end of this Information Pack

Electric Power:

Electric power outlets are available for charging at base camps.

Sometimes we have a large solar charging panel in our kit and can be used when the sun is strong. However it is best you also bring your own.

Assuming you will be using your mobile phones to take photos, if you turn on Airplane Mode and turn off Bluetooth, your battery should approx. 2 days.

Please note that batteries will discharge quicker in the cold, so should be stored overnight inside a bag, sock or jacket.



Communication:

In Mendoza, local SIM cards can be purchased. The local SIM cards will have intermittent connection along the first part of the trail, there will be no connection above Base Camp. WiFi is available at base camps, for an extra cost (unless included in our package). We also carry a Satellite Phone for emergency use. It is only switched on when it needs to be used so cannot be used for incoming calls. However, clients can use it to make outgoing international calls whenever they would like, at a cost of \$5 per minute.

Emergency Contact:

In a serious emergency, if you are out of contact, a family member or friend can complete the form on the link below and we will begin the process of reaching you. The link is also available at the bottom of each of our website pages.

<https://www.pjs-adventures.com/emergency-contact-form>

Local Staff Tips:

We have a standard recommendation for staff tips. This amount is based on the total number of crew members and their job titles.

The recommended tip amount will be given to you before departure.

You should bring this cash to the trail. It will be collected from everyone on the final night, and then present to the whole crew on the following morning.

As the tips need to be split into each crew section, please try to bring a selection of notes, such as \$10, \$20, \$50 & \$100.

What to Wear for Your Outbound Flights:

If your checked in luggage gets lost/delayed, it could take a couple of days to catch you up. You won't be able to start your trek without your boots and essential clothes, so wearing or carrying them for the flight is advisable.

- Triple Mountaineering Boots
- Walking boots
- Walking socks
- Trekking trousers/pants
- Base layer top



A Typical Day

During the hike you will be walking an average of 4 to 8 hours each day. Depending on the weather and the day, rest/water stops will be frequent along the way, where you can regroup, rest and relax while drinking water and eating your snacks. Lunch will usually be a packed lunch along the way. You will get to your campsite in the afternoon where you can relax, have a hot drink and eat your dinner in the mess tent.

Toilets

Long drop toilets are supplied at each camp during the hike of the lower mountain. During the trekking days and at camps above base camp, you will have to make use of the bushes and rocks. Please ensure you have a few nappy bags to dispose of used toilet roll and hand sanitizer.

Luggage:

Only soft sided duffle bags, holdalls and rucksack are allowed on the trail. Hard suitcases or soft bags with wheels will not be accepted.

Please bring a bag to store any items you don't need to take to the mountain such as clean clothes for travel etc. This bag will be stored securely at the hotel in Mendoza the day we leave for the trail until we arrive back after the hike. Valuables can be stored securely. However please try to limit the valuable items you bring. Please note that PJSC do not accept responsibility for any stored items.

Terrain

The route is mountainous. The terrain will change between rainforest pathways, rocky step, dry shingle slopes and snow. Although the climb up will be gaining altitude each day, there will also be many downhill sections. The decent can be taxing on muscles and joints.

Walking poles are strongly advised.

Training

This challenge is graded E3 - DIFFICULT:

These climbs will involve resistance to extreme weather conditions over extended periods of time. You may need to carry heavy loads over multiple days. Ice and snow sections at an angle of 45°. (Alpine PD+ Scottish Grade 1/2 Rock VD). It will be essential to have experience of ice axe and crampons in a winter mountaineering environment

Don't forget that the temperature and high altitude make this a more demanding hike.

While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace.

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Take long hikes (6-8 hours) with a weighted pack, up and down hills or mountains (weigh your pack with water containers and pour out the water before your descent to minimize knee stress).

Other Helpful Info:

- Please check off all your kit against the Kit List before packing, and make sure you have everything
- Running/workout clothes are NOT thermals. Proper thermal layers are essential. Please don't underestimate how cold a mountain can get. You will not regret investing in proper thermal layers
- You will need at least 6 pairs of thermal trekking socks. One pair will be kept as your 'summit socks' and not worn before, one pair will be your evening/sleeping socks. That will leave 4 more pairs to wear. Sports socks or regular everyday socks are not appropriate for hiking
- Make sure to 'test' your socks with your boots. If your 'summit socks' are thicker than others, it's very important to try these with your boots to make sure your feet will still be comfortable
- Pack clothes into dry sacks (or other waterproof bags) inside your kit bag in order to help protect against wet, damp and moisture and to make it easier to find what you're looking for in a dark tent
- Don't forget to bring earplugs as the camps can sometimes be noisy when you want to sleep
- Keeping a 'pee bottle' inside your tent at night saves going out in the cold in the middle of the night. Women can use a plastic Tupperware box & lid. PLEASE MARK THE BOTTLE CLEARLY
- Don't drink tap water anywhere. Use bottled water to brush teeth
- Drinking water alone on the trail will not hydrate you enough, make sure you have some electrolyte tablet to use in your water, such as GU, NUUN, ZERO, SIS. The sodium and minerals contained in these electrolytes will help keep you hydrated when you drink

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- Bring a variety of snacks. Trail mix, trail bars, chocolate & hard candy. A mixture of sweet and savoury is good.
- Duracell batteries generally perform better in extreme cold temperatures than other brands

GEAR CHECK MENDOZA

- After your gear check in Mendoza, you will organize your bags and equipment. Anything you do not need until your arrival back into Mendoza, may be stored at the hotel for the duration of your expedition, as we will return after the expedition
- You need to pack your duffle bag ready for the mules at Penitentes. If this is prepared before you arrive to Penitentes, it is a great help to the guides, as we need to weigh all the groups' equipment to order the mules
- You need to prepare your daypack for the walk into Base Camp, which will include water bottles, water purification, sunscreen, sunglasses, warm clothes, windproof jacket, sun hat, camera, snacks.

TREK TO BASE CAMP

- Each day, as we commence our trek to Base Camp, we meet our duffle bags at our camp in the afternoon. We re-pack our duffels each morning, ready for the mules, and need only carry a daypack for the first three days, until we arrive in Base Camp, Plaza Argentina
- On the third day, pack your river shoes in your daypack, as this day we have some river crossings. We suggest an old pair of tennis or running shoes, or rubber soled sandals with Velcro straps. The water is extremely cold and can be fast flowing with loose rocks under the surface

BASE CAMP

- Once we arrive at Base Camp, the mules will leave all our equipment there and return to Penitentes
- This is the last opportunity you will have to leave gear that is not essential, in your duffle bag, to stay at Base Camp. You could bring an extra book, for example, but after completing our first load carry to Camp 1, may decide to leave it, as it is extra weight
- The duffels left at Base Camp stay there until the entire group arrives at High Camp. In the case that someone may need to go down early, then they will have their gear

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- Mules will then arrive to collect this equipment and take it back down to Penitentes, so you will not see it again until you arrive back to Penitentes at the end of the expedition. This is important information, as you need to be self-sufficient with everything you will need for the remainder of the expedition, to be carried with you, until you return to Penitentes

CAMP ONE TO SUMMIT

- As well as being prepared with your high-altitude equipment, you need to remember that we traverse the mountain, and on the last day we have a 6 to 8 hour walk out from Plaza de Mulas Base Camp to the trailhead at Puente del Inca, where we meet our transportation to Penitentes and then to Mendoza.

HIKE OUT

- The walk out to the trailhead has similar terrain to the walk in to Plaza Argentina Base Camp, tracked terrain and rocky riverbeds
- It is not advisable to wear your plastic mountaineering boots on this day, as it is extremely uncomfortable, and we could encounter very warm weather. You need to bring with you, from Base Camp, a pair of shoes for the walk out the last day. We suggest, the lighter the shoes the better, as you will need to carry them up and over the traverse of the mountain with you. A pair of light trainers or tennis shoes would be ideal unless you are used to wearing trekking boots and need the support. They may be better to walk out in with, as far as your foot and ankle support are concerned, but keep in mind the weight. It seems best to hike to Plaza Argentina Base Camp, on the approach, in your favourite hiking boots or approach shoes, and have some very light trainers or tennis shoes for the hike out, leaving the heavier boots at Plaza Argentina Base Camp on the approach side
- It can be warm, it is worth carrying your trekking pants and a t-shirt for this hike out. You will need to carry a water bottle, water purification, lunch and snacks, sunscreen, baseball cap/sun hat, camera, a polar fleece jacket and a windproof jacket for this last walk, in case of bad weather
- Often people use the lid of their pack, or a stuff sack, as a fanny bag, to carry these items. It is not worth carrying your heavy daypack that you used on the approach hike, on the traverse. However, if you have a light one, such as a Go-lite daypack, bring it, if your pack



lid is not removable. Also, a mid-size compressor stuff sack is great for this hike out. Using 2 of the straps as a backpack works well

- Once we arrive in Plaza de Mulas, (Base Camp on the descent), we organize our backpacks and group equipment to be taken out by the mules the next day. Your pack will be put inside a canvas bag to protect it and we group together our boots and tools separately
- When we arrive to Penitentes after our trek, you will meet all this equipment as well as your duffle bags from Plaza Argentina Base Camp and the items you left in storage there.



Aconcagua Kit List

Footwear:

Triple Mountaineering Boots - Recommended boots as follows:

Millet Everest Summit GTX, La Sportiva Olympus Mons Evo or G2, Scarpa Phantom 6000

Trekking Boots

Water Shoes

Trail Shoes

Down Booties

Socks, for trekking and summit (enough socks and combinations to last 16/17 days)

Hands:

Liner Glove

Thick Insulated Gloves

Thermal Mitts

Head:

Sun Hat

Thermal Hat

Thin Buff

Thermal Buff

Body:

Light weight long sleeve base layer

Mid weight long sleeve base layer

Mid layer fleece

Lower Body:

Trekking Pants

Soft Shell Pants

Hard Shell Pants (waterproof)

Down Pants

Thermal Long Johns

Jackets:

Soft Shell Jacket

Hard Shell Jacket

Lightweight Down Jacket

Summit Jacket, 800 fill Down



Bags:

2 x Duffle Bags 80lt – 120lt
Daypack 30lt - 45lt
Large Backpack 65lt – 85lt
Small Lightweight Backpack or Bumbag

Sleeping:

Thermorest or Inflatable Mat
Z-mat or Foam Roll Mat
Sleeping Bag 800/1200 fill (for high altitude)
4 Season Sleeping Bag (for the valley)
Sleeping clothes

Technical Kit:

12 Tooth Semi-Auto Crampons
Crampon Bag
Ice Axe (not climbing style)
Climbing Helmet
Walking Poles
Goggles
Gators

Other Kit:

Head Torch
Spare Batteries
3lt Water Bladder
2 x Nalgene Water Bottles
Water Purification Tablets
Electrolytes
Snacks
Eating Equipment: Plate/Bowl, Cup, Spork or Cutlery (no eating utensils will be provided above Base Camp)
Ear Plugs
Battery or Solar Charger
Luggage Padlocks
Dry Bags



Sunscreen
Lip Balm/protection
Antibacterial Wipes
Hand Sanitiser
Personal First Aid Kit
Pee Bottle
Toiletries
Regular Clothes

DOCUMENTS

Passport

(Make sure you have at least 6 months left on your passport expiry date)

Photocopy of passport

(Keep a copy at home and a copy in your travel bag for emergencies)

Travel insurance Documents

Visa (please check in-country requirements)

Flight Tickets (e-tickets)

Cash (Approx. \$2,000 US Dollars)

Credit card