Checklist: Nevado del Tolima

We provide all technical and camping equipment so you can travel light.
If you're missing anything, let us know — we can assist with rentals or shopping advice if preferred.

What to pack:

- [ ] **Trekking or mountaineering boots** (for trekking and glacier travel)
- [ ] **Rubber boots / wellies** (for muddy approach trekking) - During dry season, a second pair of trekking boots or trail shoes may be used instead.
- [ ] **Sports clothing:** breathable, quick-dry (base layer)
- [ ] **Thermal clothing:** fleece, down, or synthetic insulation (second layer)
- [ ] **Thermal hat or beanie + buff or balaclava** (must fit under helmet)
- [ ] **Thermal gloves + second backup pair** (water resistant)
- [ ] **Waterproof, breathable jacket** (third layer)
- [ ] **Waterproof overtrousers** (third layer)
- [ ] **Sun hat or cap**
- [ ] **Sunglasses** (UV protection, min Category 3)
- [ ] **Sunscreen & lip balm** (min SPF 50)
- [ ] **Water bottles or hydration system** (minimum 2L capacity)
- [ ] **Swim suit + light sports towel** (for hot springs)
- [ ] **Headlamp** (+ spare batteries)
- [ ] **Personal electronics and docs** (chargers, power bank, earbuds, camera, ID, cash, etc)
- [ ] **Personal toiletries** (toilet paper, wet wipes, hand sanitiser, toothbrush/toothpaste, moisturiser, etc.)
- [ ] **Personal medications** (prescription medication, pain / allergy relief, etc.) - *Please inform your guide before taking any medication during the expedition.*
- [ ] **Hiking backpack** 30-40L (chest and hip straps recommended)
- [ ] **Dry bags** (or small light duffel bag to organize and pack personal gear into group expedition duffel bags)
- [ ] **Expedition backpack** 80-100L ***(unnecessary if hiring local porters)**

What we provide:

✅ **Technical gear:** Helmet | Harness | Carabiners | Rope | Ice Axe | Crampons

✅ **Camp gear:** Tent | Sleeping Bag | Sleeping Mat | Water Filtration | Cooking & Dining Utensils

✅ **Trekking poles**

✅ **Group expedition duffel bags** (for shared mule transport & local porters)

✅ **All meals, snacks & water throughout the expedition**

✅ **Wilderness first aid kit & emergency communication system**

Any questions? Reach out on WhatsApp or explore our blog for practical tips and preparation advice.