



Before You Go: Nevado del Tolima Expedition Checklist

We've got you covered so you can travel light - We provide all technical equipment, as well as camp gear.

You only need to bring your personal clothing, trekking boots, toiletries and backpack.

If you're missing anything, just let us know - we can assist with rental if necessary (subject to availability).

What to pack...

- Trekking or mountaineering boots**
- Wellington boots** (or second pair of trekking/trail shoes)
- Sports clothing, quickdry** (base layer)
- Thermal clothing** Fleece, polar, down or synthetic (second layer)
- Waterproof, breathable jacket** (third layer)
- Waterproof over trousers** (third layer)
- Sun hat or cap**
- Sunglasses** (UV protection, min Category 3)
- Sunscreen & lip balm** (min SPF 50)
- Thermal hat or beanie** (that fits under helmet) + **buff**
- Thermal gloves + second backup pair** (water resistant)
- Headlamp** (+ spare batteries)
- Personal electronics and docs** (chargers, powerbank, camera, ID, etc)
- Personal toiletries**
- Water bottles** (at least 2L capacity)
- Hiking backpack** 30-40L (chest and hip straps recommended)
- Expedition backpack*** 80-100L (**unnecessary if hiring porters***)
- Dry bag** (or small light duffel bag to pack personal gear in expedition duffel bags)

What we provide:

- Technical gear:** Helmet | Harness | Carabiners | Rope | Ice axe | Crampons
- Camp gear:** Tent | Sleeping bag | Sleeping mat | Water filtration | Cooking & dining utensils
- Expedition duffel bags** (for mule transport & local porters)
- All meals, water, and snacks throughout the expedition**
- Trekking poles**

Any questions? Feel free to reach out on [Whatsapp](#) or Explore our blog for [practical tips](#).