



Checklist: Nevado de Santa Isabel

We provide all technical 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 / acclimatization 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)
- ☐ **Headlamp** (+ spare batteries)
- ☐ **Personal electronics and docs** (chargers, power bank, earbuds, camera, ID, cash, etc)
- ☐ **Personal toiletries** (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)
- ☐ **Duffel bag** (or second backpack to organize and leave unnecessary gear in vehicle while trekking)
- ☐ **Travel pillow** (optional)

What we provide:

- ☒ **Technical gear:** Helmet | Harness | Carabiners | Rope | Crampons
- ☒ **Trekking poles**
- ☒ **All meals, snacks & water filtration 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](#).