



Advanced Wilderness Life Support Course (Mexico) - Gear List

- Lightweight walking trousers x 1
- Shorts (lightweight/trekking)
- Socks and underwear (sufficient for 10 days. There will be no laundry facilities outside of Mexico City (first and last days))
- Base layer, wicking T shirts
- Lightweight/expedition weight, long sleeve jungle shirt (such as North Face, Crag Hopper, Columbia etc.) for town and lower altitude scenarios
- Lightweight fleece/warm top
- Long sleeved thermal base layer (Helly Hansen, North Face etc)
- Waterproof jacket
- Warm jacket for summit day (May or may not be worn on the climb, depending upon prevailing conditions)
- Sandals/flip flops for evenings in lodge
- Casual clothing for dinner at the hotels in Mexico City and Tlachichula (Temperatures can range from 10-25 degrees Celsius)
- Lightweight comfortable shoes (Trail shoes, trainers or summer walking shoes/boots) for approach hikes and classroom based activities
- Sun hat
- Sun glasses
- Watch
- 10 metres of paracord/utility cord
- 1 x screwgate carabineer
- Head torch and spare batteries. Essential for the climb through the Labyrinth on summit day
- Compass/GPS (Optional)
- Map of Orizaba (Optional)
- Spanish phrase book (Optional)

- Chargers for all electronic equipment (and adaptor for Mexico)
- Ear plugs
- Sleeping bag liner
- Pocket knife/multi tool
- Walking poles
- Walking Axe
- Climbing harness
- B2/3 winter mountaineering boots (broken in)
- C2/3 crampons (compatible and tried with your boots)
- Crampon tool/repair kit
- Woolen hat and buff or balaclava (For summit day)
- Climbing helmet (which fits over hat)
- Thin contact gloves (to ensure dexterity but provide a barrier between skin and metallic objects)
- Warm gloves for altitude treks and summit day
- Mitts for cold summit/early morning climb
- Glacier glasses or ski goggles (providing all-round protection)
- Water resistant sun screen (Min SPF UVA /UVB Factor 30 or total sun block)
- Sleeping bag, suitable for -20 degrees C
- Thick foam sleeping mat/Pad (full length)
- Lip salve/sun screen (SPF UVA/UVB Factor 30 or total sun block)
- Hydration bladder (for 2 - 3 litres of water)
- Nalgene water bottle (for summit morning as Camelbak tubes tend to freeze unless you keep it inside of your jacket)
- Water purification system (Filter or tablets)
- Insect repellent
- Waterproof notebook and pen
- Selection of waterproof canoe bags
- Flask/thermal mug
- Knife, fork and spoon
- Plastic plate, bowl and cup
- Whistle and lanyard
- Camera and robust/waterproof case and batteries

- Lightweight trek towel (antibacterial)
- Holdall for equipment not being carried on the mountain (can be stored at the hostel during climb)
- 60 litre rucksack (sufficient to carry spare clothing, food, water, tent, mat and sleeping bag for two days)
- Wash kit/toiletries (enough personal hygiene products to last the duration of the trip)
- Small personal first aid kit, to include own prescription and over the counter medicines required for pre existing conditions and common adventure travel
- related illness and injury, such as:
 - Plasters and antibacterial wipes
 - Crepe/elasticated bandage
 - Antiseptic cream
 - Anti histamine
 - Anti diarrhea
 - Anti emetic/travel sickness
 - Anti fungal cream
 - Zinc oxide tape/blister kit (Compede)
 - Analgesics such as Paracetamol (Tylenol) and Ibuprofen
 - You may wish to seek advice from your physician regarding the requirement for Acetazolamide/Diamox for the trekking phase up to 4,220m.
 - Antibiotics for intestinal infections
- Rucksacks, sleeping bags, roll mats, jackets, waterproofs can be hired from the guide company at additional cost but **sufficient advance notice must be provided in order to guarantee availability.**

The course team/faculty will carry a comprehensive first aid kit (medical/trauma pack), along with emergency medications and oxygen, along with a selection of primary care medications, stretchers and emergency satellite communications.

Documents

- Passport
- Colour photocopy of passport photo page
- Insurance documents (Via Global Rescue)
- Vaccination card
- Personal Medical Questionnaire (Please send this to us as early as possible in order for us to discuss any pre-existing conditions with you and ensure your management plan is suitable for the terrain/altitude and any risks to you and other group members are mitigated). This list is not exhaustive and delegates are welcome to bring additional items they feel they may require based on individual needs/experience. If in any doubt, please email the team on info@thesosgroup.co.uk and we can assist with any queries you may have.