

FOOD and GEAR

Visitors who enter the Park to trek need to know exactly what to take with them. Otherwise, they would regret having packed any superfluous object that represents additional weight.

Gear

- Tent, igloo type (put up before the trip), sleeping bag (0°C for Short Trekking or -10°C for Long Trekking and Easter), insulating mattress, comfortable backpack (60 liters for Short Trekking or 70 liters for Long Trekking).
- Gas or benzine heater, (one or two additional gas charges or ½ liter benzine. Remember that it is strictly forbidden to light campfires or cook with firewood), small pot, plastic jar, soup plate and cutlery (a pocket knife is more practical than a common knife). Flashlight (ideally a headlamp).
- Sunglasses, sunscreen (skin factor 50, cocoa butter or lip balm), fleece jacket or pullover, neckerchief, waterproof and wind proof jacket with a hood (e.g., gore tex), long waterproof and wind proof trousers, shorts (or trousers with zip-off legs), trekking boots or good training shoes (wear in new boots to avoid blisters; training shoes should be resistant, cross training type shoes), sun cap, wool or fleece cap, fleece neck, gloves.

Food

Short Trekking (3 days)

First day:

- Start your journey with a complete breakfast before leaving Mendoza city.
- Lunch (while walking in the Aconcagua Provincial Park)
- Snack
- Dinner (at the Base Camp)

Second day:

- Start your journey with a complete breakfast before leaving the base camp taking in account that there is a tough journey ahead
- Lunch (while walking)
- Dinner (at the base camp)

Third day:

- Start your journey with a complete breakfast before leaving the Aconcagua Provincial Park
- Lunch (while comming back to Mendoza city. It could be at Puente del Inca)

Summing up

Breakfast:

Te, coffe, milk powder, sugar, toast bread, salty or sweet biscuits, cereals, sweets or marmalades in sealed containers. Carefully choose the containers and packing; the pressure inside your backpack and in high altitudes could make them burst. Butter will melt for sure. It is recommended to pack everything in small bags or Ziploc bags.

Lunch (while walking)

Sandwiches, tuna fish or sardine cans, cold meat (ham), cheese. Fruits: oranges and apples. Remember that although bananas are excellent due to their potassium content that counteracts fatigue and possible cramps, they are very fragile and easily bruised.

Dinner (at the base camp)

We recommend ready-to-serve meals, such as risotto rice, pasta with cheese, quick soups, sausages and dehydrated mashed potatoes, etc.

To drink

It is recommended to drink between 3 and 5 liters of liquid per journey to help your acclimatization. Sweetened juices and sweetened lemonades are ideal. Avoid low-calorie juices and carbonated drinks. DO NOT DRINK ANY ALCOHOL

While walking

Dried fruits, dehydrated fruits, caramels, or cereal bars

Note: Remember that there are only a few food stores in this area and there are no ATMs in the mountain villages.