

A POTENTIAL 3-MONTH TRAINING PROGRAM IS AS FOLLOWS:

Climb Date Minus 3 Months

- Gym / fitness class / any selection of fitness session x 2 to 3 times a week: choose workouts that make you work hard, increase fitness and push your heart rate up rather than build muscle.
- Walking: walk whenever possible – short 10 minute walks are fine, go to the shops, see friends, short trips you might normally take a bus or taxi for.
- Diet: cut out soft drinks with sugar or sweeteners and junk food. Remember this is a once in a lifetime event – use it as a great excuse to get healthy!

Climb Date Minus 2 Months

- Gym session x 3 to 4 times a week: again choose workouts that make you work hard and increase fitness rather than build muscle. If you're doing 4 sessions a week, dedicate one to strength training or do a little bit of that in every session. No need to go crazy, but doing a minimum of 3 workouts a week creates discipline and mental stamina as well as improving physical conditioning. You can even substitute 1 gym session for an alternative activity such as Yoga or swimming.
- Walking: keep walking – short 10 minute walks are good, but increase your distance to at least 1 hour once a week. That's only 4 x 1 hour walks for the whole month!
- Diet: keep healthy but remember to feed the fire! When you exercise you will burn lots of calories and so replace lost fuel and keep very well hydrated – water is life, drink, drink. Lots of water helps flush out toxins and maintains a healthy perfusion of the body's cells.

Climb Date Minus 1 Month

- Gym session x 4 to 5 times a week: no need to go crazy on the gym sessions, simply keep up a good routine. Only do 5 days if you're getting enough rest and eating well, do not over exercise! Otherwise, you could increase the risk of injury and muscle damage, which may prevent you from even starting, which is not what we want.
- Walking: be realistic and set 4 hikes for this month of around 2 – 3 hours each. Keep walking whenever possible. Again, overexertion and strains should be avoided at all costs, but some hill work and distance will definitely help wear in those thighs and boots. It will also prepare you mentally.
- Diet: a good well balanced diet is the way to be. Any loss of body weight or toning should really have been done in the last couple of months and now keeping healthy and maintaining the status quo is our goal. Make sure to drink a lot of water and have enough calorie intake to complement your exercise routine.

Climb Date Minus 1 Week

- Taper off then RELAX. No need for last minute blasts or burnouts. Exercise gently at the beginning of the week, take a good walk and then simply relax. If you haven't prepared up to this point then training one week from your arrival is not going to help (people that take that approach should expect to find the hike hard work and possibly be ready to fail). Being MENTALLY RELAXED is as important as physical conditioning. Even if you haven't managed to put in lots of training time the same applies.
- Many people work really hard right up to the night before they leave, and then arrive tired and start climbing tired. A stressed body will not acclimatize as well as a relaxed one so give your body a chance and try to prepare early. You can also spend extra days at your destination before the climb or even do light acclimatization walks if you have the time. 1 or 2 nights before you climb can make a world of difference.

Note: Wearing in your boots will avoid discomfort on the mountain – blisters can seriously affect your ability to walk and enjoy the experience. If you do get one on the climb, make sure you carry blister patches, stop and take care of it on the spot.

If you're interested in a more detailed training plan, we partnered up with Uphill Athlete, one of the leading training companies which have tailored training plans for mountaineers.

<https://www.uphillathlete.com/wild-guanabana/>

For Aconcagua we recommend the 16 week training plan which is quite intense but if followed it will really help put your fitness in the right level for this challenge. Once you book this journey with us, we will send you a 10% discount voucher to use for this training plan if you want to use it.



EQUIPMENT CHECKLIST

This list is only a guide. While you are required to bring everything on this list (unless otherwise stated), there are numerous options, brands, and versions of each piece of equipment. Please let us know if you need advice on what product to go with.

CLIMBING EQUIPMENT	
Adjustable Ski/Trekking poles. 1 pair.	
Head torch. Bring extra batteries (preferably Lithium).	
Crampons. Ideally with 'step-in' bindings (12 points).	
Climbing Helmet. Make sure it fits comfortably.	
FOOTWEAR	
Climbing Boots. Climbing plastic boots or double boots are the best option for high altitude. Koflach Artic Expedition, Scarpa Vega, Asolo AFS 8000 are good examples of plastics. Excellent alternatives with outers made of synthetic materials are Sportiva Nuptse, Vasque Ice 9000 or Salomon Pro Thermic.	
Hiking Boots. 1 pair of sturdy boots in which you can wear a light synthetic sock (optional) under a heavy sock comfortably, either wool or synthetic. Shoes should be very Water Proof and Warm.	
Running shoes and sandals. 1 pair to wear around camp that you're not worried to get wet. Some choose to bring Texas or neoprene shoes for river crossings in some seasons.	
Gaiters. 1 pair used to keep rocks/snow out of shoes and boots dry.	
Wool or Synthetic Socks. 4 pair heavyweight socks (wool is warmer). If you're going to be layering socks, check fit over feet and inside boots. Remember to keep one fresh, dry pair of socks available for the summit.	
Liner Socks (optional). 4 pair of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.	
TECHNICAL CLOTHING	
Lightweight Long Underwear. 2 pairs of Tops & 2 pair of bottoms, Capilene, other synthetic or wool. No Cotton. Lightweight is preferable as it is more versatile. Zip-T-neck tops allow more ventilation options. If available, bring 1 set of white or light colored for intense sunny days and 1 pair of dark for other days.	
Synthetic Shirts. Sweat wicker material. No Cotton Preferably 1 short sleeved and 2 long sleeved. Light colors preferred.	
Fleece/Soft Shell jacket. 1 Mid and 1 Heavyweight fleece. A full-zip version is easier to put on and has better ventilation than a pullover. Zip-T's are also good.	

Down or Synthetic jacket. Heavy weight for summit day and evenings.	
Hard Shell jacket w/ hood. We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.	
Light Trekking Pants. Light synthetic pants to be worn on most days.	
Insulated Synthetic Pants. Warmer mid-weight pants to be worn between long underwear and hard-shell on summit day.	
Hard Shell Pants. Waterproof, breathable. Full-length side zippers preferred because it allows easy removal of pants.	
Underwear. Preferably synthetic.	
HANDWEAR	
Lightweight Synthetic Inner Gloves. 2 Pairs. Quick drying material. Should fit comfortably inside heavy gloves. Polypropylene or Capilene material.	
Heavy Gloves & Mitts. 1 good pair of heavy mittens (preferably outer shell is waterproof) and 1 pair of heavy gloves. They should not be too tight or too loose so that it is warm enough.	
HEADWEAR	
Balaclava. Look for a simple lightweight model for windy days.	
Warm Lightweight synthetic/wool hat. Preferably hat should cover ears.	
Baseball cap/sun hat. One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly but not necessary.	
Bandana/Buff. Used to shade your neck from continuous sun exposure.	
Ski Goggles. Comfortable and preferably dark lenses.	
Glacier glasses. 100% UV, IR, high quality optical lenses with no more than 8% light transmission (category 3 or 4). If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses.	

PERSONAL EQUIPMENT	
Trekking Backpack. 70L is a good capacity for this climb, especially if you are not using porters. You may also want to have a day pack for the approach to base camp but one large pack is also good.	
Duffle Bag. A large duffle to fit all of your equipment. This will also be carried by the mules.	
Water Bottles: 2 Wide mouth bottles with minimum 1 Litre capacity per bottle. 1L or 2L water bag or bladder systems is also good in the lower regions but tend to freeze higher up so not ideal on summit day. You can also bring a hydration system like Camelbak but it will only be useful for the approach and lower on the mountain due to freezing. This includes the versions with the insulated hose.	
Water Bottle Warmers. To protect water bottles from freezing. Neoprene material s good. 40 Below brand is one of the best.	
Thermos. 1L or 0.5L. Stainless steel. Useful for warm drinks higher up.	
Pee Bottle (Recommended for men). Wide mouth 1 liter Nalgene recommended. Useful in the cold and higher camps. There are funnel devices for women but this needs practice to perfect!	
Hand Warmers. 6 pairs. To warm your hands on summit day and cold nights.	
Sunscreen. SPF 35 or higher, Make sure that the sunscreen is not older than 6 months as it would lose half of its SPF rating.	
Lipscreen. SPF 40 or higher, again not older than 6 months.	
Sports Drink Mix (optional). Powdered electrolyte drink mix can help you rehydrate. Bring 2-1 Servings per day.	
Sleeping bag. Expedition quality to at least 300- comfort rating. Down is lighter, warmer and less bulky, but more expensive than synthetics.	
Foam mat. Full length.	
Inflatable Therm-a-rest. Full length recommended w/repair kit.	
Crockery. Bowl, cup, fork and spoon.	
Go-Girl or She-Wee (optional). For women. Standing up urinating device.	
TRAVELING	
Dry Sacks. Keeps clothing and other items dry and organized.	
Zip lock bags. To store food, tablets, documents, camera etc.	
Trail snack food items (optional). Bring your favorite energy bars, GU packets for summit day, drink mixes etc.	
Photography. Small point and shoot camera. Extra batteries. Memory card.	
Entertainment. Book. iPod. Games. Whatever you prefer as long as it's lightweight.	
Travel clothes. Don't forget to bring clothing to wear after the climb on your return home. Otherwise, no one will want to sit next to you on the plane!	
Toiletry bag. Soap, wet wipes, toothbrush, towel, hand sanitizer, foot powder if needed, dust mask, ear plugs.	
Swimsuit (optional). For hotel pool.	

MEDICAL & SAFETY

Small personal first-aid kit. The guides will have a first-aid kit. Please let us know about any medical issues before the climb.

Drugs/Medications/Prescriptions. Climbers should bring Pepto Bismol (acidity), Ciprofloxin 500mg tablets (traveler's diarrhea and for urinary tract infections), Azithromycin (Z-pak) 250mg tablets (non-gastrointestinal infections), Acetazolamide/Diamox 125 or 250 mg tablets (helps with acclimatization/altitude sickness), Ibuprofen 200mg or Acetaminophen/Tylenol tablets (altitude headaches, sprains, aches) ...

Please note that the items below are the property of Wild Guanabana and are on loan to you for the purpose of the trip. Should any of the items be damaged/go lost you will be charged the full cost of replacing them. If the item(s) is not available then a similar one will be chosen in its place. A 50\$ deposit will be returned to you once all items have been inspected.

ITEM	PRICE IN USD
Balaclava	10
Sleeping Bag (-29C)	50
Sleeping Mat	10
Therm-A-Rest	25
Hiking Pole (single)	15
Gaiters	20
Head-Torch	15
Thin Gloves/Liner Gloves	10
Thick Gloves	20
Thick Gloves with Inners	30
Rain Jacket	30
Rain Pants	25
Mid-Layer/Convertible Pants	20
Water Platypus/Bottle	10
Mid-Weight Fleece	15
Heavy Fleece	20
Warm Hat	10
Sun Hat	10
Dry Sack	10
Synthetic/Down Jacket	40
Pair of Socks (4 season)	10
Pair of Socks (3 season)	10
Duffel Bag	30
Backpack	30

Take nothing but memories and leave nothing but your footprint.



FAQ

FREQUENTLY ASKED QUESTIONS

What is the ratio of guides to clients?

Our group expeditions are private and are led by a mountain guide for every 3 mountaineers throughout the whole route. This allows us to have the group fully assisted at all times. If for any reason a member needs to descend, or treks at a slower pace than the rest of the group, he/she will always be accompanied by one of our guides.

Are tips included? And if they are not, how much should I give?

Tips are not included in the price of the expedition. They are a reflection of your satisfaction, and are entirely at your discretion. The norm is that all members of the group gather the total amount of tips (what they consider a fair amount), and give it to the head guide directly. He will then divide the amount among his peers. If you would like to tip the camp staff or porters, you can do so separately.

What are the means of communication on the mountain?

We have fixed stands on the mountain to keep us connected via VHF and BLU radio between the height camps of Plaza de Mulás, Plaza Argentina, Confluencia, Puente del Inca and Mendoza city. All our guides carry VHF radios and have permanent radio communication from any point of the mountain with our base camp, Rescue Patrol and rangers. As such, we can respond almost instantaneously to any contingency. In addition, we have a satellite phone at each base camp. This is not intended for personal calls.

Apart from this, all our schedule expeditions are assigned a tracking satellite called «SPOT». This device will help us achieve an exact tracking of our expeditions. We will be able to follow the groups in real time, upon entering the Aconcagua Park until the summit and back.

What do we do with the waste produced by the group during the expedition?

Our expeditions comply strictly with mountain environmental regulations. We are one of the few companies that are committed to removing the feces produced by the group. For this purpose, and when the weather and space allows us, we use a toilet tent and a container where trekkers deposit their own waste. The porters are then responsible for its descent, and at the end of the expedition these residues are flown to the municipality for their right treatment.

What happens if we have bad weather?

We include two extra days in our itinerary to allow for contingencies. The vast majority of groups summit within that time frame. We're unable to allow for additional time for reasons pertaining to logistics and resources on the mountain.

extras you may consume during your stay (mini-bar, meals, laundry, telephone, etc.). These extras must be paid directly to the hotel when checking-out.

Who prepares the food and provides the water during the expedition?

The meals on our expeditions are carefully organized by professional nutritionists who calculate calories per day, carbohydrates, flavor and variety. At our base camps, our chefs will be preparing your food, and at the high camps, our guides will be responsible for everything.

How do I charge my camera batteries during the expedition?

Up to Puente del Inca there are 220V electrical plugs. After that point, it depends on the route you take. If you choose the Normal Route, we have electric generators in Confluencia and Plaza de Mulas base camps. These equipment have 220V and 12V electrical plugs. In Confluencia, they are available for only an hour during the day, either in the morning or in the afternoon, because they are used to charge batteries that will light up our camp during the night. In Plaza de Mulas the generators are turned on from 7pm to 11pm maximum.

If you take Valle de Vacas Route towards Plaza Argentina, the system is the same as in Confluencia. Once you ascend higher, there are no electrical provisions, which is why we recommend bringing spare batteries or portable solar panels.

How do I get the trekking permit?

The permit of entry to Aconcagua Provincial Park is not included in the program. It is essential to acquire a climbing permit to enter the Aconcagua Provincial Park. The guides will help you with the permits upon arrival.

Where can I exchange money?

The Argentinean currency is the Argentine Peso. Bureaux de change and banks in Argentina change money of major currencies, such as U.S. dollars, Euros, Chilean Pesos and Reales. The easiest to exchange is always the USD.

The best option to exchange money is the bank, but in order to do so you must be a client of the bank. Some hotels and shops accept dollars when charging for a service.

It is advisable to bring some money in cash to the trip. ATM machines are not always reliable, or might have a low daily withdrawal limit. The climbing permit, to begin with, it's paid only with cash. Then there's occasional expenses in Mendoza (a restaurant that won't take credit cards, tips). Once in the mountain, US dollars in cash are the best way to pay for services as porters, a beer, tips for the muleteers, etc.

How will I be transferred from the airport and check in to the hotel?

For your transfer from the airport to the hotel, a driver will be waiting for you with a sign with your name. He does not speak English. During the transfer and for your safety, please wear your seat belt all the time; this is obligatory in Mendoza. Once you are in the hotel, go to the front desk. The reservation will be held with your name and surname.

Important: To complete the check in process, the hotel asks for a credit card as a guarantee for the extras you may consume during your stay (mini-bar, meals, laundry, telephone, etc.). These extras must be paid directly to the hotel when checking-out.

Can I leave luggage in Mendoza or Penitentes?

Yes, there are secure places to store your gear at Mendoza, where you can leave things at the hotel, at Penitentes, where we have big a big warehouse with lockers, or at Plaza Argentina or Plaza de Mulas.

Leaving the trip early

As a rule of thumb: trips are designed with the idea of avoiding any extra costs to the climbers. However, if you need, or choose, to leave the trip early, please bear in mind that there will be expenses that are going to be your responsibility. In the case of medical evacuations or accidents, the Park's Medical Service and the rangers can decide that a climber needs to be helicoptered out of the Park, at no cost (that coverage is included in your climbing permit). But the climber will be responsible for any other service, such as a mule to carry her or his gear back to the city, hotels, private transfer to Mendoza, etc. If you depart from the group for any other reason, there might be expenses such as a guide, porters or mules for the gear, transfers and lodging.

Group Sizes

We like small groups: six climbers is a good number, with more than nine climbers we'd split the group in two. We focus on giving every climber a fair chance to summit.

How do I join the group and when is the group meeting?

On day 1 of the expedition you will be attending a briefing, in which you will meet our guides and receive general information about the expedition. The meeting will be held in the hotel lobby and the customer service staff will share the schedule.

After the meeting, our guides will accompany you to rent or buy any equipment you may need.



TIPS & TRICKS

HIKING PACK

Your hiking pack should only contain in it your water, your extra sweater/gloves/sunglasses/etc., waterproofs, and camera, snacks. Everything else will be in your main duffel bag, which will be carried by the porters. You won't even see your duffel bag as the porters are much faster and they will get to the lodge probably before you.

DUFFEL BAG

Upon your arrival in Kathmandu, you will be receiving a duffel bag, yes that's our gift to you. While packing your stuff in the duffel bag, **please note that all of your items in the duffel bag cannot exceed 15kg as per regulations or else the porters will not carry them.** Everything needs to fit in your duffel bag - the only items that should be in your hiking day pack are extra layers of clothing for the hike in case you get cold or feel hot, camera, snacks, medication, etc. - and that's all!

You don't want it to be any more than that or else it will be too heavy for you since you will be walking for long hours. Don't over pack! You will not be changing your clothes as often as you think! Especially the last few days you will be cold and tired so some have slept and woken up and hiked in the same clothes for 2 days straight and it was all good! Just bring what is necessary and if you follow the checklist you should be okay.

PACKING TIPS

The trick here is to minimize the amount of time you need in the morning and before you sleep. So you want to make sure you pack in a way that helps you find what you are looking for as fast as possible without having to dig too hard into your bag. The best way in our experience is to place everything in Zip Lock Bags according to their category. The good thing about zip lock bags is that they are see-through so you can see what's in them right away. Another good thing is that they are waterproof so in case it rains it will keep your items dry. For example, you can place all of your toiletries in one zip lock such as: soap, toothbrush, toothpaste, facewash, toner, cotton pads, etc. Then you can place all of your underwear in another zip lock, your passport and any important documents in another, your medicine and any medical supplies in another, your socks together, etc. That way you can always find your items quickly and it will also keep them dry.

SLEEPING BAG

This is important because even though you will be sleeping in lodges – they are not insulated. So, you will feel the cold especially as we go higher up. You will be placing your sleeping bag on top of the bed to sleep in. If you are the type that likes a pillow – there are a few tricks for that. You can either bring an empty pillowcase and stuff it with clothes to sleep on, or you can bring the inflatable airplane pillows. The beds in the lodges come with pillows, so you can also bring a scarf to place over the pillow so you can feel more comfortable resting your head on it.

HIKING SHOES

We hope you are wearing them daily! Make sure they are high enough to support your ankles and made out of an insulated material so that they can keep you warm and they also need to be waterproof. They also need to be a half size bigger as sometimes you may feel the need to wear at least 2 socks to stay warm -so its important that your hiking boots have room for that. It's important to wear them early on so you can loosen them up before the hike, especially if they are brand new.

GLOVES

This is a tip for gloves: What keeps your fingers warm is actually the air pockets between the gloves so make sure that buy your gloves a bit bigger than normal so that when you wear them on top of each other there is still room in between them. If they are all too tight you wont feel warm - so you need to make sure the air pockets are there.

SOCKS

Your socks need to be made out of wool'ish material absolutely no cotton! -- They call them 3 season or 4 season socks, kind of like the ones you would wear for skiing.

CAMERA

Since this is a super awesome trip, you definitely want to bring a camera with you. Some of you if you are photo enthusiasts will want to bring your SLR. You can but we don't recommend it, as they are heavy and bulky. A normal digital camera will do. In the case of batteries, make sure you bring extras! The trick with camera batteries is to bring extras and always keep them in a warm place, like inside your socks in your duffel bag - as the cold makes the battery life deplete a lot faster. Also, interchanging the battery is believed to be better and also makes it last longer than using one full battery till it runs out and then switching to another one.

HYGIENE

We will always do our best to provide rooms in lodges with attached bathrooms. However, not all of the rooms come with bathrooms and not all of the bathrooms will have showers - so its time to embrace the funk! :) In the chance that you do shower, please make sure you bring your own mini shampoo, conditioner and towel. Alternatively, you can 'rent a towel' but it's best to have your own. Also, please make sure to get a towel that is made out of a quick dry material, and not the normal towels you find at home as they take longer to dry.

HYGIENE *(continued)*

The best thing to bring with you is Dettol wipes or baby wipes. These will be your new best friends on the mountain! So you can use them for obvious reasons and you can also use them in what we like to call «Dettol Showers» and just wipe yourself down in your room to freshen up. Some people have also taken with them Dry Shampoo, so you can do that as well. Or you can just hide your hair under a hat that works as well! Please also make sure you bring your own toilet paper. As for other elements, sometimes the hot water in the bathroom is not as reliable so for the days where you are too tired or cold to wash your face, we find that its great to bring a face toner so you can just wipe it down in the morning and at night to stay fresh. You can also bring with you a body spray to feel fresh and nice smelling.

NAILS

Make sure you cut your toe nails really short. This is important especially on the way down from the mountain, as the pressure on your toes from the boots have caused some people to lose their nails when they get home. It's not fun so if you keep them short you should be okay.

BLISTERS

Some people get them from the long hours of walking. The last thing you want on a trek is a blister as that can seriously make your life miserable when you are there. The trick we find best for this is «Pre-Emptive Behavior». That means you wrap your sensitive spots, like your heels, certain toes, etc. with gauze and medical white tape as soon as you start the trek. This will protect those areas from extra friction and save you from blisters. So you wrap them up like you already have a blister - before you get the blister. It works for us!

PHONES

You will get very little reception on the trail, so feel free to bring your phones if you like but keep in mind that not all networks work roaming!. Some people take this as a chance to completely disconnect from the world and unplug but some of you have moms and dads who need that update so it's ok. If you want to be absolutely connected, then please feel free to purchase a local sim card in Argentina. The battery trick here is the same as the camera one so keep your phone in a dry and warm place so it lasts longer and keep it turned off when you are not using it. In certain villages like Namche Bazaar (day 3 and 4) you will have access to cyber café's where the internet is reliable – so you can use that time to get connected or to update family.

CAMP SHOES/CLOTHES

Once you get to each village you're going to want to take off your hiking boots and get into something comfortable. We suggest bringing something that's easy to slip on and off - versus something with laces. Since if you have to go to the bathroom at night the last thing you want to be doing is fumbling in pitch-black darkness with laces and the likes of. You may also want to bring comfortable lounge pants like sweat pants or something to keep you warm.

GEAR LIST

Everything on our gear list is mandatory so we can't stress enough that you should go over it again and again and make sure you have everything, every little thing counts!

SNACKS

The best snacks to bring are DATES - as they are small and packed with energy. We prefer these over the usual energy bars as sometimes they have not so friendly effects on your stomach and that's the last thing you want on the trail. Nuts are also a great option.

BRING A JOKE!

The trail is long so sometimes it's nice to share a joke or two :)

BRING SOME ENTERTAINMENT

Some people bring with them books (kindle is best so you don't have to worry about weight) or a journal - you're going to want to document this for your memories. Sometimes it will be cold to write so perhaps bringing a voice recorder is best to record your thoughts and memorable moments. Avoid bringing heavy items such as laptops as you won't get as much use out of those as you would think.

BRING AN AWESOME ATTITUDE

Climbing Aconcagua is 90% mental so make sure you start visualizing yourself there - and bring with you a flag or a picture or whatever you want to take your photo with when you reach Base Camp!



EXTRAS

STAYING HEALTHY

Argentina requires certain immunizations to enter the country, namely yellow fever. Moreover, some vaccinations that are recommended before departing for Argentina include: Polio & Tetanus (if nil in last 10 years), Typhoid (if nil in last 3 years), rabies, cholera, and Hepatitis A. Individuals born before 1970 should take two doses of the following immunizations: measles & mumps & rubella. Since most vaccines don't provide immunity until at least two weeks after they're given, we recommend a visit to the doctor four to eight weeks before departure. Also malaria pills are a must have on this trip for protection.

Traveler's diarrhea is the most common illness affecting travelers, involving a substantial number of international travelers each year. You can minimize the risk for Traveler's Diarrhea by avoiding to eat foods and drink beverages in places with poor hygienic conditions, abstaining from consuming raw or undercooked meat and seafood, and avoiding raw fruits and veggies unless they can be peeled. Drinking mineral water is also recommended. Needless to say that frequently washing your hands is the prudent thing to do, whether at home or abroad.

While on the trip, you will have access to an extensive first-aid kit, which includes medications such as Ibuprofen, Tylenol, Aspirin, Imodium, Pepto Bismol, Diamox, and some common broad spectrum antibiotics. If you wish to bring a small med kit of your own, feel free to do but keep it simple. Many over the counter and antibiotic medications are readily and cheaply available in the pharmacies in bigger towns.

If your health insurance doesn't cover you for medical expenses abroad, we recommend that you get extra travel insurance prior to departure. There are plenty of options when it comes to travel insurance providers. We highly recommend BUPA's single trip travel insurance. You can buy it [here](#).

CUSTOM & DUTY FREE

Duty Free: up to 300\$ of merchandise. 400 cigarettes and 50 cigars or 400g of tobacco and 400 cigarette papers. (2l) bottles of wine and/or spirits. Any other souvenirs within the \$ 300 limit. Passengers under 18 years are allowed half of the quantities.

Continued ...

CUSTOM & DUTY FREE *(continued)*

Prohibited Imports: the import of the following is prohibited by law:

- Used products such as but not limited to (Clothing, medical supplies, spare parts, etc)
- Products containing polychlorinated biphenyls (PCB)
- Asbestos fibers
- Dangerous residues
- Certain food additives and colorants

Prohibited Exports: The export of the following is prohibited by law:

- Heavy weapons and ammunition.
- Drugs and narcotics
- Pornographic material
- New computers
- TV's

SAFETY

Argentina is not a dangerous country to travel in, but it is not crime-free either. Petty crime is quite prevalent, particularly in poorer areas around bigger cities, in local markets, secluded beaches and in public transit. You can walk comfortably all night however, do not exhibit valuable personal belongings (camera, iPod, passport, credit cards, watch, jewelry, etc) when you don't need to. Never leave your bag(s) out of your sight or unattended. Be alert to the risk of thefts of personal property from cars and taxis stationary in traffic. Keep your important documents and money safely hidden under your clothes (not in your backpack or day pack) or locked in a secure place. When buying anything try not to get shortchanged and keep an eye out for fake bills. Use your common sense and vigilance to minimize the risk of becoming victim to crime.

CLIMATE

The weather in Argentina is very varied, with a sub-arctic climate in the far south and a subtropical climate in the north. Buenos Aires and the central area have a temperate climate with temperatures varying from 95°F (35°C) in January to 50°F (10°C) in July. In mid-summer (December, January and February) the weather here gets hot with 65% humidity. Most rain also falls during summer, although rain can be expected throughout the year. Tierra del Fuego and the rest of Patagonia in the far south of Argentina have cold weather and strong winds and are prone to sudden changes of weather. It is very cold during the winter months (June, July and August) with average temperatures hovering around zero; summer months are warmer; the sun shines for up to 18 hours a day and temperatures vary between 43°F and 54°F (6°C and 12°C). In the extreme north of Argentina, there is an average annual temperature of around 73°F (23°C) and plenty of rain.

SPENDING MONEY AND EMERGENCY FUND

Each traveller is different and his or her spending habits vary. Please, plan your travel budget and consider your own habits during your holidays when buying drinks, meals, or doing shopping. Also, remember the following recommendations for such planning:

TIPS

Tips are not included in the price of the expedition. We believe that they are an expression of satisfaction with those who attended you throughout the expedition. That is why they are your sole decision.

In Mt. Aconcagua there are not percentages or stipulated amounts. Usually all members of the group gather together some money – what they consider convenient and fair for the people that guided them in this adventure - and give this generous tip to the leader guide. Then, he will make the corresponding division with his peers.

If you also want to tip the camp staff or porters, you can do it separately.

DRINKS

Prices vary between Mendoza city, Puente del Inca or the base camps in the mountain. For example, in Mendoza, a soda or beer can cost between U\$D 2.- and U\$D 4.-; while in the mountains they can cost between U\$D 5.- and U\$D 8. These are average prices.

MEALS

Mendoza city offers a wide variety of excellent cuisine. For example, you can find from fast food restaurants where the menu has an approximate price of U\$D 10.-, to the most elegant restaurants where you can eat from around U\$D 40.-

SOME SUGGESTIONS

Mendoza is a generally safe city during the day, but as almost all cities, the risk increases at night.

- Avoid taking excessive cash.
- Do not expose money in public.
- Take your passport and money in neck purses or other system for travellers or distribute it among your partners.
- Walk in small groups, take taxis and do not to carry backpacks or walk with your camera at everybody's view.
- Leave your jewellery at home; you will not need it in Mt. Aconcagua.
- Make sure you have access to a further emergency fund of at least U\$D -250 to be used in circumstances beyond your control. Even though this does not happen often, it is important to be prepared.

CURRENCY

The Argentinean currency is the Argentine Peso. Bureaux de change and banks in Argentina change money of major currencies, such as U.S. dollars, Euros, Chilean Pesos and Reales. However, the easiest will be to change dollars to Argentine Pesos.

The best option to change money is the bank, but one must be client to perform such transaction.

Another recommended alternative are the official exchange houses that have a good offer. Finally, you can change your money in the hotel concierge, but we do not advise it since you would be losing money.

In some areas of the city you will find people in the street who will offer you to change money; **DO NOT ACCEPT.**

Some hotels and shops accept dollars when charging for a service.

NOTE: Banking schedule is from 8:00am to 01:00pm while bureaux de changes are opened from 09:00am to 01:00pm and from 05:00pm to 08:30 pm.

CREDIT CARDS

Most of the shops, restaurants and bars accept credit cards, but due to the economic situation in the country and the inflation, it is possible that in some cases you have to pay between 5% and 10% interest. Before delivering your card, please confirm if you will have to pay a surcharge. The most widely accepted cards are Visa and MasterCard.

Our company does not accept credit cards.

ATM AND DEBIT CARDS

Automated Teller Machines are distributed throughout the city. Almost all the city banks have ATMs linked to international networks most commonly used as Banelco, Cirrus, Plus, MasterCard, Visa, Maestro, Citibank and others. You have to simply note the logos of these companies which are stuck in the stained glass windows of banks or ATMs. Remember to bring your PIN number.

Normally the ATMs in Argentina have a limit money extraction per day because of security, which is usually ARS1,000.- Argentine pesos (USD 220.-), but this depends on the status of your account.

We suggest you verify this with your bank before you travel to Argentina, to avoid a bad moment.

Regarding debit cards, this payment system is accepted in many shops. The most commonly used cards are Maestro and Visa Electron.

TRAVELLERS' CHEQUES

Only a few shops accept travellers' cheques in Mendoza, due to the laws against laundering money in Argentina. Then, the only option you have is to change them in banks. This is the only entity that accepts Travellers' cheques. The owner of the cheques will be the only one authorized to do so, presenting the official receipt where he purchased them, the purchase certificate where each of the cheques numbers appear and his/her passport. This is very important as without these three requirements the cheques will not be changed.

Please, consider that bureaux de changes and banks charge a commission for this transaction. Our company does not accept payments by Travellers' cheques.

FLORA & FAUNA

More than 10% of the world's flora varieties are found in Argentina. The magnificent grasslands have figured prominently in the development of Argentina's world-famous cattle industry.

The varied climate and soils of Argentina facilitate a wide variety of plant life. Central Patagonia and parts of Tierra del Fuego, with their cold, dry climate have few trees and are covered by low shrubs and grasses. Towards the Patagonian Andes, however, where there is plenty of rain, there are magnificent forests and lakes. The Pampas is covered by grassland, while in the North-east forests of carob and palm trees grow. Both forest and savanna make up the Chaco region; the forest of this region includes the carob and quebracho trees, which are a hardwood variety well known around the world.

Animal life in Argentina is also varied. Llamas, alpacas and vicuñas are found in the Northern Andes. Big cats such as jaguars and pumas, and other animals including monkeys and wild boars, are found in the central north and northeastern areas, while deer, emus and foxes inhabit the Pampas and the Patagonian region. Among Argentina's numerous bird species is the condor, and fish species include abundant trout and salmon in the inland lakes in the southern part of Argentina.

PEOPLE OF ARGENTINA

Argentina is a multi-ethnic society, which means that it's a melting pot for a lot of ethnicities.

The most common ethnic groups that form the majority of the Argentine community are Italians and Spaniards, those 2 ethnic groups make up around 80% of the population.

Other ethnic groups include:

Mestizos: are mixed races of Latin Amerindian descent, they mainly live in the greater Buenos Aires area and near the Northern provinces. They form 8-15% of the population.

Amerindians: They are the indigenous inhabitants and they form 3% of the population.

Jewish: The 5th largest Jewish population is located in Argentina they form 2% of the population and they are mostly European immigrants.

Arabs: Lebanese and Syrian populations are abundantly available in Argentina forming around 3% of the population.

COMPLICATIONS WITH BAGGAGE IN ARGENTINA

Most of our passengers arrive at Mendoza after one or more international flights, with connections to major airports. This can result on occasional baggage loss.

You must be prepared in case you have this problem. You should have all your important documents and personal values with you during the travel. We also recommend you take at least an extra outfit in your carry-on baggage.

If unfortunately this happens and your baggage does not arrive with you, you should go immediately to your airline counter to make the corresponding claim. Normally, the airline will inform you how long they estimate for your baggage arrival. In Mendoza, the arrival of lost baggage usually takes between 24-72 hours from the arrival of the passenger to the city.

The airline is technically responsible for sending your luggage to the hotel.

CULTURAL HIGHLIGHTS

Argentine culture has been largely influenced by European immigration although there are also some Amerindian and African influences, particularly in the fields of music and art. Argentine cities show a mixture of architectural styles imported from Europe but in the case of older settlements, and of older preserved neighborhoods within cities, modern styles appear mixed with colonial features, relics from the Spanish-ruled past. Museums, cinemas and galleries are abundant in all the large urban centers, as well as traditional establishments such as literary bars, or bars offering live music of a variety of genres.

Cuisine: The Argentine cuisine is heavily influenced by the Italian, Spanish, French and other European cuisines. The typical Argentine diet is a variation of the Mediterranean diet. Argentina is known for its asado or grilled beef where meat is placed on a grill and barbecued over charcoal or wood embers. There are restaurants that serve only asado and many local restaurants always have asado on the menu.

Argentines generally consume large amounts of beef.

Traditional foods of the provinces hark back to the pre-Columbian period, with a reliance on maize, beans and squashes. An eminent traditional food is the empanada, a circular piece of pastry folded in two around a filling (including chopped meat, olives, hard-boiled egg, potato cubes, ham and cheese, and many other variants), which can be baked or fried.

Music: The best-known element of Argentine culture is the tango dance. In modern Argentina, tango music is enjoyed in its own right. It should be noted that foreigners usually think of tango as the dance music, whilst for Argentines the word refers to both the music and the lyrics -often containing words and phrases in the local slang-, which are a form of poetry.

Folk music and dance are popular in provincial Argentina and are blends of various native and European styles.

European classical music is also popular in Argentina. The Teatro Colón in Buenos Aires is considered to be one of the world's major opera houses.

Sports: Football is a national obsession more than a sport to the Argentines, they won the world cup in 1978 and 1986 and they are still trying to get in one more time. Diego Maradona has kept the newspapers in business for the past 20 years and now Lionel Messi his successor is taking over. Polo is the other Argentine favorite sport, with Argentina dominating the sport on the international scene. Literature: The Argentine literature is mainly comprised of poems, short stories and comics. The most famous Argentine authors are Jorge Luis Borges, Adolfo Bioy Casares and Julio Cortázar

MONEY

Traveling with large amounts of cash is NOT recommended. There are several ATM machines that accept debit cards, VISA, and MasterCard in Buenos Aires. Travelers Checks are an alternative, although you are limited in where and when you may cash them. The best currency to bring is US dollars in a mixture of large and small denominations.

It is advisable to bring *some* money in cash to the trip. ATM machines are not always reliable in Mendoza, or might have a low daily withdrawal limit. The climbing permit, to begin with, it's paid only with cash. Then there's occasional expenses in Mendoza (a restaurant that won't take credit cards, tips). Once in the mountain, US dollars in cash are the best way to pay for services as porters, a beer, tips for the muleteers, etc. So balance the amount of cash you carry.

PHYSICAL FITNESS

With or without a backpack, hiking can be quite exhausting, especially at high altitude. The better physical condition you are in, the more you will be able to enjoy the experience. Being able to walk 4 miles in a day is the minimum requirement for all of our trips. If you do not already practice a regular fitness routine, please begin training for your trip at least 6 weeks prior. Training can involve running, hiking, walking, swimming, yoga, martial arts, aerobic-style classes, weight lifting, biking. The activities should be conditioning your body in both endurance and strength.

TRAVEL GREEN TIPS

- Pack you environmental ethic.
- Sign the Responsible Travel Pledge and commit to preserving the natural and cultural attributes of the destination you will be visiting (http://www.globalproblems-globalsolutions.org/site/PageNavigator/FWH_survey_travelPledge)
- Unplug your home and office appliances before leaving for the trip.
- When researching your destination, try to go paperless and avoid printing unnecessary materials.
- Pack lightly and leave the extra shoes and clothes at home.
- Bring your own water bottle for filtered water instead of purchasing endless plastic bottles.
- Pack a re-usable food container for snacks and meals on the go.
- Bring a re-usable shopping bag to carry purchases made on the trip.
- Bring rechargeable batteries and a battery charger.
- Minimize your waste by not buying disposable items for which there are reusable alternatives.
- Avoid pre-heating or pre-cooling your hotel room when you are not around.
- Turn off the lights and appliances when you leave your hotel room.
- Try to wash your own clothes as laundry service can waste a lot of precious water.
- Eat local foods and order only ocean-friendly seafood.
- Stay at small, locally owned and operated hotels.
- Support sustainable tourism practices by forgoing certain comforts while on the journey.
- Buy from local artisans and co-ops not department stores.
- Do not purchase items made from endangered species.
- Lend a helping hand to the communities you visit whenever you can - volunteer.
- Stay on the trail - take only memories leave only footprints.
- Respect the local culture and be mindful of cross-cultural differences when interacting with locals.
- Plan your trip in conjunction with a local festival/event to get an insight into local culture and customs.
- Respect the unique 'sense of place' of your selected destination.
- Try to fly with on-time airlines that fly non-stop whenever possible.
- Consider offsetting your travel through carbon offset schemes or otherwise.
- Share your knowledge and experiences with others.
- Embrace the differences - do not compare.

OTHER CARE TIPS

Sun: It is very important to wear sunscreen during the expedition, even during cloudy days or when you are at high altitude and feel cold. The action of the sun's rays in the height is very strong.

Hydration: Even when the days are cool, be sure you drink at least 3 liters of water per day. Our guides will be extremely insistent on your minimum hydration.

Diarrhea: It is normal for people who travel to have stomach imbalances due to weather change, schedules and meals. Be sure you wash your hands before each meal.

Hypothermia: It is a condition in which the central body temperature drops below 35 degrees Celsius (95 degrees Fahrenheit). This decrease is caused by exposure to very cold temperatures. For this reason, it is very important to have the appropriate equipment for this mountain.

Contact Lenses: Contact lenses should be removed during the night. The eyes need to absorb oxygen from the atmosphere and as you will be in a reduced oxygen area, problems may develop in the cornea.

Blood donation: We remind you not to donate blood at least two months before the beginning of your expedition.

If you are a woman: Please be prepared for changes in your menstrual cycle since exposure to the height can vary it.

TRAVEL INSURANCE

You have made a significant investment in your travel plans and while in most cases everything will run smoothly, situations may arise on or before your trip that are outside of our control and for which we cannot be held responsible. Travel insurance may help to make your trip more worry-free by protecting your investment and yourself.

Travel insurances can cover expenses resulting from situations such as:

- Trip Cancellation and Interruption due to sickness
- Emergency Medical Transportation
- Trip and Baggage Delay
- Lost or Stolen Baggage
- Doctor and Hospital Payments
- Travel Accidents
- Weather delays

There are plenty of options when it comes to travel insurance providers. We highly recommend World Nomad's single trip travel insurance. You can buy it here: <https://www.worldnomads.com/travel-insurance/> (make sure you go for the Explorer package as that covers a higher altitude)