



ITINERARY

- Day 1: Copiapó - Vallecito (3,000 m), we will sleep in this area for the first acclimatization
- Day 2: Vallecito - Laguna Santa Rosa (3,800 m), here begins our second stage of acclimatization.
- Day 3: Rest and relaxation day to take walks around the lagoon.
- Day 4: Ascent to Cerro 7 Hermanos (4,900 m), this will be our first acclimatization hill.
- Day 5: Laguna Santa Rosa - Laguna Verde (4,350 m)
- Day 6: Ascent to Cerro Barrancas Blancas (6,100 m), this will be our second acclimation hill
- Day 7: Laguna Verde - Atacama Base Camp (5,200 m), we will also carry out the last acclimatization trek to Refugio Tejos (5,837 m) where we will carry the necessary equipment for the day of ascent to the summit.
- Day 8: Rest and relaxation.
- Day 9: Atacama Base Camp - Refuge Tejos.
- Day 10: First summit attempt (departure at 1:00 am).
- Day 11: Second summit attempt.
- Day 12: Return to the city of Copiapó.

SUGGESTED PERSONAL EQUIPMENT

- T-shirts
- Light upper body shirt
- Heavy upper body shirt
- Fleece jacket medium weight
- Fleece jacket expedition weight
- Down jacket
- Wind/waterproof jacket (Gore tex or similar)
- Thermo underwear
- Light weight long johns
- Heavy weight long johns
- Trekking pant
- Gore tex (or similar) pant
- Shorts
- Light socks
- Heavy socks
- In town clothes
- Tennis shoes
- Trekking shoes



- High Mountain Boots (plastic or similar)
- Light gloves
- Heavy gloves
- Mountaineering gloves
- Sun hat
- Wool cap
- Balaclava
- Gaitors
- Trekking poles
- Crampons
- Mountaineering sleeping bag (-25°C comfort)
- Sleeping pad
- Day pack (40l+)
- Backpack (80l)
- Sunglasses - Glacier goggles
- Head lamp + batteries
- Water bottle
- Thermo bottle
- Pen knife & lighter
- Toiletries & moisturizing cream
- Sunblock cream (face & lips, factor 30+)
- Swimming suit + towel