

Aconcagua - Expedition Information Pack

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Fitness & Training:

We have classified Aconcagua as a level 8 expedition, for more information about our levels system [click here](#). The complexities of proper acclimatisation, high winds, extreme cold and a long summit day make Aconcagua a formidable challenge. Although it is not essential, we recommend that all participants should have previous experience at high altitude (>5000m). Participants should have a high level of fitness. Although this is not a technical climb, it is very steep in places and you will be gaining height very quickly. This expedition is not for the faint hearted and your training should be taken seriously. In order to attain the fitness levels you will need to partake in this expedition, completing long hikes with a 20kg backpack for several days in a row should present no problems for you.

Hillwalking: Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. We would recommend hiking at least twice per month in preparation for this expedition. In the three months prior to departure try to include two long training hikes (6-8 hours at a comfortable, steady pace) on consecutive days with an 20kg rucksack. You or someone in your party should have walking experience and the necessary navigational skills whenever you go out on the hills.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least three cardio training sessions per week. The type of training is not important you just need to elevate your heart rate for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

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Training Weekends:

We hold training weekends prior to all expeditions, where you will meet an expedition leader and your fellow adventurers! An experienced expedition leader will give a full expedition brief, lead two training hikes and offer expert advice on all aspects of the expedition including training, equipment, weather, and more. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location! When you book an expedition with Earth's Edge an account is generated for you on our website. You need to log on to your account to register for your training weekend.

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Equipment:

You are responsible for having the necessary personal equipment you need for this trek. If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing! When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter. To apply for a loyalty card please forward your confirmation email and your postal address to web@greatoutdoors.ie and they will send you a loyalty card. You can also take a copy of the email into their George's Street Store and they will generate a loyalty card for you while you wait. Allow 10 minutes for this.

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EQUIPMENT CHECKLIST	
Synthetic mountaineering boots. (This item may be available to rent upon request.) -Examples of suitable boots; La Sportiva G2SM, Scarpa Phantom 6000 or similar. -Examples of unsuitable boots; La Sportiva Nepal Extreme, Scarpa Mont Blanc, Meindl Island Pro or similar.	
12 point crampons. (This item may be available to rent upon request.)	
Climbing helmet (This item may be available to rent upon request)	
Trekking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Sandals (to wear in transit, at lower altitude when not trekking and to cross streams and rivers on approach to base camp).	
Down booties or runners to wear at high altitude camps.	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Heavyweight hiking socks x 2.	
Lightweight liner socks (for summit night).	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1.	
Lightweight trousers to wear as far as basecamp x 1.	
Softshell trousers x 1.	
Synthetic/wool long johns x 2 (for night time use and summit night).	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layer x 2 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (as above).	
Mid weight fleece, down or soft shell jackets x 2.	
A down jacket. It must be heavy weight with a hood (at least 900 grams in weight).	
Waterproof jacket.	
A fleece hat to wear in the mornings and evenings.	
A buff.	
Category 3 or 4 sunglasses.	
Category 3 or 4 ski goggles.	
A sun hat with a wide brim to cover the face and neck.	
A pair of thin synthetic liner gloves for use as a base layer and sun protection.	
A pair of heavy mountaineering gloves.	
A pair of heavy down mitts.	
Walking poles.	
Rucksack (75+20 litres): You will use this throughout the expedition. When approaching basecamp it will be almost empty as the bulk of your equipment will be in your duffel bag with the support team. It will be full when carrying loads between higher camps with an estimated maximum weight of 20kgs. On summit day it will be almost empty again as we will leave the bulk of our gear at Colera (Camp 3). If you think you will be unable to carry 15-20kgs between higher camps it is possible to hire a	

personal porter, contact us for more information.	
Duffel bag (120-150 litres) to carry your equipment to basecamp. We recommend you use something strong and sturdy, as this bag will be carried by the support team.	
Small duffel bag (30 litres) to leave at the hotel in Penitentes with any clothes or equipment you don't need on the trek.	
Dry bags. To organise and water proof your equipment inside your bags.	
Water bottles: Three wide mouth 1 litre water bottles. If you wish to bring a water bladder to use at lower elevations you can but it will not work at high altitude so you need bottles.	
Water bottle insulators for each of your bottles.	
A 500ml thermos flask.	
A warm sleeping bag (comfort rating of -20°C or lower).	
A sleeping bag liner (This helps to keep your sleeping bag clean and adds an extra season).	
Spare laces.	
Suncream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitizer. You need to have enough supplies for the duration of your expedition.	
Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
Toilet roll.	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> ● Rehydration salts ● Plasters ● Compeed ● Paracetamol ● Ibuprofen ● Buscopan ● Throat lozenges ● Nasal spray ● Decongestant such as sudafed ● Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i> 	
Personal medication. Please carry any medication you are currently taking on a regular basis such as: <ul style="list-style-type: none"> ● Asthma inhalers ● Nutritional supplements ● Blood pressure tablets If you suffer or have suffered from any skin condition, bring appropriate creams such as: <ul style="list-style-type: none"> ● Canesten ● Zovirax ● Anusol ● Hydrocortisone 1% 	
Small towel for washing.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
Personal snacks; although sufficient food and snacks are supplied throughout the trek you should consider bringing your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
A Pee bottle (1 litre, wide mouth). Women should bring a funnel (She Wee) too.	
Cup, spoon, knife, fork and bowl.	
Pen knife.	
Thermarest.	

A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
Vaccination booklet (if required).	
OPTIONAL ITEMS	
Diamox (Tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
Power adaptor – Plug type C is used in Argentina.	
Ear plugs.	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

Rental Equipment:

If you wish to rent equipment in Argentina you should contact the following company in Mendoza <http://www.pireaconcagua.com.ar/>. Order what you need well in advance of departure.

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Flights:

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions. For those that book a land only package please consult us prior to booking your flights. It is important you are on time for the trek briefing on the first day.

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Description & Detailed Itinerary:

Aconcagua is one of the 'Seven Summits' and the highest mountain in both the Western and Southern hemispheres, it is in fact the highest mountain outside of Asia. Towering at 6,962m this impressive peak lies in the heart of the Andes in Argentina close to the border with Chile. It is believed the name Aconcagua originates from the Inca word 'Acon Cahuk' which translates to 'Stone Sentinel' and is certainly a very fitting description of this beautiful peak.

Although the summit of Aconcagua sits at almost 7,000m there is no technical mountaineering required to reach the top, it is very much a trekking peak. However, this does not mean that reaching the summit is an easy undertaking. It is a formidable challenge requiring proper acclimatisation, adapting to high winds and extreme cold. Summit day is long and demanding, gaining 900m and traversing varying terrain in order to reach the top and take in the panoramic views of the surrounding peaks.

Our 21-day itinerary includes 16 days of trekking and allows for proper acclimatisation. We have also allowed spare summit days to give us the flexibility needed to accommodate for bad weather, maximising our chances of reaching the summit. There are a number of routes to be considered to reach the top, our itinerary combines an approach through the Vacas Valley and descending the 'normal route' which allows us to enjoy the best of both sides of the mountain while offering the best acclimatisation profile. We combine the Polish route, the Ameghino traverse, Upper Guanaco and the 'normal route' giving you a comprehensive experience of Aconcagua.

The scenery all along the route is incredibly beautiful, particularly when we reach the higher elevations at Camp 2 and 3 as we look to the North at the neighbouring peaks and glaciers. There is also plenty of local wildlife to view during our time in Mt. Aconcagua Provincial Park so keep your eyes peeled and cameras ready for condor, mora eagle and a wide variety of other birdlife. We also spend two (or more -depending on our summit day!) nights in Mendoza, home of Argentina's famous Malbec grapes and phenomenal local cuisine.

We are the only company in the world who send an International guide and doctor on our Aconcagua (6,962m) expeditions while keeping group sizes sustainably small. Sending an international guide and doctor on all our Aconcagua expeditions allows us to deliver an unrivalled level of safety and service for each and every one of our clients. Having smaller group sizes allows us to minimise our environmental impact and foster a stronger team dynamic.

Day 1: Dublin to Buenos Aires.

Fly Dublin to Buenos Aires. Overnight flight.

Day 2: Arrive in Mendoza (760m).

We take an internal flight to Mendoza in the morning. Later in the day we will have a team meeting to review plans for the expedition. Overnight hotel.

Day 3: Drive from Mendoza to Penitentes (2,700m).

After breakfast we organise the individual entrance permits and ascent permits for Aconcagua. Once this is done we drive to Penitentes and check into a locally run hotel. In the afternoon organise and prepare your equipment to be loaded on the mules for tomorrow's trek. Overnight hotel.

Day 4: Penitentes to Pampa de Lenas (2,950m), 5 hrs trekking.

We start the day by driving for 15 minutes to Punta de Vacas, the starting point of our trek. Once we have our permits checked at the rangers' station we start our three day journey to base camp. It feels great to be walking in the fresh air after our long journey getting here. There are plenty of wild flowers throughout our hike. The route is gradual all the way to Pampa de Lenas. Overnight camp.

Day 5: Pampa de Lenas to Casa de Piedra (3,240m), 7 hrs trekking.

Another stunning day trekking today as we ascend the Vacas Valley towards basecamp. This route is more scenic and longer than the normal route which makes for great acclimatisation. Towards the end of the day we get our first view of the summit which is both beautiful and daunting in equal measure! Overnight camp.

Day 6: Casa de Piedra to Plaza Argentina (4,200m), 8 hrs trekking.

We start the day by crossing the Vacas River, the icy waters are great to wake you up! From there we climb steadily up the narrow Relinchos Valley. After a couple of hours we reach a view point which offers one of the best views of the summit and the first half of our route as far as the start of the Ameghino Traverse. From this point, the terrain is more gradual to base camp and we also have a good chance of spotting hare and guanacos. Overnight camp.

Day 7: Rest day at Plaza Argentina.

We have a rest day today to acclimatise and prepare for the upper mountain. We pack food and weigh loads for the upper mountain. We also spend some time practising high altitude techniques such as power breathing and rest stepping. Base camp also has Internet and basic showers with hot water. Overnight camp.

Day 8: Carry to Camp 1 (5,000m) and return Plaza Argentina, 8/9 hrs trekking.

A tough day today as we walk for five to six hours to reach camp 1. We gain 800m and carry between 15 to 20kg each. The route is steep in places but the views of the Polish Glacier and the mountains to the east are stunning. We secure our loads at camp 1 and then descend for two hours back to base camp.

Day 9: Rest day at Plaza Argentina.

We take another rest day to recover from Day 8 and to boost acclimatisation. Overnight camp.

Day 10: Move to Camp 1, 5 hrs trekking.

Today we leave Plaza Argentina for good and move to camp 1. Overnight camp.

Day 11: Carry to Camp 2 (5,500m) and return to Camp 1, 6 hrs trekking.

The toughest part of the day's route can be seen from camp 1. We ascend switch backs all the way to the col between Aconcagua and Ameghino (5,883m). From the col the route is more gradual as we traverse around the mountain to camp 2 (Amghino Traverse). The views to the north of neighbouring peaks and glaciers are stunning. It takes roughly three and half hours to reach camp 2 where we drop equipment and food and rest for a while. The return journey to camp 1 takes roughly an hour. Overnight camp.

Day 12: Rest day at Camp 1.

Rest day for acclimatisation and preparation. We focus on hydration, food intake and discuss the plan for the upcoming days. Overnight camp.

Day 13: Move to Camp 2, 3/4 hrs trekking.

Today we leave Camp 1 with our remaining equipment using the Amghino Traverse Route. Overnight camp.

Day 14: Camp 2 to Camp 3, 3/4 hrs trekking.

A tough day today ascending 500m to 6,000m with fully loaded packs. Once we reach camp 3 (Colera Camp) we rest, eat & hydrate ahead of tomorrow's summit attempt. The views on the way up and those from Camp 3 to the northwest are spectacular. We head to bed early as it's a difficult place to rest and sleep due to the altitude and wind noise.

Day 15: Summit Day, 12 - 15 hrs trekking.

By far the most demanding but rewarding day on the expedition. The ascent to Aconcagua (6,962m – 2,2841') along the last part of the Normal route is very tough. Typically we start getting ready at 4am and begin the climb at 5:30. It's a steady climb all the way to the top. We take a break after an hour and a half at White Rocks (6,200m) and then again at the Independencia Hut (6,400m). From the hut we begin the traverse where strong winds make the going very tough. After the traverse we rest at the bottom of the Caneleta (6,650m) - a steep gully which leads to the summit ridge. Moving up the Caneleta is very slow all the way to the summit, where panoramic views make this epic journey worthwhile! After the summit it takes roughly four to five hours to get back to camp 3.

Day 16: Spare Summit Day.

Spare day to account for bad weather, further acclimatisation and rest.

Day 17: Spare Summit Day.

Spare day to account for bad weather, further acclimatisation and rest.

Day 18: Camp 3 to Plaza de Mulas (4,260m), 6 hrs trekking.

We have a late start to the day to rest tired legs. We descend to Plaza de Mulas experiencing the other side of the mountain. It's a long steep track all the way down. The thick air at base camp is a welcome relief. We have a couple of beers and a proper cooked meal to celebrate a successful summit! Overnight camp.

Day 19: Plaza de Mulas to Penitentes, 7/8 hrs trekking.

The sun doesn't hit Plaza de Mulas until 10am so we wait until then to start walking. It's a 27km walk to the park exit which takes 7 to 8 hours and really tests the legs. The scenery on the way out is stunning but it's hard to enjoy it on weary legs! We drive back to Mendoza and have a celebration meal in the evening. Overnight hotel.

Day 20: Mendoza to Buenos Aires.

We take an internal flight to Buenos Aires and board the international flight late in the evening. Overnight flight.

Day 21: Buenos Aires to Dublin.

Arrive back in Dublin in the evening. Expedition ends.

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Expedition Costs:	Euro	Sterling	Dollar
Total costs excluding international flights. (Land only)	€5,899	£5,070	\$6,642
Total costs including international flights from Dublin.	€6,999	-	-

A deposit of €399/£399/\$399 is taken at the time of booking, a part payment of €1,000/£1000/\$1000 is due six months prior to departure and the final balance is due three months prior to departure. Prices in Dollar and Sterling were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

Expedition Costs Include:

- International flights from Dublin to Buenos Aires return economy class.
- Internal flights in Argentina.
- Experienced international expedition leader.
- Experienced international expedition doctor.
- Training Weekend.
- Local English speaking guides and a full support team.
- All accommodation based on twin sharing in hotels in Penitentes/Mendoza and camping elsewhere.

- All meals and drinking water are included except in Mendoza where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.

Expedition Costs Exclude:

- Park entrance fees which must be paid for in person in Mendoza. Entrance fees for the coming year are yet to be confirmed but will be approximately USD\$900-\$1000 per person.
- Porters to help you carry your equipment on the upper mountain.
- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.

Notes: For those booking a land only package you need to book your own international and internal flights to Mendoza. We can arrange airport transfers for you which you can book on your [Earth's Edge account](#).

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Spending Money & Tips:

We recommend that you carry USD\$700 dollars and the money for the park fees in cash (\$945 dollars approximately). Carry a credit card as a backup. If you feel you might need to hire a porter on the mountain you should carry more dollars in cash. There are ATMs available in Mendoza where you can withdraw cash using a credit card. The recommended spending amount above includes the tip for the local staff.

The recommended tip for Aconcagua is USD\$150 per person. Please give your tip to the Expedition Leader and he/she will distribute the tip evenly among all local expedition staff.

Extra nights in Mendoza; If we reach the summit on day 15 and don't need the spare summit days we will obviously descend earlier than planned. This will result in us needing extra nights' accommodation in Mendoza. You will need to pay for this yourself. Each extra night in Mendoza will cost in the region of USD\$100 for a single room, USD\$110 for a double/twin and USD\$160 for a treble.

Extra Porter services; It is possible to hire a porter and it is quite common on this expedition. You can choose to split the cost of a porter with another group member. At the time of writing, porter fees are as follows:

Base Camp to Camp 1: \$155 for 20kg

Camp 1 to Camp 2: \$245 for 20kg

Camp 2 to Camp 3: \$300 for 20kg

This cost is the same if a porter is needed on the descent.

Rescue Fees: The national park dictates that you must be accompanied by a guide at all times while inside the national park. In the unlikely event that you need to leave the group an extra guide needs to be hired to accompany you back to Base camp. The extra guide cost is the same as the extra porter rate above.

If you wanted to return to Mendoza/Ireland early, a guide would need to be hired to walk you out to the trailhead and extra transport would need to be arranged to get you back to Mendoza. All of this including extra accommodation is payable locally.

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Weather:

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -30 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: www.mountain-forecast.com

Norwegian Meteorological Institute: www.yr.no

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Altitude Considerations:

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.

AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your guide informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practice prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants especially those who have had AMS in the past to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingly fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

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Summit Day Policy:

Our goal on this expedition is for the entire group to reach the summit and return safely. Due to the difficulty of the summit day on this mountain and the importance of maintaining a good guide to guest ratio, it is essential we attempt the summit with a strong team. Any guests who are deemed by our expedition leader as not fit enough to reach and return from the summit safely, will not be allowed to attempt the summit. This ensures we have a strong team for summit and that those guests who are fit enough are given the best opportunity to attempt it.

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Your Medical History:

When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

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Your Dietary Requirements:

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free

products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

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Vaccinations & Prophylaxis:

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic (www.travelhealth.ie) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account.

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Tourist Visa:

Please contact your local consular office. At the time of writing, no visa is required for citizens of Ireland, UK, CAN, USA, AUS, South Africa and NZ for stays of up to three months. Other nationalities should consult their relevant consulate. All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

Passengers arriving with passports from Australia, Canada and USA have to pay a "reciprocity tax" before entering the immigration area – Australia US\$56, Canada US\$132 and USA US\$100. This information is subject to change; please consult your relevant consulate for up-to-date information.

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Travel Insurance:

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness, b) trekking up to 7,000 metres, c) helicopter evacuation in an emergency situation, and d) repatriation to one's country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Trailfinders for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To obtain travel insurance with Trailfinders go [to www.trailfinders.ie/insurance](http://www.trailfinders.ie/insurance) or call their travel insurance phone line +353 1 702 9102

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Safety Standards:

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. We use local guides, cooks, drivers and support staff of the highest standard. We employ local staff based on their qualifications, experience and references. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Argentina. Up to date travel advice can be found on the DFA website: www.dfa.ie/travel/travel-advice/a-z-list-of-countries/argentina/.

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

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About Argentina:

Area:	2.77 million sq. km
Population:	38 million
Official Languages:	Predominantly Spanish, Indigenous dialects: Quechua, Aymara, Quichua & Guarani
Religion:	Predominantly Roman Catholic
Local Time:	GMT -3.00
Local Currency:	Peso.
Currency for Exchange:	US Dollars.

Where to Exchange:	In banks found in all major towns. Retain your receipts for changing back money.
ATMs:	ATMs are widely available.
Credit Cards:	Credit cards are useful and can be used throughout Argentina. Visa is generally more accepted than Mastercard.

Up-to-date information concerning global exchange rates can be obtained at www.xe.com.

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Discounts

If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.

If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.

If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.

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Why Choose Earth's Edge:

We are the only company in the world who send an international guide and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader from Ireland or the UK leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor from Ireland or the UK accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our [safety page](#).

- We keep group sizes small to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using business as a force for good to support our communities both locally and worldwide as well as create more environmental awareness. Visit our [B Corp page](#) to learn more.

We organise a number of environmental programmes and community projects here in Ireland and internationally. Our projects include;

- A scholarship to train porters to become guides on Kilimanjaro.
- Our office staff volunteer their time to take students from an inner-city Dublin school into the outdoors for an immersive learning experience.
- Each year we plant one native tree for each person that has travelled with us.

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Commission of Aviation Regulation in Dublin, our licence number is 0711.
- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our team in Dublin provide 24/7 phone support to each expedition.
- We run training weekends two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader and doctor.

- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- When you sign up to an Earth's Edge expedition you are entitled to a discount from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.
- We post daily updates of each expedition on our Facebook page so family and friends can monitor your progress.

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Expedition FAQ:

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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