



**OLD TOWN
OUTFITTERS**
ANTIGUA, GUATEMALA

ACATENANGO OVERNIGHT HIKE

LAYER UP

OUT ON THE HIKE IT'S IMPORTANT TO HAVE MULTIPLE LAYERS AS CONDITIONS CHANGE QUICKLY ON THE MOUNTAIN. THE ABILITY TO ADD OR TAKE OFF LAYERS IS CRUCIAL TO KEEP YOU COMFORTABLE AND SAFE.

WHAT YOU CARRY

WE HAVE A BASECAMP ON THE MOUNTAIN SO YOU DON'T HAVE TO HUMP UP THE CAMPING GEAR (TENT, SLEEPING BAG, PAD). THAT MEANS YOU ONLY NEED TO CARRY YOUR PERSONAL WATER, CLOTHES, AND ANY OTHER EXTRAS YOU WANT. IF YOU PREFER TO HIKE WITH AN EVEN LIGHTER LOAD, LOCAL PORTERS ARE AVAILABLE TO HIRE (SEE INFO BELOW).



CLOTHING

ALWAYS HAVE A SET OF WARM CLOTHES TO PUT ON FOR WHEN YOU ARRIVE AT CAMP. TEMPS CAN DROP AT THE CAMP SO A WARM FLEECE LAYER, HAT, & GLOVES ARE GREAT TO HAVE!



HYDRATION & SUN

STAYING HYDRATED IS CRITICAL TO HAVING A GOOD TIME ON THE MOUNTAIN. WE RECOMMEND DRINKING PLENTY OF WATER IN THE DAYS LEADING UP TO THE HIKE. WE RECOMMEND YOU BRING 4-5 LTS. ON THE TOUR. THE SUN IS STRONG UP THERE SO SUNSCREEN OFTEN.



PORTER SERVICE

DON'T WANT TO HUMP YOUR STUFF UP TO THE TOP OF THE MOUNTAIN? WE CAN HIRE PORTERS FROM THE LOCAL COMMUNITY TO CARRY UP TO 40 LBS. THIS IS USUALLY GOOD FOR 2 HIKERS. THE CHARGE IS \$65 FOR ROUNDTrip SERVICE -- ALL OF WHICH GOES TO THEM!





**OLD TOWN
OUTFITTERS**
ANTIGUA, GUATEMALA

ACATENANGO OVERNIGHT HIKE

PACKING LIST

CLOTHES

- WICKING TOP BASELAYER (HIKING)
- HAT FOR THE SUN
- WARM HAT FOR CAMP
- WARM GLOVES , HEAVY SOCKS WORK IN A PINCH
- MID WEIGHT FLEECE LAYER
- SHELL / WATERPROOF LAYER
- LIGHTWEIGHT TREKKING PANTS
- DRY CLOTHES FOR CAMP
- 2 PAIRS OF SOCKS (1 FOR HIKING, 1 FOR CAMP)
- STURDY HIKING SHOES

GEAR

- BACKPACK FOR YOUR PERSONAL GEAR
- 4-5 LITRES WATER
- HEADLAMP OR FLASHLIGHT
- SUNGLASSES
- SUNSCREEN
- PERSONAL TOILETRIES/MEDICINE



OTO GEAR PROVIDED

3 PERSON / 3 SEASON TENT •
20°F / -6°C SLEEPING BAG & PAD •
KITCHEN AND COOKING GEAR •

LET US HELP

WE CAN SETUP HOTELS,
TRANSPORT, OTHER TOURS, AND
MORE. JUST LET US KNOW WHAT
YOU'RE LOOKING FOR DURING
YOUR TIME HERE IN GUATEMALA
AND WE'LL BE HAPPY TO HELP.

LOANER GEAR

WE OFFER A VARIETY OF LOANER GEAR. PLEASE
LET US KNOW BEFOREHAND IF YOU WOULD LIKE
TO BORROW A BACKPACK, LIGHT JACKET,
TREKKING POLES, OR GLOVES.