



Parques Nacionales Naturales de Colombia
Communications and Environmental Education Group



ADDITIONAL RECOMMENDATIONS FOR A SAFE VISIT

- Have your identification card, valid medical insurance card, insurance bracelet and documents to facilitate communication with your insurance company with you at all times.
- Hire an authorized local guide to climb the glacier: maximum 6 people per guide.
- Please follow observations and suggestions of the Park staff and tourism operators since they seek to diminish impact on the natural environment and ensure visitor safety.
- Respect and follow signs since they provide information to ensure your safety and ecosystem conservation.
- In case of persistent altitude sickness symptoms such as lack of breath, nausea, headache, coughing and congestion during the climb, you must descend immediately to avoid any serious risks to your health.
- While on the glacier, you must use sunglasses with 100% UV protection.
- We recommend drinking at least 3 liters of water per day to hydrate your body properly.
- Always use a high SPF cream in all weather conditions.
- Notify staff of any accidents, anomalies or irregularities observed during your stay in the Park.
- During low visibility please wait for conditions to improve so you can guide yourself using the cairns.
- Visitors must follow regulations and respect prohibitions that are there to protect natural resources.

MINIMUM GEAR TO CLIMB TO THE EDGE OF THE GLACIER:

To climb to the edge of the glacier through any of the three authorized trails, you must have: sunglasses with 100% UV protection, sunblock, flashlight with spare batteries, small backpack, waterproof clothing, clothing for extremely cold weather including hat, scarf and gloves, waterproof shoes suitable for climbing, water bottle, whistle, bag to take garbage back, energy and hydrating beverages, light food rich in calories and ready to eat.

MINIMUM GEAR REQUIRED FOR CAMPING:

In addition to the minimum gear to climb to the edge of the glacier, you must bring the following if you are camping: gas stove, tent, camping pad, sleeping bag, bags to take garbage back out and for body waste, first aid kit, shovel to bury excrement.





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MINIMUM GEAR FOR CLIMBING:

In addition to the minimum gear to climb to the edge of the glacier and to camp, you must bring the following if you want to climb on ice, snow, rock or on all three: ice axes, sturdy mountaineering boots, simple and safety karabiners, climbing cords and webbing, ice screws, snow anchors (deadman and/or pegs), camming devices (friends, stoppers and/or hexes), dynamic ropes, harness, crampons, helmet, rappel devices, rock climbing shoes, Jumars, pulleys and gaiters.

