

Downloadable Checklist: What to Pack for Your Adventure Trip in Mendoza

A downloadable guide to help you make the most of your outdoor experience in the Andes foothills.

 por SAK Wine & Travel

INTRODUCTION + WHAT'S THE WEATHER LIKE IN MENDOZA?

Get ready for your adventure in Mendoza with everything you need

Planning a few days of nature, adrenaline, and breathtaking landscapes? This guide will help you pack like a pro and fully enjoy your outdoor excursions in the Andes foothills. Mendoza offers year-round adventures, but weather conditions can make a big difference—being prepared is key.

What's the weather like in Mendoza?

Mendoza has a semi-arid mountain climate with over 300 sunny days a year, very low humidity, and significant temperature swings between day and night. However, there are key differences between the lowlands (like the city and nearby areas) and the mountains.

In the city and low-altitude regions, temperatures are generally milder and more stable, with less wind exposure and better shelter. In the mountains, conditions are more extreme and unpredictable. In a single day, you might go from intense sun to cold gusts or even snow, depending on the season and elevation.

Seasons of the Year

Summer (December to March) can reach over 35°C (95°F) at midday, with cooler evenings. Fall (April and May) brings mild temperatures and golden landscapes—perfect for hiking and fly fishing. Winter (June to August) brings dry cold, frosty nights, and snow at higher altitudes—ideal for rock climbing and horseback riding. Spring (September to November) is breezy but pleasant, with mild weather and great visibility, perfect for biking, canopy, and sailing.

The Zonda wind: a unique Mendoza phenomenon

The Zonda is a warm, dry, and strong wind that descends from the Andes into the plains, especially in spring and fall. It forms when moist air masses hit the mountains, rise, cool, and release precipitation on the Chilean side, then descend on the Argentine side dry and hot.

When the Zonda blows, gusts can exceed 70 km/h (43 mph), reducing visibility, lifting dust, irritating the respiratory system, and increasing fire risk. If Zonda conditions are forecasted, it's important to avoid exposed outdoor activities, wear eye protection, and stay hydrated. Some excursions may be rescheduled for safety.

GEAR BY ACTIVITY TYPE

Activity	Must-have personal gear	Rent/Buy in Mendoza	Best time of year
Rafting	Swimsuit, towel, sandals with grip, sunscreen	Technical gear included	Summer / Spring
Trekking	Hiking shoes, daypack, hat, light jacket	Poles included on most tours. Footwear from USD 35 (purchase)	Year-round, avoid Zonda wind days
Horseback Riding	Long comfortable pants, boots, windbreaker	Ranch clothing from USD 30 (purchase)	Fall / Winter
Canopy	Comfortable clothes, hair tied back, closed shoes	Harness and helmet included	Spring / Summer
Biking	Cycling shorts, UV sunglasses, hydration pack	Bikes, helmets & kits included on tours	Spring / Fall
Kayak / SUP	Swimsuit, cap, sunscreen, water	Dry bag USD 5 (rental)	Summer / Spring
Fly Fishing	Thermal wear, wading boots, sun hat	Technical gear included with guide	Fall / Winter
Rock Climbing	Comfortable clothes, sport shoes, beanie	Technical gear included	Winter / Spring
Sailing (Potrerillos)	Light jacket, windbreaker, cap	Includes guide and life vest	Summer / Spring

You'll find outdoor gear shops in downtown Mendoza with daily and weekly rental options—great if you're traveling light. Reach out and we'll recommend trusted local suppliers.

5-DAY ADVENTURE CHECKLIST + WEATHER TIPS FOR CITY VS. MOUNTAIN



Technical and casual clothing:

- 2 thermal shirts (one long-sleeve, one short-sleeve)
- 2 pairs of outdoor pants (one long, one convertible or shorts)
- 1 waterproof or windbreaker jacket
- 1 fleece or softshell layer
- 1 casual outfit for the city or wine tastings
- 1 swimsuit
- 1 sun hat
- 1 warm hat and light gloves (especially in winter)



Footwear:

- 1 pair of hiking or outdoor shoes
- 1 pair of lightweight shoes for downtime (optional)



Accessories & essentials:

- Daypack (20–30 L)
- Reusable bottle or hydration flask (min. 1 L)
- SPF 50+ sunscreen
- UV-protection sunglasses
- Quick-dry microfiber towel
- Power bank (portable charger)
- Headlamp or flashlight
- Trail snacks (granola bars, nuts, etc.)
- Travel documents and adventure travel insurance

City vs. mountain climate: what you need to know

Lowland areas like Mendoza City and the Wine Roads offer milder temperatures, lighter winds, and generally stable weather throughout most of the year. In the mountains, conditions change quickly: solar radiation is stronger, the air is drier, and the day-to-night temperature swing can be dramatic. As altitude increases, oxygen levels drop and physical effort feels heavier. Being prepared for this contrast will help you enjoy each activity without surprises.



ALTITUDE, SAFETY & FINAL TIPS

What is Acute Mountain Sickness (AMS)?

Acute Mountain Sickness (AMS) is a physical reaction that can affect people who ascend above 2,500 meters (8,200 feet) too quickly without proper acclimatization. In Mendoza, it may occur in areas like the Cordón del Plata, Puente del Inca, or near Aconcagua.

Common symptoms include headache, unusual fatigue, nausea, shortness of breath, and occasionally insomnia. It's a sign your body needs time to adjust to the lower oxygen levels at higher altitudes.



Prevention

To prevent it, it's essential to ascend gradually, avoid intense physical effort during the first days, stay well-hydrated, get good sleep, and avoid alcohol the night before demanding activities.

Action

If symptoms appear, the best course is to stop the activity, rest, hydrate, and, if necessary, descend to a lower altitude.

Attention

Never self-medicate, and consult your guide or a healthcare professional if symptoms worsen.

Safety first

All adventure excursions involve some exposure to natural elements. To stay safe, always follow your guide's instructions, take rest breaks seriously, use all provided safety gear, and let someone know if you're not feeling well. Check weather conditions before you head out, and make sure you have insurance that covers outdoor activities. At SAK, we work only with licensed providers and take care of every detail so your adventure is a pleasure—not a problem.