



BOLIVIA ALPINIST EQUIPMENT LIST

Having the right equipment on your expedition will make almost as much difference to your safety, comfort, and enjoyment as any physical training you do. It is essential that you take the time to acquire the correct gear; don't wait for the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online and at your local gear store. The purpose of this gear list is to help guide your purchases. Often salespeople in your local shop do not have first hand knowledge of high- altitude climbing, so be sure to balance their advice with what you read here. And do not hesitate to call us for more information on any of these items. We have strived to create a list heavy on detail, but there are always further questions!

During your expedition in Bolivia you will encounter a very wide range of temperatures and weather conditions. At one end of this range is the pleasantly warm and beautiful town of La Paz City, while at the other end of the spectrum is found the cold and often windy weather on the summits of the Cordillera Real. The equipment you bring must function well in a wide variety of conditions. Your clothing should be warm, lightweight, dry quickly, and allow good freedom of movement. The layering principle, based on several thin layers of insulation (rather than one thick one), covered with an outer weatherproof shell, meets these needs well.

On the Bolivia Alpinist expedition the nighttime temperatures at high camp typically range from -5° to 5° . Daytime highs on summit day usually are between 5° and 20° . Please take time to choose your clothing and equipment carefully; it may make the difference between a comfortable and successful trip and one, which could have been "more enjoyable".

This list is a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our current suggested brand list we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you.

Finally, a note on our recommendations: these are products, which our guides have used extensively and been happy with. Purchasing the specific items listed below will ensure you have the right tool for the job, but there are other options on the market.

If you have questions please give us a call: (801) 783-3216

A NOTE ON PACKING

For your international flights we recommend that you pack all your equipment in your two duffle bags. Do not simply pack your backpack (since the straps can be damaged by the baggage handling machines). It is important to lock these bags for their trip. Depending on the airport, you may be able to put your travel locks on after TSA has searched the bags. If not, Lock the bags with Zip Ties. If the TSA cuts off the zip-tie to search your bag, they will replace it. You will still need the travel locks to lock your bags in the hotel and during the expedition.



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Pack & Bags	Guide's Choices
Duffle Bags- At least one bag should be extremely durable, waterproof, and big! You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own, plus what you anticipate buying.	The North Face Base Camp Duffel Bag XXL
Small Duffle bag: To leave all you travel items at the hotel.	The North Face Base Camp Duffel Bag Small.
Alpine Pack: Mid-size summit pack for day climbs, city days and trekking. Streamlined, neat and lightweight (35-45 liters).	The North Face Prophet 45L.
Hydration System- Must have shoulder straps + be insulated. Should carry 70-100 ounces. This will be worn under your gore- tex layer (not in your pack) on summit days, so choose the lowest profile model you can find.	CamelBak Hydrobak Hydration Pack

Sleeping	Guide's Choices
Sleeping bag: Expedition quality rated to a least _20F). Goose down preferred over synthetic for bulk& weight. Your bags needs to be long enough that your feet are not pressing out the foot box which will make you colder.	The North Face Solar Flare Sleeping Bag: -20
Sleeping pad: Closed foam: full length	Cascade Designs Ridgerest
Sleeping Pad: 72 inch long inflatable pad required. Make sure you also purchase and bring a repair kit + bag for the sleeping pad.	Therm-a-Rest ProLite Plus
Compression Stuff Sacks: Work very well for reducing volume of sleeping bags and bulky down clothing	Sea to Summit eVent Compression Dry Sack



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Technical Equipment	Guide's Choices
Ice Axe: w/Leash. General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"- 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long) Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for technical ice climbing-they are too short, heavy and not versatile	Black Diamond Raven Pro Ice Axe is the lightest, full-service Piolet available, period. It has a super clean and simple design for the high-end user who refuses to sacrifice performance for less weight.
Helmet: A lightweight climbing helmet. Must be UIAA approved.	Petzl Elios or Black Diamond Half Dome
Ski/Pole: Adjustable w/ Snow Baskets Shock absorbers are not recommended.	Black Diamond Contour Elliptic Compact
Climbing Harness: Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight + comfortable.	Black Diamond Momentum SA
Crampons: With flat rather than 'cookie cutter' frame rails. Your crampons should be steel, not aluminum for strength and durability. A combination heel bail/toe strap is a more universal system than a heel and toe bail system.	Black Diamond Serac Crampon
Carabiners: (3 locking carabiners and 3 non-locking carabiners)- Lightweight small carabiners are best. Non- lockers can be wire gates.	Black Diamond Rocklock Carabiner. Black Diamond Oval Wire
Perlon (22 feet of 6mm and 6 feet of 3mm): Will be used to make prussiks, "Texas hitch systems", and "dummy" straps. This cord should be uncut and not kevlar.	Sterling PowerCord Cordelette
Belay Device: Light, easy to use + simple	Petzl Verso Black Diamond ATC-XP
Headlamp: L.E.D. headlamps are recommended. Bring extra batteries.	Petzl Tikka XP 2 Black Diamond Storm
Glacier Glasses: Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers and leashes. No more than 10% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses - it is a good idea to have these with "photo-gray" or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber).	Julbo Explorer
Goggles: Amber or rose-tinted goggles for adverse weather. On windy days, climbers, especially contact lens wearers, may find photo-chromatic lenses the most versatile in a variety of light conditions.	Julbo Revolution



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Footwear	Guide's Choices
<p>Mountaineering Boots: Hybrid boots are the preferred choice They provide the best insulation as well as a more rigid sole for kicking steps and holding crampons. Leather mountaineering boots that have completely rigid soles are also adequate, but they will need to be insulated.</p>	<p>La Sportiva Spantik La Sportiva Batura Evo La Sportiva Nepal Evo</p>
<p>Hiking shoes: These light to mid- weight shoes are for every day use. The ideal shoe is comfortable enough to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe often stays drier when hiking in rain or snow.</p>	<p>Sportiva Raptor Ridge Sportiva Delta GTX™ *For those who need more ankle support, a high-top lightweight boot is also appropriate.</p>
<p>Liner Socks (2 pairs): A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.</p>	<p>Bridgedale CoolMax Liner Sock</p>
<p>Hiking Socks (3 pairs): Your everyday sock, good for day hikes, trekking, and in- town. NO COTTON.</p>	<p>SmartWool Hiking Medium Crew Sock Bridgedale- Endurance Trekker</p>

Head	Guide's Choices
<p>Baseball Cap Bring your favorite baseball cap for shelter from the blazing sun.</p>	<p>The Benegas Brothers Cap</p>
<p>Polar fleece or wool hat: A comfortable, warm hat that covers your ears. Make sure that it fits well, and that one of your hats fits under a helmet.</p>	<p>Mountain Hardwear AirShield MicroDome Smart-wool Cuffed Beanie</p>
<p>Balaclava: We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours.</p>	<p>Outdoor Research Option Balaclava</p>
<p>Buff: Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty conditions.</p>	

Hands	Guide's Choices
<p>Lightweight Synthetic gloves: Should fit comfortably inside mitts or gloves . Lither Capilene preferred</p>	<p>The North Face Bambu Liners Glove</p>
<p>Big Mountain Gloves: Wind/water resistant, insulated gloves for protection against wind, snow and cold. These also serve as emergency back-ups if you drop or lose a glove.</p>	
<p>Mitten: Down or Synthetic, Gore tex</p>	<p>Black Diamond Mercury Mitt</p>



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Upper Body	Guide's Choices
<p>Ultra-light base layer: That effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option.</p>	<p>The North Face Vitesse T-Shirt - Short-Sleeve The North Face Hybrid Zip Neck Top</p>
<p>Mid-weight (2): A Synthetic mid- layer that you will never take off. Fitted, lightweight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.</p>	<p>The North Face Impulse 1/4-Zip Top Patagonia- Capilene® 2 Zip Neck</p>
<p>Expedition-weight top: Warmer than your mid-weight, but still breathable and lightweight</p>	<p>The North Face Impulse 1/4-Zip Top Patagonia- Capilene® 2 Zip Neck</p>
<p>Expedition-weight top: Warmer than your mid-weight, but still breathable and lightweight</p>	<p>Patagonia R2 Jacket.</p>
<p>Soft-shell Jacket: These jackets are much more breathable than Gore-tex, but still effectively block wind and light precipitation. A windshirt is also an effective option for this optional layer.</p>	<p>The North Face V10 Soft shell Hoodie Patagonia- Guide Jacket</p>
<p>Hard Shell Jacket: A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it.</p>	<p>The North Face Alpine Project Jacket</p>
<p>Insulated Down Parka: A puffy jacket with a hood that will keep you warm during the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight.</p>	<p>The North Face Redpoint Optimus Insulated Jacket. The North Face Prism Optimus Down Jacket.</p>



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Lower Body	Guide's Choices
1 - 3 underwear: Non-cotton	
Quick-dry shorts Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON.	The North Face Class V Trunk
Mid-weight: Fitted, light-weight and quick drying. The mid-weight will be a base layer that will get you through a wide range of temperatures	Patagonia Merino 3 Mid-weight Bottoms
Expedition-weight bottoms: Warmer than your mid-weight, but still breathable and lightweight. These will be worn around camp and on summit day.	Mountain Hardwear Power Stretch Tights
Soft Shell pants: You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant.	Black Diamond B.C.V Pants La Sportiva Titan Soft Shell Pants
Hard Shell Pant: Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants. No short 1/2 length, or short lower leg zippers allowed as it is difficult to put pants on when crampons are already on.	La Sportiva Storm Fighter Evo GTX Pants.



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Miscellaneous Items

Suncream SPF 50+: or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating; make sure that you have new sunscreen.

Lips cream SPF 30+: at least 2 stick. Make sure your lips cream is new.

Food: We bring a lot of candy bars, granola bars, dried fruit for hiking and climbing days; however, you may have personal favorites or things that work well for you such as Power Bars, beef jerky, or Guu packets, so please feel free to bring some with you (around 4 pound).

Extra batteries for hedlamp: Lithium batteries perform best in cold environments.

4 - Chemical Hand and Toe Warmers

2 - Water bottles: One-quart water bottles are required. Wide mouth bottles are ideal since their opening is less likely to freeze.

Insulated water bottle covers: These help prevent liquids from freezing. It should completely cover the bottle.

Thermos Bottle: high quality, lightweight, unbreakable 1/2 to 1 quart

2- Luggage Locks: For your duffel bags. Must be TSA approved.

Camera

USB Card: A large capacity memory card for picture and video sharing

Small alarm clock or watch: Altimeter models are popular

Plastic Bowl, Spoon + Coffee Mug: good insulation please.

Stuff Sacks

Pocketknife

4-Heavy-duty garbage bags

Ziplock bags: (large size, for organizing small items and waterproofing)

Repair Kit: Please bring a small repairs kit

Travel Clothes: For Hotel dinners and while traveling. Including a pair of conformable shoes

Sandals: (flip-flops, chacos or tevas)



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Toiletry Items and Personal First Aid Kit

Toiletries: Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Quick Dry Towel, Moisturizer, Purel Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)

Drugs/Medications/Prescriptions: Climbers should bring Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets for travelers diarrhea and for urinary tract infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity.

Personal First Aid Kit: (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.

Pee-Bottle: 1 to 1/2 quart size. For female it's a female urination device (sometimes called a FUD) that allows you to pee while standing up. It's neat. It's discreet. It's hygienic. Sani-Fem Freshette Feminine Urinary Director

Travel Documents

Passport: Valid for six months beyond your return date

Photocopy of Passport: The first two pages of your passport

Final Pre Trip Check List

- Purchase travel insurance
- Return the Participant Information Form to the BBE Office
- Purchase airplane tickets
- Reserve rental equipment