

# Bolivia Expedition

## Equipment List

### Climbing Equipment

- 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). No rubberized grips—they are heavy and do not plunge well into the snow. Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for ice climbing—they are too short, heavy, and not versatile.
- Crampons.** With flat rather than “cookie cutter” frame rails. Avoid anti-balling plates which are heavy and are useful only in very specific snow conditions. A combination heel bail/toe strap is a better system than a heel and toe bail system.
- 40 ft 6mm perlon.** For Prussiks. Choose cord that is soft and supple. If you have attended an Alpine Ascents or other mountaineering course, bring your tied prussiks.
- Alpine Climbing Harness.** Harness should fit over all clothing, have gear loops, adjustable leg loops and be reasonably comfortable to hang suspended in. Make sure you can get into the harness without having to step through any part of it.
- Carabiners (2) Locking; (3) Regular.** 2 pear shaped locking carabiners; 3 standard ovals.
- Climbing helmet.** Must be adjustable to fit, with or without hat or balaclava on. S
- Ascender (1).** Petzls recommended. One right or one left.
- Belay/Rappel Device.**
- Adjustable 3 Section Ski or Trekking poles. w/snow baskets.** Helpful for balance when carrying a heavy pack or if you have knee problems.

### Technical Clothing

- Lightweight Long Underwear.** 2 pair tops & bottoms, Capilene, other synthetic or wool. **No Cotton.** Lightweight is preferable as it is more versatile (worn single in warmer conditions and double layer for colder). Zip-T-neck tops allow more ventilation options. One white top for intense sunny days on the glacier and one dark top for faster drying gives the most versatility.
- Heavyweight Long Underwear top.** For extra warmth.
- Synthetic/Soft Shell jacket.** A full-zip version is easier to put on and has better ventilation than a pullover.
- Insulated Synthetic Pants.** Full separating side zippers (This is very important for ventilation. Full side zips also allow pants to be taken off without having to remove boots).
- Expedition Down Parka.** Expedition Weight, must be fully baffled, have insulated hood, and go below the waist.
- Hard Shell Pants & Hard Shell Jacket w/ hood (both waterproof/breathable).** For the jacket we **highly** recommend a long front zipper, a roomy rather than snug fit and underarm zips which go well below the armpit. We **also require full separating side zippers** on the pants.

### Footwear

- Light hiking boots or trekking shoes.** For day hikes and trek to Base Camp. The trail to Base Camp is rocky and rough. Light weight, high comfort, plenty of room in the toe bed, and good support should be stressed here.
- Double plastic climbing boots.** Good quality plastic shells with inner boots. Avoid tight fit with heavy socks. Comfort is key in buying plastic boots. Spend a little extra time walking around the store or take them home and wear them around your house to make sure the fit is right. A little big is always better than a little small.
- Gaiters.** Please make sure your gaiters fit around the plastic boot without being too tight around the boot. No lightweight hiking gaiters.
- Wool or Synthetic Socks.** 3 pair heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit over feet and inside boots. It is very important to buy new socks regularly as they lose their cushioning over time. Socks with padded shins are especially nice with plastic boots.
- Liner Socks.** 3 pair of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and helps the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.

### Headwear

- Warm Lightweight synthetic/wool hat.** Both the hat and the balaclava should be able to fit under the helmet. Hat should cover ears.
- Balaclava.** Look for a simple lightweight model. Suggested: Outdoor Research PS50.
- Neck Gaiter.** Optional but recommended for added neck & head warmth at the higher camps.
- Baseball cap/sun hat.** One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.
- Glacier glasses (w/ side covers or wrap around).** Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers, leashes, and a nose guard is particularly helpful. No more than 8% 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). For prescription Glacier Glasses, contact Black Diamond (801) 278-5533 or Opticus [www.opticus.com](http://www.opticus.com)
- Bandana.** Used to shade your neck.

### Handwear

- Synthetic/Soft Shell Gloves.** 2 pair. Bunting or fleece gloves which will fit comfortably inside mitts. A heavier fleece will do a better job of keeping hands warmer when wet than lighter polypropylene or Capilene.
- Shell Mitts w/ insulated removeable liners.** Should be big enough so that gloves fit inside pile liners.

*Over Please*

## Personal Equipment

- Expedition Backpack.** Internal frame pack expandable to a minimum of 5,500 cu.in. Keep it simple and light, avoid unnecessary zippers which add weight.
- Trekking Pack.** (Optional but recommended). Small backpack approx. 2,500cu. in for day climbing and trek in.
- Sleeping bag.** Rated to at least -10°F. If you sleep cold, consider a -20°F bag. Goose down preferred over synthetic for bulk & weight. If well-cared-for a down bag will last much longer than a synthetic bag. Your bag needs to be long enough that your feet are not pressing out the foot box which will make you colder. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.
- Compression stuff sack.** Necessary to reduce volume when packing a sleeping bag.
- Self Inflating pad.** One 3/4 or full length pad. If you are over 6' a long is recommended. Make sure to include a valve stem and patch repair kit.
- Closed-Cell foam pad.** One full length closed cell is recommended.
- Cooking gear:**
  - Cup:** 12-16oz. plastic **insulated mug** with snap-on lid (retains heat well and is spill-resistant in the tent).
  - Spoon:** Good quality tough plastic (lexan). You do not need a plastic knife and fork.
  - Bowl:** Deep plastic with 2-3 cup capacity.
- Headlamp.** Bring spare bulb & batteries. **No Halogen bulbs** because they take more power and have a shorter life.
- Sunscreen.** SPF 30 or better, 2 small tubes. Make sure that the sun screen is not older than 6 months. Sunscreen older than six months loses half of its SPF rating.
- Lipscreen.** SPF 30, at least 2 sticks. Not older than 6 months.
- Water Bottles:** 2 liters minimum capacity. Wide mouth bottles required. No water bag or bladder systems, they freeze.
- Water Purification tablets.** 1 bottle. Water filters are too heavy and clog quickly with silt.
- Pee Bottle (1 Liter).** Large mouth, clearly marked water bottle.
- Pee Funnel (for women).** It is a good idea to practice, practice, practice.
- Knife.** Medium sized. Keep the knife simple.
- Toiletry Bag.** Toothpaste, Toothbrush, Baby Wipes, towel, soap. Toilet paper is provided.
- Hand Sanitizer.** Other alcohol based hand cleaners also work well.
- Plastic Trash Compactor bags (4).** To line stuff sacks to keep gear dry & one large enough to line pack. Trash Compactor bags are made from a heavier plastic. Often found as "Compactor Bags" in most grocery stores.

## Traveling

- Large duffel bag w/ travel lock.** Heavy Cordura for transporting all gear.
- Smaller Duffel w/lock.** (To store excess gear in hotel)
- Travel clothes.** Review day to day itinerary for idea of how much to bring. Note time in cities, hotels, travelling.
- Camera Gear.** We recommend small instant or point and shoot cameras. Digital and disposable cameras work great. For the best pictures bring slow speed film, 50-200.

## First Aid

- Small personal first-aid kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, molefoam, 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.
- Drugs/Medications/Prescriptions.** Ciprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections. Bring Pepto Bismol. Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections. Levaquin for respiratory infections. Acetasolamide (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.

This list is only 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. If you have questions please give us a call (8:30am-4:00pm M-F PST). Or email [Climb@AlpineAscents.com](mailto:Climb@AlpineAscents.com).



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