

# Bolivia Expedition

## Equipment List

### Climbing Equipment

- Ice Axe w/Leash.** General mountaineering tool. Sizing is important: under 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. Anti-balling plates which are useful for a variety of snow conditions found in Bolivia. A combination heel bail/toe strap is a better system than a heel and toe bail system.
- 40 ft 6mm accessory cord.** Primarily used for Prussiks. Please bring as a continuous piece, prussiks are cut as part of the curriculum. Choose cord that is soft and supple. Note: Bring your prussiks if you have attended a climbing course and know how to use them.
- Alpine Climbing Harness.** Harness should fit over all clothing, have gear loops, adjustable leg loops and be reasonably comfortable to hang suspended in.
- Carabiners (4 total).** 2 Pear locking (Screwgates are OK) and 2 standard oval carabiners.
- Climbing helmet.** Must be adjustable to fit, with or without hat or balaclava on.
- Adjustable 3 Section Ski or Trekking poles.** 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.
- Soft Shell Pants.** You will most likely wear these every day during the course as they are very versatile and durable.
- Hard Shell jacket w/hood.** We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.
- Hard Shell Pants.** 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 lower leg zippers allowed.
- Insulated Down Jacket w/hood.** Needs to fit over all insulation layers but should not be too bulky or heavy. Outer shell must be windproof and waterproof.

### Footwear

- Light hiking boots or trekking shoes.** For acclimation hikes and wearing in towns. Light weight and waterproof.
- Double mountaineering boots.** Good quality plastic/multi-layered PE shells with inner boots. Avoid tight fit with heavy socks. Comfort is key in buying mountaineering 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

- 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 midweight model.
- 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).
- Buff.** Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty conditions.

### Handwear

- Lightweight Synthetic Gloves.** 1 Pair. To wear alone on very sunny days for hand protection or as a layering piece with other mitts or gloves.
- Synthetic/Soft Shell Gloves.** 1 Pair. A medium synthetic will do a better job of keeping hands warmer when wet than a lighter synthetic. This glove can have a light shell exterior.
- Hard Shell Mitts w/insulated removable liners.** Waterproof, breathable shell material. We recommend that the insulation in your mitts can be removed in order to dry faster. Make sure that you can fit one of your gloves inside the mitts.

*Over Please*

## **Personal Equipment**

- Trekking Backpack.** Internal frame pack from 3,000-3,500cu. In. (50-55 Liters). Keep it simple and light, avoid unnecessary zippers which add weight.
- Sleeping bag.** High quality with hood 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 (2).** Necessary to reduce volume when packing a sleeping bag and a down jacket.
- 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).
  - Bowl:** Deep plastic with 2-3 cup capacity.
- Headlamp (LED).** Bring spare batteries.
- Sunscreen .** SPF 40 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 to 3 wide mouth bottles with minimum 1 Liter capacity per bottle. No water bag or bladder systems, they freeze or are hard to fill.
- Water Purification tablets.** 1 bottle.
- Pee Bottle (1 Liter).** Large mouth, clearly marked water bottle.
- Pee Funnel (for women).**
- Knife.** Medium sized. Keep the knife simple.
- Toiletry Bag.** Include alcohol hand sanitizer, toothbrush, toothpaste, Baby Wipes, towel. You should also include soap, shampoo for the nights we stay in hotels on the expedition. Toilet paper is provided.
- 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.

## **Traveling**

- Large duffel bag w/ travel lock.** 1 duffel for transporting all gear.
- Travel clothes.** Nylon trekking pants are nice for the acclimatization hike. We stay in Hotels after the climbs. Having a couple of changes of cotton clothes is encouraged for those times.
- Camera Gear. (optional)** We recommend a small digital camera. Digital cameras work well at altitude. Please do not bring large SLR cameras with extra lenses

## **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. 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.

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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