

EQUIPMENT & CLOTHING ALPINISMO BOLIVIANO



Please bring as much of the listed gear as possible. There is no facility to rent from Alpine Guides.

There are facilities to rent/buy in La Paz. We recommend discussing your needs with your guide before departure.

Climbing Equipment

- 1 x ice axe approx. 70 cm with a leash. Stand with your arm relaxed at your side, the ice axe should reach from the palm of your hand to the ground.
- 1 x crampons, 12 point, non-rigid and lightweight are recommended.
- 1 x crampon bag.
- 1 x climbing helmet.
- 13m 6 mm accessory cord or prussiks.
- 1 x alpine climbing harness.
- 4 x carabineers: 2 x pear locking, 2 x standard oval carabineers.

Technical Clothing

- 2x pair lightweight synthetic or wool thermal long-sleeved top. No cotton.
- 2x pair lightweight synthetic or wool thermal pants. No cotton.
- 1x heavy weight synthetic or wool thermal top.
- 1 x synthetic/soft shell jacket.
- 1 x pair of softshell trousers.
- 1 x breathable windproof and water-resistant outer jacket, such as Gore-Tex, with hood and underarm zips.
- 1 x pair of shell overtrousers (breathable windproof and water-resistant pants) such as Gore-Tex. Full-length side zippers are recommended.
- 1x insulated down jacket with hood, outer shell must be windproof and waterproof.

Footwear

- 1 x pair of lightweight and waterproof hiking boots or trekking shoes.
- 1 x pair of mountaineering boots: plastic or double leather.
- 1 x pair of gaiters.
- 3 x pairs of outer socks (thick wool or synthetic).
- 3 x pairs of inner socks, thin silk, wool, or synthetic.

Headwear and Gloves

- 1 x wool or polarfleece beanie
- 1 x balaclava or Buff: wool or synthetic - to cover neck, chin & face.
- 1 x sun hat
- 1 x pair of glacier glasses (with side covers or wrap-around).
- 1x neck gaiter (Buff), wool or synthetic, to cover neck, chin & face
- 1x pair of lightweight synthetic gloves.

- 1x pair synthetic/soft shell gloves.
- 1 x pair hard shell mitts w/insulated removable liners.

Personal Equipment

- 1x trekking backpack 50-55 litres.
- 1x pair of hiking poles - adjustable preferred.
- 1 x down or synthetic sleeping bag comfortable to at least -10° C.
- 2x compression stuff sacks.
- 1 x foam pad and/or 1 Thermarest pad (both are recommended).
- 1 x plastic bowl, large cup (insulated), spoon and fork.
- Headlamp (LED). Bring spare batteries.
- 2x small tubes of Sunscreen. SPF 50 or better, 2 small tubes.
- 2x lip balm SPF 30 or higher.
- 2 x water bottles, 1 Lt. capacity wide mouth (Nalgene recommended). No water bag or bladder systems, they freeze or are hard to fill.
- Water purification tablets.
- 1 x pee bottle .1-litre capacity, wide mouth. Nalgene bottles are ideal (clearly marked!).
- pee funnel (for women).
- 1x knife, medium size.
- Toiletry bag: alcohol hand sanitizer, toothbrush, toothpaste, wet wipes, towel, plus soap and shampoo for the nights we stay in hotels.
- 4x plastic trash bags

Travelling Gear

- 1x large duffel bag w/ travel lock.
- Couple of changes of clothes for the days we stay in hostels.
- Camera gear (optional).

First Aid

- Personal first-aid kit including:
 - Aspirin, Ibuprofen, Paracetamol
 - Moleskin or molefoam, or other blister treatment.
 - Waterproof first-aid tape, athletic tape, Band-Aids.
 - Antacids
- **Prescription drugs:** please ensure you have your medications sorted before the trip. We recommend discussing antibiotic medications with your GP before departure.
 - Personal medications.
 - Ciprofloxin (Cipro) 500 mg antibiotic (used for intra-abdominal infections, certain types of infectious diarrhea, respiratory tract infections)
 - Azithromycin (Z-pak) 250 mg antibiotic (specific to strep throat, pneumonia, etc)
 - Antibiotic ointment.