



BOLIVIA EXPEDITION

PART 1: LA PAZ AND CORDILLERA REAL TREK

La Paz, Bolivia

EQUIPMENT CHECKLIST

During your expedition in Bolivia, you will encounter a very wide range of temperatures and weather conditions. As such, the equipment you bring must function well in a wide variety of environments. 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), should meet these requirements well.

CLIMATE: On the trek of Part I, temperatures will usually range from a low of 25°F at night (at our highest camp) to daytime highs of 40°F to 70°F. Please take time to choose your clothing and equipment carefully; it may make the difference between a comfortable and successful trip and one that could have been more enjoyable.

GEAR PREPARATION: Please take the time to properly label and identify all items of personal gear. With many climbers all sharing a single campsite, it can be very easy to forget which water bottle or set of gloves belongs to you. Be sure to mark your name on a clothing tag. Colored tape or fingernail polish is excellent on other items. If using tape or colored markers, make sure your labeling method is durable and water-resistant.

All items of clothing should be inspected to make sure that the seams, stitching, and waterproof properties of the garments are intact and adequate for the rigors of an expedition. Used articles of clothing including shell jackets and softshell items should be cleaned and treated with a durable water repellent (DWR) such as Nikwax TX Direct or Gore-Revivex. Gloves with leather or synthetic palms should be treated with a waterproofing agent such as Nikwax. Make sure all of your packs and bags have buckles and straps that are in good working order.

When preparing your equipment for travel to Bolivia, protect your equipment by covering your ice axe, crampons, and trekking poles with cardboard or other protection to prevent puncturing or tearing less durable equipment. Please pack your boots and shell jacket/pants into your carry-on luggage. Delayed luggage can be common.

ASSISTANCE: At AAI we take equipment and its selection seriously. Our Equipment Services department is expertly staffed by climbers, skiers and guides. Additionally, we only carry products in our store have been thoroughly field tested and approved by our guides. This intensive process ensures that all equipment that you purchase from AAI is best suited to your course and future mountain adventures. Please contact us to select equipment for your course.

Please contact the Equipment Shop at 360-671-1570 for assistance in selecting equipment for your course.

Rentals: Equipment items that may be available for rent are designated with an **(R)**. *If you will be needing any rental equipment please fill out a [Rental Request Form](#) as soon as possible so that we can best guarantee rental availability for your course. Please note, our rentals in Bolivia are limited.*

Clothing and Footwear	Packing Checklist
<p><u>COMFORTABLE APPROACH SHOES</u> For use around La Paz. These can be the same shoes for the trek. However, the end of the trek can be wet and muddy. ☆ <i>Examples:</i> Salewa Wildfire Approach shoes, Scarpa Gecko Lite</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>TREKKING/ HIKING BOOTS</u> Comfortable hiking or approach shoes are required. Good ankle support is a desirable feature. The approach to base camp can be very rough, rocky, and/or loose gravel terrain. These boots/shoes should be fully broken in prior to the trek. ☆ <i>Examples:</i> Salewa Wildfire Approach shoes, Scarpa Zodiac Plus GTX</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BASE LAYER TOP</u> This will be your base layer and should be “lightweight or silk weight” synthetic or wool. No cotton. ☆ <i>Materials:</i> Synthetic, wool ☆ <i>Examples:</i> AAI’s synthetic t-shirt, Outdoor Research Essence Top, Patagonia Lightweight Capilene</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BASE LAYER BOTTOM</u> Look for the same features of your Base Layer Top. They should fit comfortably under your soft shell pants and should be at least midweight. One pair is sufficient. ☆ <i>Materials:</i> Synthetic, wool ☆ <i>Examples:</i> Patagonia Capilene, Mammut Go Dry, Mountain Hardware Power Stretch Tight</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>UNDERGARMENTS</u> To wear under your base layer. ☆ <i>Materials:</i> Wool or synthetic are ideal</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SOCKS</u> Bring at least four complete changes. Climbers frequently wear a thin liner sock and one or two pair of thick socks depending on boot fit. Adjust your sock system ahead of time to perfect your boot fit. Bring additional changes of socks for your approach shoes. No cotton. ☆ <i>Materials:</i> Wool or synthetic are ideal</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>2nd LAYER TOP</u> A lightweight fleece shirt or hoody. A chest pocket is a helpful feature. ☆ <i>Materials:</i> Nylon, micro weave fabrics, fleece, wind stopper ☆ <i>Examples:</i> Rab PowerStretch Fleece, Patagonia R1</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SOFT SHELL / WINDPROOF JACKET</u> Thin, light, stretchy, breathable but wind and snow resistant layer that is comfortable to wear. Hoods are highly recommended. Size your jacket to be trim fitting, but large enough to fit over your base and second layers. This layer will go over your base and 2nd layers but under your shell and parka, as well, if wearing this layer in combination with those layers. No waterproof coated nylon, as it is not breathable. ☆ <i>Materials:</i> Schoeller, Powerstretch, Powerdry, or similar ☆ <i>Examples:</i> Patagonia Houdini, Rab Cirrus Wind Top, Rab Vapor Rise Lite-Alpine, Mountain Equipment Squal</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>SOFT SHELL PANT</p> <p>Look for the same features as your soft shell jacket. This will be your outermost layer most of the time for your legs. A thigh pocket is a useful feature for storing small items. Your base layers need to fit under these pants comfortably.</p> <p>★ <i>Materials:</i> eVent, Gore-tex, h2No, or similar</p> <p>★ <i>Examples:</i> Black Diamond Alpine, Arc'Teryx Gamma, Mountain Equipment Comici</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>WATERPROOF / BREATHABLE SHELL JACKET</p> <p>This will be your outermost layer and it needs to be waterproof, breathable, and durable. Two or three-ply Gore-tex or other waterproof, breathable materials are required. Your shell should be sized to comfortably fit over your other base and midlayers (minus your parka). Choose the lightest, most packable shell that will still get the job done. Avoid extra pockets (one or two chest pockets is all you need) and hanging linings. Your hood must fit over your climbing helmet.</p> <p>★ <i>Materials:</i> eVent, Gore-tex, h2No, or similar</p> <p>★ <i>Examples:</i> Arc'teryx Beta and Gamma jackets, Marmot Alpinist, and Patagonia Stretch Rainshadow</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SHELL PANT</p> <p>Made of a waterproof, breathable material, your lightweight shell bottoms must have full or hip length side zips. This garment should be extremely lightweight and packable. A zipper fly is nice, but optional. Should be sized to fit over your base layers and soft shell pants.</p> <p>★ <i>Materials:</i> eVent, Gore-tex, h2No, or similar</p> <p>★ <i>Examples:</i> Rab Latok Alpine Pant, Marmot PreCip Full Zip pants, Mountain Equipment Aeon Pant, Arcteryx Beta AR Pants</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>LIGHT INSULATING JACKET</p> <p>The goal for this piece is to add warmth to your internal layering system. Depending on your clothing system and the environment you are in, you may fit this layer underneath your shell gear (e.g. fleece sweaters) or over your shell gear (lightweight insulated jackets). If choosing fleece, pick modern fleece garments with waffle grid patterns and avoid “windproof fleece” – it is not breathable enough. The weight and design of this piece will vary based on the other items of climbing that you are bringing.</p> <p>★ <i>Materials:</i> fleece, Primaloft, down</p> <p>★ <i>Examples:</i> Patagonia Nano Puff or Nano Air Hoody, Rab microlight Alpine, Arc'Tryx Atom LT Hoody, OR Cathode Hoody</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>MIDWEIGHT INSULATION JACKET</p> <p>A warm puffy jacket with an optional hood. These come in many shapes, sizes and temperature ratings. If you tend to get cold easily, opt for a slightly warmer more substantial parka.</p> <p>★ <i>Fill Materials:</i> Primaloft, down</p> <p>★ <i>Shell Material:</i> Nylon epic eVent</p> <p>★ <i>Examples:</i> Rab Xenon X Hoodie, Patagonia DAS parka</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>GLOVE LINERS</p> <p>You will wear these for much of your time on the mountain. They need to be dexterous and comfortable, but not necessarily very insulating. Bring two pairs.</p> <p>★ <i>Materials:</i> Fleece, Powerstretch, or similar</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>MIDWEIGHT / SCHOELLER / LEATHER GLOVES</p> <p>The most desirable glove is one that is comfortable and dexterous, so that it can be worn all day. It should be durable enough (leather palms) to handle ropes, ice axes, and a bit of rock scrambling. These come in different weights, so choose the thickness that works with your glove system. Bring one pair.</p> <p>★ <i>Materials:</i> Softshell, windstopper fleece, leather or similar</p> <p>★ <i>Examples:</i> Petzl Cordex Plus Gloves, Mountain Equipment Super Alpine Glove</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><u>EXPEDITION / SHELL GLOVES</u> Composed of heavy-duty waterproof shells with extremely warm liners, these modular gloves MUST have removable liners. The highest priority with these gloves is warding off frostbite, but these gloves must be dexterous enough to handle ropes, carabiners, and jumars. ☆ <i>Materials:</i> Gore-tex, Schoeller ☆ <i>Examples:</i> Outdoor Research Arete Glove, Black Diamond Guide Gloves, Marmot Ultimate Ski Gloves</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BEANIE HAT / TOQUE</u> Bring a thin, warm hat that will fit under your climbing helmet. ☆ <i>Materials:</i> Fleece, wool, windstopper, or similar</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SUN HAT</u> A baseball cap or visor serves well. Models with a “tail” are recommended for increased sun protection. ☆ <i>Materials:</i> Nylon or similar</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BUFF</u> “Buffs” are a multifunctional neck gaiter that can supplement a lightweight balaclava and hat rather well. Used for windy and/or cold days. ☆ <i>Materials:</i> Powerstretch, fleece, polypro, windpro</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SANDALS / FLIP FLOPS / CROCS</u> These are great for relaxing in camp in the evenings.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>TRAVEL AND TOWN CLOTHES</u> We occasionally like to go out to restaurants and you may want something other than your climbing clothes to wear.</p> <ul style="list-style-type: none"> ● Light cotton or other pants ● Light cotton or other shirt ● Sandals or footwear other than sneakers or boots ● Swim suit/Board suit 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Trekking Equipment	
<p><u>TREKKING POLES</u> At least one is required and two are recommended. Even if you don’t normally use trekking poles, they help with balance while carrying heavy pack on mountainous terrain and crossing streams. ☆ <i>Examples:</i> Black Diamond Expedition poles, Komperdell models</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><u>TREKKING PACK</u> This is a daypack used for trekking and as a summit pack for Part 2. Everything you need for your daily trek (including water and power food) should fit inside the pack. ☆ <i>Size:</i> 24 - 32 liters ☆ <i>Examples:</i> Mammut Trion Light, Osprey Stratos 34, Mountain Hardware SummitRocket</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Camping Equipment	
<p><u>SLEEPING BAG</u> Down is the sleeping bag insulation of choice. Bring a bag that is rated to about 15°F. If you know you sleep cold take this into consideration when purchasing/selecting your bag. ☆ <i>Shell Materials:</i> Dryloft, eVent, Epic, nylon, ☆ <i>Fill Materials:</i> Down, Primaloft, Polarguard 3D</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>★ Examples: Marmot Trestles 15, Feathered Friends Lark Nano 10, Mountain Equipment Helium 600</p>	
<p>COMPRESSION STUFF SACK Used to shrink your sleeping bag into the smallest size possible. ★ Materials: <i>SilNylon, eVent, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SLEEPING PAD You will likely camp on both snow and/or dirt during this course. Please bring a patch kit for inflatable pads. ★ Weight: 8 - 20 oz / 225 - 565 g ★ Examples: Thermarest ProLite Plus, Exped Down Mat, Sea to Summit Comfort Lite</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>DUFFEL BAGS Bring two that are large and sturdy. Durable coated nylon is best. This will be tied on the back of a donkey, mule or horse during the approach to base camps. Models with wheels are not allowed. ★ Size: ~ 120 liters ★ Materials: <i>Packcloth, Cordura, ballistic cloth</i> ★ Examples: Patagonia Black Hole Duffel Bag 120L, North Face Base Camp Duffel - X-Large</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Hydration and Food</h2>	
<p>FAVORITE SNACK FOODS We can get 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. You may not be able to purchase these specialty items in South America, so please feel free to bring some with you. Around one pound.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>HYDRATION 3 liters of water capacity minimum. Hydration bladders with appropriate accessories are recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>WATER PURIFICATION Bottled water is highly available in the city of La Paz. Water provided on the Trek will be treated and boiled prior to use. However, it is still recommended to bring your own tablets or liquid purification. Filters are heavy and should not be used. ★ Examples: Aquatabs</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Other Personal Equipment</h2>	
<p>PASSPORT Required. This must be valid for six (6) months after your scheduled return date.</p>	<input type="checkbox"/> Own
<p>PASSPORT / MONEY POUCH Bring a low profile money pouch or belt to protect your essential documents, credit cards, and money.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SUNSCREEN With Sun Protection Factor (SPF) 30 or higher. A couple of 1 oz tubes are adequate and work better than one large one. For the fair skinned, the higher the SPF, the better. (Dermatone produces an effective 1" diameter stick as well as a translucent zinc oxide lotion.) Sunscreen is prone to freezing in the cold and smaller containers fit well into pockets for warming.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>LIP PROTECTION</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Bring 1 container/applicator with the highest SPF available.	
<p>SUNGLASSES</p> <p>Choose a model with 100% UVA/UVB protection. Keeper strings like “Croakies” are useful to prevent dropping your glasses while climbing. Those using contact lenses should bring a pair of prescription glasses if available.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>HEADLAMP</p> <p>A high output LED model. Bring fresh batteries and one set of extra batteries. Flashlights are not acceptable.</p> <p>★ Examples: Petzl Tikka XP, Black Diamond Spot</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>PERSONAL MEDICAL KIT</p> <p>For sunburn, blisters, headaches, and minor cuts and scrapes:</p> <p><u>Personal Medications:</u> (notify AAI of any and all medications)</p> <ul style="list-style-type: none"> ● 20 tablets of Tylenol, Ibuprofen, or Aspirin ● A few Benadryl ● If you are severely allergic to bees, or if you suffer from Asthma, please notify AAI and your guide regarding the location and presence of your epi-pen and/or albuterol inhaler. <p><u>Cuts & Bruises kit:</u></p> <ul style="list-style-type: none"> ● 10 assorted Band-aids ● One 1 1/2 inch roll of cloth athletic adhesive tape ● 3 inch Ace bandage <p><u>Blister Kit:</u></p> <ul style="list-style-type: none"> ● Plenty of Compeed, Bandaid, or Dr. Scholl's blister pads ● A packet of moleskin (note: some people are allergic to the glue on moleskin and other medical adhesives.) <p><u>Altitude and Travel Medication:</u></p> <p><i>The following drugs require a physician's prescription (except Imodium). Be sure to discuss the use and precautions for each drug with your doctor.</i></p> <ul style="list-style-type: none"> ● Loperamide (Imodium) - For diarrhea. ● Acetazolamide (Diamox) - For prevention or treatment of Acute Mountain Sickness. <p>Choose one of the two antibiotics below, depending on personal allergies:</p> <ul style="list-style-type: none"> ● Trimethoprim-Sulfamethoxazole (Bactrim or Septra) ● Ciprofloxacin (Cipro) <p>★ NOTE: you cannot use codeine or sleeping pills at altitude.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>PERSONAL TOILETRIES</p> <p>The whole bag should be small/travel sized, clear and sealable.</p> <ul style="list-style-type: none"> ● Bring half a roll to a roll of toilet paper in its own ziploc bag (We provide toilet paper in the mountains) ● Several small packets of travel tissues ● Wet wipes ● Hand sanitizer ● Personal toiletries (toothbrush, toothpaste, floss, etc.) ● Hand Lotion ● Towel, soap and washcloth 	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Foot powder is very useful especially on longer trips or for people with sweaty feet. Foot powder can help dry your feet, and promote warmth on cold weather trips. Be mindful of the storage container and make sure it will stand up to the abuse it will be subjected to.</p>	
<p><u>GARBAGE BAGS</u> Bring one large bag to line your backpack and one or two to pack out your personal garbage. Trash compactor bags, if available, are more durable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>REPAIR KIT</u> At a minimum this kit should include:</p> <ul style="list-style-type: none"> • <i>A stove repair kit (designed for your stove)</i> • <i>Thermarest repair kit (for Thermarest pad users)</i> • <i>10-20 feet of lightweight nylon cord</i> • <i>A small sewing kit</i> • <i>Duct tape (wrapped on water bottles or trekking poles)</i> • <i>An extra waist buckle for your pack</i> 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2 style="background-color: #e1eef6; padding: 5px;">Other Optional Items</h2>	
<p><u>CAMERA</u> We recommend a small point-and-shoot camera that can easily be carried in a convenient, easy to reach zipper-pocket. Though some climbers bring them, SLR cameras require special care because of weight, bulk, and fragility. Smartphone cameras have come a long way and are also becoming a convenient standard.</p> <p><i>★ Note: No battery powered, auto-focus cameras perform well in the cold. Digital cameras can work well but require extra care to protect them from the cold and elements. If bringing a digital camera, consider your battery needs. If your camera uses a proprietary lithium ion type you may want to bring an extra. If your camera uses AA or AAA batteries, use lithium batteries and bring one or two sets of extra batteries, more if you take a lot of photos.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>ENTERTAINMENT</u> Books, games, journals, cards, etc. are great for rest days and stormy days in the tent. Music players like mini-disc and MP3 players are popular because the device and media are small and relatively lightweight. Models with a hard drive (e.g. Ipod) do not work at altitude.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>HANDIWIPES</u> AKA the mountain shower. For personal hygiene <u>and</u> general use.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>EAR PLUGS</u> Defense against snoring and high winds in the area.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>FINGERNAIL CLIPPERS</u> Trim nails back prior to course.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>MULTI-TOOL or POCKET KNIFE</u> Leatherman Tool or Swiss army style is recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Additional Details:

The Equipment Shop at the American Alpine Institute provides clothing and equipment for purchase, rental gear, and advice. Shop staff members are great climbers themselves and deeply involved in evaluating and testing gear. They are considered by many outdoor gear manufacturers to be the most expert in the country. They thoroughly understand the needs of climbers who will be rock climbing, ice climbing, mountaineering, or exploring the world on international expeditions.

Please consider our staff members part of your resource team in preparing for your trip. AAI Equipment Specialists are on hand to consult with you on specific gear needs, to answer questions on the latest equipment and innovations, and to make recommendations on best choices of clothing and equipment. They can assure that you are equipped with the best possible gear for your climbs. If you have any difficulty determining whether some particular items of clothing or equipment you already own will serve you well on a particular trip, they can help you answer that question.

Guides Choice International Field Testing

The Equipment Shop at the American Alpine Institute also administers AAI's prestigious [Guide's Choice Award](#). Equipment and clothing that have been awarded the Guides Choice designation have proven to be the top item in their product category. The awards are made on the basis of excellence in design, performance, and durability demonstrated in rigorous international field tests carried out by the professional guides of the Institute.

Call or E-mail the Equipment Shop for Advice or Gear

Please feel free to contact us and to let us help you get ready for your climbing trip. Your comfort and safety depend on being well equipped. Whether you get your gear from us or just get advice, we're here to help you prepare.

Call: (360) 671-1570

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Equipment Shop Website: www.Shop.AlpineInstitute.com