



Bolivia Expedition

La Paz and Cordillera Real Trek

Huayna Potosi Skills Expedition

Illimani Expedition

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, quick drying, and allow for good freedom of movement. The layering principle, based on several thin layers of insulation (rather than one thick one), should meet these requirements well. Please take time to choose your clothing and equipment carefully; it may make the difference between a comfortable, successful trip and one that could have been more enjoyable.

CLIMATE: During Part I - The La Paz and Cordillera Real Trek, temperatures will usually range from a low of 25°F at night at the highest camp to daytime highs in La Paz ranging from 40°F to 70°F. During Part II - The Huayna Potosi Skills Expedition, nighttime temperatures can drop below 15°F at the high camps. If participating in Part III - The Illimani Climb, the ascent of Illimani tends to be about 5 to 10°F colder and windier than the climbs undertaken during Part II. At our base camps, temperatures invariably drop below freezing at night, but usually warm up into the 40's or 50's during the day. Once or twice every year a storm drops several inches of snow at the level of Lake Titicaca. Daytime summit temperatures vary greatly.

Check your course's forecast at [La Paz, Bolivia Weather Forecast](#)

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 is not uncommon.

There will be laundry options available in Quito.

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.

Clothing and Footwear	Packing Checklist
<p><u>COMFORTABLE 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. You may want to bring another pair to change into and to wear when we go out to dinner in town. <i>★ Salewa Wildfire Approach shoes, 5.10 Tennies, La Sportiva Cirque Pro.</i></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 of these shoes. The approach into base camp is a very rough and rocky trail. Please break these in thoroughly before your expedition.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>HIGH ALTITUDE/COLD WEATHER MOUNTAINEERING BOOTS</u> <i>Double boots are required for Part III.</i> These should be designed for extended use in temperatures as cold as 0°F. Modern synthetic double boots can be more comfortable, but are more expensive. In plastic boots, thermo-mold liners are warmer, lighter, and more comfortable than standard liners. Single (hybrid leather/synthetic) mountaineering boots are adequate for Parts I & II. However they must be used with super gaiters. As a point of reference most people use plastic boots. <i>★Shell Materials: Synthetic, plastic, leather</i> <i>★NOTE: There are many of makes and models out there and not all are created equal. *If you plan to bring single boots, they must have at least a half-length steel shank, be thoroughly waterproofed, and be warm enough for temperatures below freezing. Additionally, chemical toe warmers are required if you bring single boots (at least six toe-specific warmers). Please consult our Equipment Shop if you are uncertain about the acceptability of your chosen model.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><u>GAITERS</u> These can be either regular gaiters or a supergaiter. They should be knee-high in length. Supergaiters are highly recommended for 'single' boots. These should be glued to the boot in advance. Getting supergaiters on your boots is a rather involved process and if they come off while on the mountain, it will be extremely difficult to get them back on. <i>★ Weight: 8 - 12oz / 220 - 340 grams</i> <i>★ Materials: Cordura, nylon, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SOCKS</u> Bring six complete changes. Most climbers prefer to wear a very thin liner sock underneath a thicker hiking/mountaineering sock. 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: wool or synthetic are ideal</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><u>UNDERGARMENTS</u> To wear under your base layer. ★ <i>Materials: wool or synthetic are ideal</i></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>Weight: 5 - 8oz / 140 - 225 grams</i> ★ <i>Materials: Synthetic, wool</i> ★ <i>AAI’s synthetic t-shirt, Outdoor Research Essence Zip Top, Patagonia Lightweight Capilene</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BASE LAYER BOTTOM</u> One pair is sufficient. Look for the same features of your Base Layer Top. They should fit comfortably under your trekking pants. These are used mainly in the evening or on colder days while trekking. This will be your primary layer on those days. ★ <i>Weight: 5 - 8oz / 140 - 225 grams</i> ★ <i>Materials: Synthetic, wool</i> ★ <i>Patagonia Capilene, Mammut Go Dry, Rab PowerStretch Fleece</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>2nd LAYER TOP</u> A lightweight fleece or wind shirt. A chest pocket is a helpful feature. ★ <i>Weight: 13 - 16oz / 368 - 454 grams</i> ★ <i>Materials: Nylon, micro weave fabrics, fleece, wind stopper</i> ★ <i>Patagonia Houdini, OR Marvel, Rab PowerStretch Fleece, Patagonia R1</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>HIKING PANTS</u> These should be light to mid-weight comfortable synthetic pants that don’t restrict movement. ★ <i>Yoga/athletic pant, synthetic hiking pant, Prana Stretch Zion, Patagonia RPS Rock Pant</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SOFT SHELL JACKET</u> A thin, light, stretchy, breathable but wind and snow-resistant layer that is comfortable to wear is ideal. This will be your “action” layer and the outer layer you will spend most of your time in. Hoods are optional but highly recommended. Size your jacket to be trim fitting, but large enough to fit over your base and second layers. Light to moderate insulation/thickness is recommended. This layer will go over your base and insulation layers, but under your shell and parka. No waterproof coated nylon, as it is not breathable. ★ <i>Patagonia Houdini, Rab Cirrus Wind Top, Rab Vapor Rise Lite-Alpine, Mountain Equipment Squall</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SOFT SHELL PANT</u> Look for the same features ads 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. ★ <i>Weight: 8 - 20oz / 227 - 566 grams</i> ★ <i>Materials: eVent, Gore-tex, h2No, or similar</i> ★ <i>Patagonia Guide, Black Diamond Alpine, Arc’Teryx Gamma, Mountain Equipment Comici</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SHELL PANT</u> Made of waterproof/breathable material, your lightweight shell bottoms should have full or hip-length side zips. This garment should be extremely lightweight and packable. A zipper fly is a nice optional luxury. ★ <i>Weight: 8 - 20oz / 227 - 566 grams</i> ★ <i>Materials: eVent, Gore-tex, h2No, or similar</i> ★ <i>Mountain Equipment Narwhal or Odyssey, Patagonia Torentshell</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><u>WATERPROOF/BREATHABLE SHELL JACKET</u></p> <p>Choose the lightest, most packable, waterproof shell that will still get the job done. Avoid extra pockets (one or two chest pockets is all you need,) 3 - layer Gore-Tex and hanging linings. Your hood should fit over your climbing helmet. Your shell should be sized to comfortably fit over your other base and mid-layers (minus your insulating layers.)</p> <p>★ <i>Weight: 8 - 20oz / 227 - 566 grams</i> ★ <i>Materials: eVent, Gore-tex, h2No, or similar</i> ★ <i>Rab Latok Alpine, Patagonia M10, Marmot Precip, Mountain Equipment OGRE</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LIGHT INSULATING LAYER</u></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 underneath your shell gear (e.g. fleece sweaters) or over your shell gear (lightweight insulated jackets.)</p> <p>★ <i>Weight: 10 - 14oz / 280- 400 grams</i> ★ <i>Materials: Primaloft, down</i> ★ <i>Patagonia Nano Puff or Nano Air Hoody, Rab microlight Alpine, Arc'Tryx Atom LT Hoody, OR Cathode Hoody</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>MID-WEIGHT INSULATION JACKET</u></p> <p>This should only be included for programs that start prior to June 10. A warm puffy jacket with an optional hood. These come in many shapes, sizes and temperature ratings and are often called "belay jackets." If you tend to get cold easily, opt for a slightly warmer more substantial parka.</p> <p>★ <i>Weight: 20 - 40oz / 566 - 1133 grams</i> ★ <i>Fill Materials: Primaloft, down</i> ★ <i>Shell Material: nylon epic eVent</i> ★ <i>Patagonia DAS Parka, Montbell Flatiron Parka</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>FLEECE GLOVES/GLOVE LINERS</u></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: fleece, Powerstretch, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>MIDWEIGHT/SCHOELLER/LEATHER GLOVES</u></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. Choose a mid-weight model.</p> <p>★ <i>Weight: 4 - 8oz / 110 - 200 grams</i> ★ <i>Materials: softshell, windstopper fleece, leather or similar</i> ★ <i>Petzl Cordex Plus Gloves, Mountain Equipment Super Alpine Glove</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SHELL GLOVES</u></p> <p>A waterproof shell sized to fit over your liner gloves, these will be worn during any cold/stormy weather and need to be dexterous enough to manipulate carabiners, harnesses, and tie knots. The highest priority with these gloves is to keep your hands and liner gloves dry. No mittens allowed.</p> <p>★ <i>Weight: 6 - 10oz / 56 - 112 grams</i> ★ <i>Materials: Gore-tex, Schoeller</i> ★ <i>Outdoor Research Arete Glove,</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BEANIE HAT/TOQUE</u></p> <p>In the cooler months, bring a thin, warm hat that will fit under your climbing helmet.</p> <p>★ <i>Weight: 6 - 10oz / 56 - 112 grams</i> ★ <i>Materials: fleece, wool, windstopper, or similar</i></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: nylon or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LIGHTWEIGHT BALACLAVA</u> A balaclava is a warm hat that can be pulled over the head to the shoulders. It completely covers the head except for an opening for the face. It should provide excellent wind protection for the chin, ears and neck. A Buff can substitute for this. ★ <i>Materials: Powerstretch, fleece, polypro, windpro</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Required Climbing Equipment</h2>	
<p><u>CLIMBING HARNESS</u> For alpine climbing, choose a harness with adjustable leg loops and a belay loop. Make sure it fits your body when wearing bulky clothing. Gear loops are desirable features. ★ <i>Weight: 6 - 16oz / 170 - 453 grams</i> ★ <i>Black diamond Blizzard, Arc'Tryx A 300a</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><u>CLIMBING HELMET</u> Must be UIAA approved for climbing. ★ <i>Black Diamond Half Dome, Petzl Elios</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><u>ICE AXE</u> We recommend using an ice axe that is about 50cm. For many courses and ascents there will be days when the axe will be used only briefly and spend most of the day strapped to the pack while you are climbing rock. ★ <i>Camp USA Neve, Petzl Glacier, Black Diamond Raven</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><u>ICE TOOL</u> Optional for Part IIa, Required for IIb/III. Bring one that is 45-55 cm length. 50 cm is the preferred length for most climbing. Easy-to-use leashes are recommended. ★ <i>Weight: 16 - 25oz / 453 – 700 grams</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>STEEL CRAMPONS</u> Flexible or semi-flexible. New-matic crampons are the easiest to put on with cold fingers. Only modern strap-on, step-in, or “new-matic” crampons are acceptable. Older Scottish style strap-on crampons are not adequate. ★ <i>Petzl Ivis, Black Diamond Contact Strap, Grivel G12</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p><u>CARABINERS</u> At least four total. Two must be large, pear shaped (or MÜNTER) locking carabiners. Wiregate non-locking carabiners work well for the remaining two. ★ <i>Petzl Attache</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>PRUSIKS</u> These are specially tied loops of 6mm cord used for crevasse rescue. If you don't have a set of prusiks from a previous AAI course, bring three lengths of 6 mm perlon/nylon: 13 feet, 6 feet, and 5 feet. (Precut lengths are available for sale at AAI.) Cord thicker than 6mm will not work.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>TREKKING POLES 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.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Camping Equipment</h2>	
<p>SLEEPING BAG Bring a bag that is rated to around 0°F for Parts II/III. A 15°F is adequate for Part I. <i>★ Weight: 2.25 - 4oz / 1 - 1.8 kg</i> <i>★ Materials: Down, Primaloft, Polarguard 3D</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p>COMPRESSION STUFF SACK Used to shrink you sleeping bag into the smallest size possible. <i>★ Weight: 2 - 4oz / 56 - 110 grams</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SLEEPING PAD You will likely camp on both snow and dirt during this course. Please bring a patch kit for inflatable pads. <i>★ Weight: 8 - 20oz / 225 -565grams</i> <i>★ Thermarest Air Neo, Exped Down Mat, Sea to Summit Comfort Lite</i></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 mule during the approach to base camp. This duffel bag should be 7000-9,000 cu. in. Models with wheels are not allowed. <i>★ Materials: Pack cloth, Cordura, ballistic cloth</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>INTERNAL FRAME CLIMBING PACK 55-65 Liters is ideal. It should be comfortable for carrying loads up to 50lbs, but not be overly heavy itself. Make sure it will hold all of your personal equipment with room to spare for your share of the group equipment that will be divided during your expedition. <i>★ Weight: 3.0 - 6.5lbs / 1.6 - 2.9 kg</i> <i>★ Volume: 5000 - 6000 cubic inches</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>TREKKING PACK This is a 1500 - 2000 cu. in. daypack used for trekking and as a summit pack. <i>★ Weight: 24oz or less / 680 grams or less</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>EATING UTENSILS Spoon: Bigger is better. Lexan is lighter, but metals spoons are more durable. Consider bringing a spare if you go with Lexan. Thermal mug: 16-20oz with a lid. A 16oz wide mouth Nalgene is a favorite amongst our guides. Bowl: A lightweight Tupperware-type bowl is recommended. Avoid metal bowls, they are expensive, prone to tipping over, and make your food get cold very fast (or burn your hands when you are eating soup).</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>HYDRATION 3 liters of water capacity minimum. Two solid 32oz water bottles, like a one-quart Nalgene, are required. Hydration bladders with appropriate accessories are recommended, though care must be taken to protect them from freezing.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>WATER PURIFICATION Bring tablets or liquid purification. Bring at least 80 tablets or the equivalent. Filters are heavy and should not be used.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><u>TOILETRIES</u> Bring a toothbrush, toothpaste, floss, a small towel, hand sanitizer (bring 3-4 containers), biodegradable soap, and a washcloth. Bring one roll of toilet paper. We supply the TP while on the mountain. TP is a precious commodity in third world countries. You'll find that having a small personal supply for use while in and around La Paz will be nice.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Other Essential Items</h2>	
<p><u>PASSPORT</u> Required. This must be valid for six (6) months after your scheduled return date.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>PASSPORT/MONEY POUCH</u> 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><u>SUNSCREEN</u> With SPF 30 or higher. A couple of 1oz. Tubes are adequate work better than one large one. For the fair skinned, the higher the SPF the better.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LIP PROTECTION</u> Chapstick with highest SPF available is recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>GLACIER GLASSES / SUNGLASSES</u> 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><u>GARBAGE BAGS</u> Bring two or three large ones to line your backpack and to pack out garbage. Trash compactor bag, if available are more durable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>HEADLAMP</u> Choose a small, high output LED model that runs on AAA batteries. Bring one set of extra batteries. Flashlights and older halogen headlamps are not acceptable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>REPAIR KIT</u> At minimum this kit should include a stove repair kit for your stove, Thermarest repair kit (for TR pad users) 10 to 20 feet nylon cord, small sewing kit, duct tape (wrapped on water bottle or trekking poles, and a pack waist buckle.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>MULTITOOL</u> Any multitool similar to a Leatherman is great. These are used for emergencies, and for slicing cheese, salami, and opening packages.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SMALL PADLOCK</u> To fit through the zip sliders of the duffel to secure its contents. Buying a TSA-approved lock is highly recommended. Don't lock your bag when you check it through security at the airport.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>PERSONAL SNACK FOOD</u> Bring no more than one pound of high-energy snack food for strenuous days. Energy bars like Power Bars, Cliff Bars, and Gu are preferred. Candy is widely available in Bolivia.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>PERSONAL MEDICAL KIT For sunburn, blisters, headaches, and minor cuts and scrapes.</p> <p><u>Personal Medications:</u> (notify AAI of any and all medications) ☆ 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> <p><u>Cuts & Bruises kit:</u> ☆ 10 assorted Band-aids ☆ One 1 1/2 inch roll of cloth athletic adhesive tape ☆ 3 inch Ace bandage</p> <p><u>Blister Kit:</u> ☆ 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> <p>The following drugs require a physician's prescription (except Immodium). Be sure to discuss the use and precautions for each drug with your doctor. ☆ Loperamide (Immodium) - For diarrhea. ☆ Acetazolamide (Diamox) - For prevention or treatment of Acute Mountain Sickness. ☆ Choose one of the two antibiotics below, depending on personal allergies. ☆ Trimethoprim-Sulfamethoxazole (Bactrim or Septra) ☆ Ciprofloxacin (Cipro)</p> <p>☆ <i>NOTE: you cannot use codeine or sleeping pills at altitude.</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>HAND/FOOT WARMERS Recommended for people that are susceptible to cold hands and toes. These should be small, disposable type products like the ones made by Grabber Mycoal. Bring at least six sets if wearing leather boots.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>WATER BOTTLE PARKAS These insulating jackets are for your water bottles to help prevent freezing. Bring one for each bottle.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>PEE BOTTLE 1-quart size minimum. A 2L collapsible Nalgene is recommended. Plastic bottles from the store such as Gatorade bottles can work well but the lids are less secure than a Nalgene. If you choose to bring one of these, use it carefully and make sure the capacity is adequate. Label your pee bottle well. Women must also bring a pee funnel.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Other Optional Items</p> <p>The items listed below are not required, although many are nice “luxury” items that can make your trip more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your expedition.</p>	

<p><u>CAMERA</u> We recommend a small point-and-shoot camera that can easily be carried in a convenient 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>BUFF/BANDANA</u> Multiple uses from a sweat towel to neck sun protection.</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>HANDIWIPES</u> AKA the mountain shower. For personal hygiene and general use.</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. Bring a car adapter for any electronic devices to charge on our solar panel.</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>INSECT REPELLENT</u> Required. Insect-borne diseases are a major concern in tropical areas of Bolivia. Look for more concentrated repellent in smaller containers. Pack it in a Ziploc bag to prevent contaminating other items in your pack.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SHORTS</u> Lightweight shorts are nice for warm days. ★ <i>Weight: 4 - 8oz / 110 - 227 grams</i> ★ <i>Materials: Nylon</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>T-SHIRT</u> Light colors are best. This shirt can be synthetic or cotton. If you plan to hike in it, synthetic is better. A cotton shirt can be a nice break from the synthetics while at camp. ★ <i>Weight: 3 - 7oz / 85 - 200 grams</i> ★ <i>Materials: Synthetic, cotton, blends</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>NOSE PROTECTION</u> Designed to protect your nose from the sun, this is a cloth nose guard that fits onto your glacier glasses. Try the fit on your sunglasses; they should fit well without pushing the frames off your nose.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>FOOT POWDER</u> A very small bottle will allow you to treat your feet daily, keep them dryer, extend the life of your socks, and help you avoid blisters/rashes from chronic wet feet.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>☆ <i>Weight: 1 - 2oz / 28 – 56 grams</i></p> <p>☆ <i>Examples: Gold Bond, Dr. Scholls</i></p>	
<p><u>BELAY DEVICE</u></p> <p>Bring one if you have one, but you don't have to buy one for your course. If you do purchase one be sure to get advice on choices from our equipment shop.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>CRAZY CREEK CHAIR</u></p> <p>These are excellent for relaxing in while at base camp.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SKI GOGGLES</u></p> <p>These should be dark and block 100% of UV light. If you wear prescription glasses, these must fit comfortably over your glasses.</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.

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 Email: shop@AlpineInstitute.com
 Equipment Shop Website: www.Shop.AlpineInstitute.com