



BOLIVIA EXPEDITION

PART 1: LA PAZ AND CORDILLERA REAL TREK

PART 2: HUAYNA POTOSI SKILLS EXPEDITION

PART 3: ILLIMANI EXPEDITION

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, 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 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 and we do not rent mountaineering boots.*

GROUP GEAR: As part of your tuition, you will be provided a two-person tent (all sleeping arrangements are shared unless you opt for a Single Supplement). You will not need any cooking equipment or utensils unless you have special dietary needs for such.

PART 1: LA PAZ AND CORDILLERA REAL TREK EQUIPMENT CHECKLIST

Clothing and Footwear	Packing Checklist
<p><u>COMFORTABLE APPROACH SHOES</u></p> <p>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.</p> <p>★ Examples: Salewa Wildfire Approach shoes, Scarpa Gecko Lite</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>TREKKING / HIKING BOOTS</u></p> <p>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.</p> <p>★ Examples: Salewa Wildfire Approach shoes, Scarpa Zodiac Plus GTX</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BASE LAYER TOP</u></p> <p>This will be your base layer and should be “lightweight or silk weight” synthetic or wool. No cotton.</p> <p>★ Materials: Synthetic, wool</p> <p>★ Examples: 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></p> <p>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.</p> <p>★ Materials: Synthetic, wool</p> <p>★ Examples: Patagonia Capilene, Mammut Go Dry, Mountain Hardware Power Stretch Tight</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>UNDERGARMENTS</u></p> <p>To wear under your base layer.</p> <p>★ Materials: Wool or synthetic are ideal</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SOCKS</u></p> <p>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.</p> <p>★ Materials: Wool or synthetic are ideal</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>2nd LAYER TOP</u></p> <p>A lightweight fleece shirt or hoody. A chest pocket is a helpful feature.</p> <p>★ Materials: Nylon, micro weave fabrics, fleece, wind stopper</p> <p>★ Examples: Rab PowerStretch Fleece, Patagonia R1</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SOFT SHELL / WINDPROOF JACKET</u></p> <p>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 if wearing this layer in combination with those layers. No waterproof coated nylon, as it is not breathable.</p> <p>★ Materials: Schoeller, Powerstretch, Powerdry, or similar</p> <p>★ Examples: Patagonia Houdini, Rab Cirrus Wind Top, Rab Vapor Rise Lite-Alpine, Mountain Equipment Squall</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: eVent, Gore-tex, h2No, or similar</i></p> <p>★ <i>Examples: Black Diamond Alpine, Arc'teryx Gamma, Mountain Equipment Comici</i></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: eVent, Gore-tex, h2No, or similar</i></p> <p>★ <i>Examples: Arc'teryx Beta and Gamma jackets, Marmot Alpinist, and Patagonia Stretch Rainshadow</i></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 a nice, but optional. Should be sized to fit over your base layers and soft shell pants.</p> <p>★ <i>Materials: eVent, Gore-tex, h2No, or similar</i></p> <p>★ <i>Examples: Rab Latok Alpine Pant, Marmot PreCip Full Zip pants, Mountain Equipment Aeon Pant, Arc'teryx Beta AR Pants</i></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: fleece, Primaloft, down</i></p> <p>★ <i>Examples: Patagonia Nano Puff or Nano Air Hoody, Rab microlight Alpine, Arc'teryx Atom LT Hoody, OR Cathode Hoody</i></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: Primaloft, down</i></p> <p>★ <i>Shell Material: Nylon epic eVent</i></p> <p>★ <i>Examples: Rab Xenon X Hoodie, Patagonia DAS parka</i></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: Fleece, Powerstretch, or similar</i></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: Softshell, windstopper fleece, leather or similar</i></p> <p>★ <i>Examples: Petzl Cordex Plus Gloves, Mountain Equipment Super Alpine Glove</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>BEANIE HAT/ TOQUE Bring a thin, warm hat that will fit under your climbing helmet. ★ <i>Materials: Fleece, wool, windstopper, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SUN HAT 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>BUFF “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: Powerstretch, fleece, polypro, windpro</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SANDALS/ FLIP FLOPS/ CROCS These are great for relaxing in camp in the evenings.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>TRAVEL AND TOWN CLOTHES 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
<h2>Trekking Equipment</h2>	
<p>TREKKING POLES (R) 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: Black Diamond Expedition poles, Komperdell models</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p>TREKKING PACK 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: 24 - 32 liters</i> ★ <i>Examples: Mammut Trion Light, Osprey Stratos 34, Mountain Hardware SummitRocket</i></p>	<input type="checkbox"/>
<h2>Camping Equipment</h2>	
<p>SLEEPING BAG <i>If participating in Parts II and/or III, bring a bag that is rated to 0°F. If only participating in Part I, bring a bag that is rated to about 15°F.</i> Down is the sleeping bag insulation of choice. If you know you sleep cold take this into consideration when purchasing/selecting your bag. ★ <i>Shell Materials: Dryloft, eVent, Epic, nylon,</i> ★ <i>Fill Materials: Down, Primaloft, Polarguard 3D</i> ★ <i>Examples: Marmot Trestles 15, Feathered Friends Lark Nano 10, Mountain Equipment Helium 600</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>COMPRESSION STUFF SACK Used to shrink your sleeping bag into the smallest size possible. ★ <i>Materials: SilNylon, eVent, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SLEEPING PAD</p>	<input type="checkbox"/> Own

<p>You will likely camp on both snow and/or dirt during this course. Please bring a patch kit for inflatable pads.</p> <p>★ <i>Weight:</i> 8 - 20oz / 225 - 565g</p> <p>★ <i>Examples:</i> Thermarest ProLite Plus, Exped Down Mat, Sea to Summit Comfort Lite</p>	<input type="checkbox"/> Buy
<p>DUFFEL BAGS</p> <p>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.</p> <p>★ <i>Size:</i> ~ 120 liters</p> <p>★ <i>Materials:</i> Packcloth, Cordura, ballistic cloth</p> <p>★ <i>Examples:</i> Patagonia Black Hole Duffel Bag 120L, North Face Base Camp Duffel - X-Large</p>	
<h2>Hydration and Food</h2>	
<p>FAVORITE SNACK FOODS</p> <p>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</p> <p>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</p> <p>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.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Other Personal Equipment</h2>	
<p>PASSPORT</p> <p>Required. This must be valid for six (6) months after your scheduled return date.</p>	<input type="checkbox"/> Own
<p>PASSPORT/MONEY POUCH</p> <p>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</p> <p>With Sun Protection Factor (SPF) 30 or higher. A couple of 1oz 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> <p>Bring 1 container/applicator with the highest SPF available.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<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>	<input type="checkbox"/> Own

<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"/> 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 it's 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 <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>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>GARBAGE BAGS</p> <p>Bring one large bag to line your backpack and one or two to pack out your personal garbage. Trash compactor bag, if available, are more durable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>REPAIR KIT</p>	<input type="checkbox"/> Own

<p>At a minimum this kit should include:</p> <ul style="list-style-type: none"> • A stove repair kit (designed for your stove) • Thermarest repair kit (for Thermarest pad users) • 10-20 feet of lightweight nylon cord • A small sewing kit • Duct tape (wrapped on water bottles or trekking poles) • An extra waist buckle for your pack 	<input type="checkbox"/> Buy
<h2>Other Optional Items</h2> <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>CAMERA</p> <p>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>ENTERTAINMENT</p> <p>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>EAR PLUGS</p> <p>Defense against snoring and high winds in the area.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>FINGERNAIL CLIPPERS</p> <p>Trim nails back prior to course.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>MULTI-TOOL or POCKET KNIFE</p> <p>Leatherman Tool or Swiss army style is good.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

PART 2 & 3: HUAYNA POTOSI SKILLS EXPEDITION & ILLIMANI EXPEDITION EQUIPMENT CHECKLIST

In addition to the items listed above for Part 1 of the Bolivia Expedition, the following items are required for Parts 2 and 3.

Clothing and Footwear

Packing
Checklist

HIGH ALTITUDE/COLD WEATHER MOUNTAINEERING BOOTS

Double boots are required for Part III. These boots should be designed for extended use in temperatures as cold as 0°F. AAI recommends current or recent models of insulated, full shank mountaineering boots of double boot construction. A variety of materials can work for the outer boot, including synthetic leather (e.g. the Sportiva Spantik), molded hard plastic (e.g. the Koflach Degre), and polymer coated nylon or Kevlar fabric (e.g. the Sportiva Baruntse).

A single wall mountaineering boot with insulated lining, such as the Sportiva Nepal Evo, is adequate for Parts I and II, but must be accompanied by an upper gaiter or overboot in case conditions require it.

★ *Shell Materials: Synthetic, plastic, leather*

★ *Examples: [La Sportiva Spantik](#), [Baruntse](#), [La Sportiva G2 SM](#)*

★ *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.*

Own

Buy

GAITERS

Knee height. Keeps snow and ice out of your boots and socks and will also protect your pants from the sharp points on your crampons. Check the fit of the gaiter to your boot in advance to make sure the coverage is adequate. Can omit if your pants have a built gaiter and scuff guard.

★ *Examples: [Outdoor Research Crocodile](#), [Mountain Hardwear Ascent Stretch Air Perm Gaiter](#)*

Own

Buy

EXPEDITION / SHELL GLOVES

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.

★ *Materials: Gore-tex, Schoeller*

★ *Examples: [Outdoor Research Arete Glove](#), [Black Diamond Guide Gloves](#), [Marmot Ultimate Ski Gloves](#)*

Own

Buy

GLACIER GLASSES / SUNGLASSES

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.

Own

Buy

Climbing Equipment

INTERNAL FRAME PACK

Choose the pack that fits your body best. An external frame is not adequate. Removable hip belt, suspension parts, and lid are ideal options. It is very important that your pack be in good working order and not prone to failures of any sort. Our packs are a hugely important item and a climber may not be able to continue due to a pack failure. Avoid bells and whistles like large, full-length zippers, separate sleeping bag compartments, etc.

★ *Size: 55 - 65 liters*

★ *Examples: [Exped Expedition 65](#), [Osprey Ariel AG 65](#), [Mountain Hardware South Col 70](#)*

Own

Buy

CLIMBING HARNESS (R)

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.

★ *Examples: [Mammut Zephir Altitude](#), [Camp Alpine Flash](#), [Black Diamond Alpine Bod](#)*

Own

Buy

<p>CLIMBING HELMET (R) Must be UIAA approved for climbing and in good condition. Lightweight, well ventilated, and comfortable. Models with a plastic shell are more durable, but are heavier than all foam models. Kayak or bicycle helmets are not acceptable. ☆ Examples: Black Diamond Half Dome, Petzl Elios</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>STEEL CRAMPONS (R) Flexible or semiflexible. Newmatic crampons are the easiest to put on with cold fingers. Only modern strapon, step-in, or 'newmatic' crampons are acceptable. Older Scottish style strap-on crampons are not adequate. ☆ Examples: Petzl Irvis, Black Diamond Contact, Grivel G12</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>ICE AXE (R) We recommend using an axe that is about 50cm. There are some days when the axe will be used only briefly, and spend most of the day strapped to the pack while you are climbing rock. ☆ Examples: Black Diamond Raven Pro, Grivel Airtech Evo, Petzl Glacier</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>ICE TOOL <i>Optional for Part IIa, required for Parts IIb and III.</i> Bring one that is 45-55 cm in length. 50 cm is the preferred length for most climbing. Easy to use leashes are recommended.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>CARABINERS At least four total. Two must be large, pear shaped (or MÜNTER) locking carabiners. Wiregate non-locking carabiners work well for the remaining two. ☆ Examples: Petzl Attache, Black Diamond Vaporlock, Camp HMS Nitrolock</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>PRUSIKS 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
<h2>Other Optional Equipment</h2>	
<p>WATER BOTTLE PARKAS These are insulating jackets for your water bottles, one for each bottle. Must cover the entire bottle, including the lid. ☆ Examples: 40 Below</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>HANDWIPIES AKA the mountain shower. For personal hygiene <u>and</u> general use.</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.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>NOSE PROTECTION 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

BELAY DEVICE

Bring one if you have one, but you don't have to buy one for the course. If you want to get one, be sure to get advice on choices from the [Equipment Department](#). (ATC's and like devices are recommended over Figure 8's.)

★ Examples: [ATC XP](#), [Trango Jaws](#), and [Petzl Reverso](#) work well with the smaller diameter and often icy ropes that go with ice climbing

Own

Buy

PEE BOTTLE (and Pee Funnel for Females)

Haciendas, huts and established camps have toilet facilities. Pee bottles are optional for men at camps, but recommended for women especially while climbing. Great for anyone on stormy nights. 48 oz in capacity, ideally collapsible. Mark it well.

Women Specific: On the mountain and at the base camps – because it can be cold and the air can be very moist even in good weather (forming rime ice) – it's best to not need to take down your pants. A pee funnel and pee bottle can allow you to go while only unzipping. The funnel is not hard to master, but you need to learn how to stand and pee. Practice at home and in the shower before your trip. Firm plastic models such as the [SheWee](#) seems to work better and are recommended over silicone models.

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

Email: shop@AlpineInstitute.com

Equipment Shop Website: www.Shop.AlpineInstitute.com