

# American Alpine Institute<sup>Ltd.</sup>

## REMOTE BOLIVIA TREK ANCIENT INCA AND AYMARA KINGDOMS EQUIPMENT LIST

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On this trek you will traverse Bolivia's largest mountain chain, the Cordillera Real. Even though the journey ends in the lush tropical environments of the eastern foothills of the Andes, the high pass which must be crossed lies in a truly alpine zone where snow fall is possible at any time of year. At our highest camp, near the 13,500 foot level, temperatures at night can drop below the freezing point, with highs during the day typically in the 40's or 50's. Occasionally we encounter ankle deep snow near the pass, though with a packed trail it is usually not difficult to cross. Rain is not uncommon on this trek and you should be well prepared for it. At lower elevations, temperatures up to 80F are not unusual.

The clothing you bring should be selected with an eye towards versatility. In this regard, the layering principle, based on several thin layers of insulation (rather than one thick one), covered with an outer weather-proof shell, meets these needs well. Clothing should allow good freedom of movement, dry quickly when wet and be light in weight.

During the trek beasts of burden will be carrying the bulk of our gear while we will carry only what we need during the course of the day. Equipment not needed during the trek can be safely stored in our hotel in La Paz. If you have any questions don't hesitate to call the Institute office or equipment shop.

### CLOTHING

**Hiking Boots** - Leather or nylon/leather combination. These should be lightweight, comfortable and waterproof. They should offer good ankle support as the terrain can be quite rough.

**Walking Shoes** - For use in town or around camp. Running shoes are fine.

**Socks** - Wool or synthetic. For your hiking boots a combination of a light liner sock and a heavy wool or synthetic sock is recommended. Bring three complete changes.

**Long Underwear Bottoms** - Lightweight polypropylene or similar synthetic.

**Lightweight Warm Pants** - For hiking in cool, damp weather. Synthetic (such as training pants) or light wool pants are recommended. Cotton won't keep you warm and is cold when wet.

**Shell Layer (Upper):** 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 parka needs to have a hood and should be sized to fit over your clothes. Lightweight and compressible layers are ideal but don't sacrifice too much weight for durability. Models like the Arcteryx Beta and Gamma jackets, Marmot Alpinist and Precip, and Patagonia Stretch Armstrong are top of the line.

**aShell Layer (Lower):** Full side zips recommended for easy on and off over boots and crampons, Make sure they fit over all of your layers when fully dressed. Pants or bibs are acceptable and each have their advantages and disadvantages. Materials should be Gore-tex or other similar water-proof and breathable fabrics. Examples include Marmot Cirrus and Minima pants, Arcteryx Alpha SV bibs and Beta AR Pants, Patagonia Stretch Element and Microburst pants work well.

**Shorts** - Lightweight runners shorts are best. Worn in the mountains.

**T-Shirt**

**Long Underwear Tops** - Lightweight polypropylene or similar synthetic.

**Long Sleeve Shirt** - Lightweight cotton and light in color for sun protection.

**Pile Jacket** - Synthetic pile or fleece.

**Gloves** - Polypropylene or wool. No leather.

**Warm Hat** - Synthetic is less itchy than wool and dries faster.

**Sun Hat** - With brim.

**Travel and Town Clothes** - We occasionally like to go out to good restaurants and you may want something other than your woolies and jeans.

- Light cotton or other pants (either slacks or a skirt are fine for women); also useful for around town.
- Light cotton or other shirt.
- Footwear other than sneakers or hiking boots.

## MISCELLANEOUS

**Passport**

**Passport/Money Pouch**

**Duffel Bag** - Large and sturdy. Durable coated nylon is best. This will be used to hold your gear when it is tied onto a pack animal.

**Garbage Bags** - Bring two or three large plastic garbage bags to help keep the gear in your duffel dry on a rainy day. Pack your gear inside the bags and then put them in the duffel.

**Small Padlock** - To fit through the zip sliders of the duffel(s) to secure its contents.

**Summit Pack** - Large, 1500 to 2000 cubic inches. This should be big enough to hold plenty of extra clothes, lunch, your two water bottles and whatever camera gear you may bring.

**Sleeping Bag** - Down or synthetic, rated to about 25F.

**Sleeping Pad** - 3/4 or full length closed cell or Thermarest.

**Utensils** - Large cup (pint size best), spoon, fork and a bowl.

**Hydration:** 3 liters of water capacity are the minimum. Hydration packs or bladders like the Camelback or Platypus with appropriate accessories are recommended. Two water bottles, usually one-quart Nalgene type, are required. Other plastic bottles, similar in nature can work as well.

**Flashlight or Headlamp** - Bring extra batteries.

**Pocket Knife** - Swiss Army style knives are good.

**Repair Kit** - Needle and thread, a small amount of adhesive tape, Thermarest repair kit.

### **Personal Medical Kit**

- Personal medications
- 20 tablets of Tylenol or aspirin
- 10 to 20 assorted Band-aids
- one 1 1/2 inch roll of cloth athletic adhesive tape
- moleskin or blister kit
- 4 safety pins and an Ace bandage
- Pepto-Bismol tablets
- Medicated cough drops such as Halls

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)

(We strongly recommend against the use of codeine or the use of sleeping pills at altitude.)

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**Water Purification** - Bring tablets such as Potable Aqua, at least 80 tablets. These are lightest and most efficient. You can also use a pump purifier but bring iodine as a back up for the pump.

**Sunglasses** - We may be hiking in the snow the day we cross the pass so be sure they offer adequate eye protection. UVA/UVB. It is suggested to not use dime store cheapies.

**Sunscreen** - With a protection factor of at least 16. For the fair an SPF of 20 is better.

**Lip Protection** - With a protection factor of a least 16. For the fair an SPF of 20 is better.

**Personal Toiletries** - Bring half a roll of toilet paper. We provide TP in the mountains. Also bring a towel, soap and washcloth. TP is a precious commodity in cities in South America.

**Camera** - With lots of film and an extra battery.

### **Reading or Writing Material**

**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 will not be able to purchase these specialty items in South America, so please feel free to bring some with you. Around one pound.

