

GEAR LIST

BOLIVIA EXPEDITION

First layers

- 2-3 Breathable long-sleeve shirts
- 2-3 Moisture-wicking t-shirts
- 1 Light thermal base layer top (merino preferred)
- 1 Light Thermal base layer bottom (merino preferred)
- 6-8 Underwears (merino preferred, non-cotton)
- 1 Warm thermal base (top + bottom) for summit night

Outer layers

- Fleece jacket
- Light down hooded jackets
- 1 Insulated trekking pant (for summit night, layered over thermals)
- 3-4 Trekking pants
- 2 Trekking shorts

Rain shells

- Waterproof and windproof shell jacket with hood (Gore-Tex or similar)
- Waterproof over pants (Gore-Tex or similar)

Insulated mountaineering gear

- Warm insulated down jacket for ascents (6000m)
- 1 insulated down pants for ascents (6000m)

Hats and beanies

- Warm winter beanie
- Buff or neck gaiter
- Balaclava
- Sun hat or cap

Sunglasses and sun protection

- High-quality sunglasses
- High quality sunglasses with side protection (protection lever 4 suggested for high altitude)
- Snow goggles

Gloves and mittens

- Lightweight glove liners (merino preferred)
- 2 pairs of gloves
- Insulated gloves
- High altitude climbing mittens
- 2-3 hand and feet warmers

Footwear and socks

- 5 pairs hiking socks (merino wool preferred)
- 2 pairs thermal socks (merino wool preferred)
- 1 pair summit socks (nuit du sommet)
- Sturdy waterproof hiking boots with ankle support
- Camp sandals (North Face slippers style)

Packing gear

- Backpack (60-70 L) We recommend a light one so you can use it as a daypack during day activities.
- Optional: Daypack (25-35 L)
- Duffel bag (120 L)
- Rain covers for backpack

Hydration and snacks

- 2 water bottles (2x 1L)
- Thermos (optional)
- Purification tablets
- Electrolytes
- Energy snacks
- Gels (summit push)

Other essentials

- Headlamp
- 1-3 Power banks and charging cables (30KmAH total recommended)
- Phone and/or camera
- Something comforting as food (example: favorite chocolate bar)
- Tissue (4-5 small packs)
- Trekking poles

Troiletries and health

- Quick-dry trekking towel
- Sunscreen 50+
- SPF lip balm
- Moisturizing lip balm
- Deodorant
- Moisturizing cream
- Wet wipes
- Toothbrush
- Toothpaste
- Hand sanitizer
- Insect repellent
- Earplugs
- Sleeping mask
- Hairbrush
- Hair ties
- (Women) Feminine products
- Dry shampoo

Sleeping

- Sleeping bags (between -15 to -20°C)
- Optional: sleeping bag liner
- Optional: Aeros pillows

Before expedition needs

Temperatures range between 6 et 15°C during activity days

- Shampoo, conditioner and body wash
- Swimsuit
- Crossbody bag (women)
- Light and comfortable clothes
- Sports clothes for activities
- 3 Socks and underwear
- After sun cream
- Comfortable shoes (for activities)
- Headphones
- Book
- Game cards
- Converter 220V to 110V

First aid and medication

- Blister care: moleskine
- Ibuprofen
- Acetaminophen
- Broad-spectrum antibiotics (Cipro or Azithromycin)
- Cold and flu meds
- Lozenges
- Anti-diarrhea medication
- Anti-nausea medication
- Allergy medications
- Band-aids
- Personal prescriptions: _____
- _____
- _____

Imports documents

- Passport (must be valid over 6 months after expedition dates)
- Travel insurance (protection for high altitude trek and emergency evacuation coverage)
- Identification card (ex: driver licence)
- Copies of passport and identification card
- Money 500\$USD recommended- (for tipping guides and personal expenses) We recommend to exchange currency in Bolivia.
- Credit card

Technical climbing equipments

- Ice stool
- Helmet
- Harness
- Crampons
- Mountaineering boots (high altitude 6000m)

To experience the ascent in the best possible conditions, we strongly recommend bringing your own technical equipment. Equipment available for rent (no additional fees) on site can be a temporary solution, but it does not guarantee the same level of quality, comfort, and reliability.

We particularly recommend having **your own harness and helmet** to ensure proper fit, increased comfort, and a level of safety suited to your needs.