

Bolivia Cordillera Real Expedition Required Equipment

BASE LAYERS

- ☐ **Synthetic Short Underwear** (1-2 pair)
non-cotton style underwear
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- ☐ **Lightweight Long Underwear** (1-2 pair)
long sleeve shirt and long pants
recommended: [Mountain Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms
- ☐ **Heavyweight Long Underwear** (1 pair)
recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms
- ☐ **Short-Sleeve Synthetic Shirt** (1-2)
recommended: [Mountain Hardware Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS

- ☐ **Soft Shell Jacket**
to be worn over other layers
recommended: [Mountain Hardware Stretch Ozonic Jacket](#)
- ☐ **Soft Shell Pants**
very breathable and water repellant
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- ☐ **Lightweight Nylon Pants**
recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF / RAIN LAYERS

- ☐ **Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)
- ☐ **Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

- ☐ **Heavyweight Insulated Down Jacket with hood**
recommended: [Mountain Hardware Absolute Zero Parka](#)
- ☐ **Insulated Pants**
recommended: [Mountain Hardware Compressor Pant](#)

HEADWEAR

- ☐ **Warm Hat**
synthetic or wool hat (ski hat)
recommended: [Mountain Hardware Dome Perignon](#)
- ☐ **Balaclava**
to protect your neck and face in high winds
recommended: [Mountain Hardware Alpine Balaclava](#)

**Baseball Cap or other sun hat**

to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)

**Bandana or Buff**

to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

EYEWEAR

**Glacier Glasses**

full protection with side covers or wrap-around
recommended: [Julbo Shield Sunglasses](#)

**Ski Goggles**

to be worn in the event of high winds
recommended: [Scott USA LCG Goggle](#)

GLOVES

**Lightweight Synthetic Liner Gloves**

for wearing on warm days
recommended: [Mountain Hardware Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind
recommended: [Mountain Hardware Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind
recommended: [Mountain Hardware Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**

large enough to fit a liner glove inside
recommended: [Mountain Hardware Absolute Zero Gore-Tex Down Mitt](#)

FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (3 pairs)**

recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

**Mountaineering Boots**

Double plastic or insulated synthetic boot
recommended: [La Sportiva Nepal Cube GTX](#)

**Hiking Shoes/Boots**

comfortable hiking boots

**Gaiters**

recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

SLEEPING EQUIPMENT

**Sleeping Bag**

rated to at least -20°F
recommended: [Mountain Hardware Lamina -30 Sleeping Bag](#)

**Self-inflating Sleeping Pad**

Full-length is preferred
recommended: [Therm-a-Rest NeoAir XTherm](#)

**Closed-cell Foam Pad**

to be used in conjunction with the inflating pad for warmth and comfort when sleeping
recommended: [Therm-a-Rest RidgeRest Solar](#)

**Earplugs**

recommended: [Eagle Creek Travel Ear Plug Set](#)

MOUNTAINEERING GEAR

**Expedition Backpack**

approximately 105L
recommended: [Mountain Hardwear AMG 105 Backpack](#)

**Compression Stuff Sacks**

for reducing the volume of the sleeping bag, down parka, etc., in your pack
recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)

**Trash Compactor Bags**

to line backpack and stuff sacks as well as for separating gear

**Backpack Rain Cover (optional)****Trekking Poles with Snow Baskets**

adjustable poles
recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)

**Ice Axe**

general mountaineering tool (~60cm)
recommended: [Petzl Summit Ice Axe](#)

**Crampons**

general mountaineering crampons
recommended: [Petzl Sarken Leverlock Crampon](#)

**Climbing Helmet**

must be able to fit over your warm hat
recommended: [Petzl Sirocco Helmet](#)

**Alpine Climbing Harness**

mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness
recommended: [Petzl Altitude](#)

**Carabineers**

2 regular and 4 locking
recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)

**Belay/Rappel Device**

recommended: [Petzl Reverso](#)

**Headlamp**

with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

TRAVEL ITEMS

**Large Duffel Bag with Lock**

for transporting gear
recommended: [The North Face Base Camp Duffel](#)

**Small Duffel Bag with Lock**

to store items in the hotel(s) while on the climb

☐ **Travel Clothes**
for days in cities and towns

☐ **Lightweight journal, sketchbook, pencils, pen**

☐ **U.S. cash**
for currency exchange to purchase SIM cards or merchandise in cities and towns

ADDITIONAL FOOD ITEMS

☐ **Snack Food**
bring a few days supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc.
variety of salty and sweet is good

OTHER EQUIPMENT

☐ **Cup**
plastic 16 oz. minimum cup or mug

☐ **Bowl**
large plastic bowl for eating dinner or breakfast

☐ **Spoon**
plastic spoon (Lexan)

☐ **Water Bottles (2)**
wide mouth bottles with 1-liter capacity

☐ **Water Bottle Parkas (2)**
fully insulated with zip opening
recommended: [Outdoor Research Water Bottle Parka #1](#)

☐ **Water Treatment**
recommended: [SteriPEN Ultra](#), [Aquamira](#), tablets, etc.

☐ **Thermos (optional)**
1-liter
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)

☐ **Hand and Toe Warmers**
recommended: [Yaktrax Hand Warmer](#)

☐ **Sunscreen (2 tubes)**
SPF 40 or better

☐ **Lip Screen (2 sticks)**
SPF 30 or better

☐ **Toiletry Bag**
include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)

☐ **Pee Bottle**
1-liter minimum bottle for convenience at night in the tent

☐ **Female Urination Device (FUD)**
recommended: [Sani-Fem Freshette](#)

☐ **Knife or Multi-tool** (optional)

☐ **Small Personal First-aid Kit**
include athletic tape, band-aids, Ibuprofen, blister care, etc.

☐ **Medications and Prescriptions**
bring personal medications, antibiotics (Azithromycin, etc.), altitude medicine such as Diamox, etc.

☐ **Handkerchiefs/Bandanas** (optional)

OPTIONAL ELECTRONICS

☐ **Country-appropriate power plug adapters and power transformers**

☐ **Adventure Sports Watch**
recommended: [Garmin fēnix 6](#)

☐ **GPS/Personal Satellite Communicator**
recommended: [Garmin inReach Mini](#)

☐ **Personal power system**
recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)

☐ **Digital Entertainment**
movies, tv shows, music, books loaded on to smartphone, iPad, Kindle

☐ **Camera**
bring extra batteries, charger, and memory cards