

Recommended Clothing & Equipment List

The following list is designed to get you oriented to the activities planned for your trip with **Explore Bolivia** and the appropriate clothing and equipment you will need. Just the essentials are necessary, so try to pack minimally. We provide all the camping equipment, except sleeping bags and pads. You will need to bring along some basic essentials that are good to have and make life easier, especially when camping. We provide a more in-depth list for the very specialized trips. **Look at the list closely and prepare properly before your departure.**

The trip can include many of the following: walking, kayaking, trekking, swimming, horseback riding, mountain biking, 4wd overland, bird watching or climbing. Temperatures will be warm to hot during the day and a little cool to cold at night. It will be mostly sunny but if it rains it gets cold and/or windy. The Amazon is hot and humid year round but can get cold when a southern front moves in. **Prepare for various climates even if you are doing just one activity.**

The activities and accommodations (depending on your itinerary) are scheduled as follows:

- **In La Paz and the Altiplano:** Walking around the city of La Paz and the ancient ruins of Tiwanaku on the Altiplano. Light hiking and 4wd overland travel. Hotels and/or camping.
- **On Lake Titicaca:** Sea kayaking from island to island and light hiking. Camping on sandy or rocky beaches. You need to prepare to get wet - especially your feet. You will also need to have dry clothes and shoes for the camp at night. Combination of camping and hotels.
- **In the Andes Mountains:** Some walking, light hiking or trekking. It can be sunny and warm or sunny and cold. Very likely some cold wind, and it will be cold at night. Camping only.
- **In the Amazon basin:** River travel in open boats, walking, short hikes, horseback riding and swimming. Hot, sunny & humid. Your feet will get wet or muddy. Camping and ranch stay.

The clothing needed for these activities are varied but easily complement each so that most can be used throughout the trip. Some are more specific to a region and activity but depending on the weather, can be appropriate in all areas or activities. Dress in layers.

- 1 pair of lightweight hiking shoes or boots (a combination of Cordura & leather is good)
- 1 pair of sneakers - or light footwear that you don't mind getting wet and with good tread
- 1 pair of river or sports sandals (make sure they won't come off - no flip-flops please)
- 2 pairs of synthetic (polypropylene) liner socks (worn next to the skin - helps prevent blisters)
- 2 pairs of thin or medium weight wool socks (worn over liner socks for best results)
- 2 pairs of regular cotton socks that are combined with some synthetics for absorption
- 2-4 pairs of regular undergarments (for women - jog bras work well)
- 1 complete set of long underwear tops and bottoms (**synthetic is best - NOT COTTON**)
- 1 pair synthetic pile (fleece) pants for the chilly nights (wool is also good but is heavier)
- 1 synthetic or wool sweater w/ pockets for the chilly nights (pull-over or w/zipper is fine)
- 1 or 2 pairs of quick drying shorts (if they have pockets that can close so much the better)
- 2 or 3 T-shirts, one long sleeve is recommended and preferably stay with lighter colors.
- 1 pair of lightweight cotton pants that convert to shorts or a loose skirt for travelling
- 1 or 2 regular long-sleeved shirts or blouses for the city with collar and pockets
- 1 lightweight down/synthetic sweater or vest for the cold (great warmth for little weight or bulk)
- 1 breathable jacket with hood for wind and rain (i.e.: waterproof and breathable material)
- 1 pair over-pants w/zippers for wind and rain (i.e.: waterproof and breathable material)
- 1 bathing suit
- 1 hat with brim (baseball cap with a bandana) - protects face, ears and neck from the strong sun.
- 1 lightweight wool or synthetic hat for chilly days or cold nights
- 1 pair lightweight synthetic fleece or rag wool gloves (similar to what runners use in the winter)

You MUST have the following items - we do not provide sleeping bags or sleeping pads:

- 1) 1 compressible sleeping bag good for freezing temperatures or just below. *This is your personal sleeping bag and can be used in all areas we will be visiting. (Down bags are warm, light, more compressible but slightly more expensive and become useless when wet. Synthetic bags are warm, slightly heavier, don't compress as much, work when wet and are a good value for the money.) **Don't bring "Coleman" style bags! Call us for advice and suggestions.**
- 2) 1 Compression stuff sack. Used to compress your sleeping bag into a much smaller size. They help you organize with your other bags and save valuable space within the larger bags as well.
- 3) 1 or 2 sleeping pad(s) - protects and insulates you from the ground and is very comfortable to sleep on. (We recommend Ridge-Rest regular foam pads or Therma-Rest inflatable foam pads)
- 4) A medium sized duffel bag with separate compartments, carrying handles, carry strap and a good beefy zipper that can be locked. This will hold most of your stuff for the whole trip.
- 5) A few compact and lightweight nylon duffel bags for keeping your stuff sorted between trips.
- 6) A headlamp with batteries and bulbs. Keeps your hands free and are better than flashlights.
- 7) Personal medications, prescriptions and hygiene needs (especially if your body is sensitive)
- 8) Extra set of prescription glasses - including contact lenses and liquids.
- 9) 1 personal water bottle (1 quart size) - for keeping you hydrated and healthy as well.
- 10) 1 medium or small towel for drying. We recommend synthetic chamois - no beach towels!
- 11) A variety of sunscreens that are water or sweat-proof (minimum rating - SPF 30).
- 12) Insect repellent (spray or lotion) enough for three days in the Amazon - get ones that have a high percentage of DEET for more protection or get some made of natural ingredients.
- 13) A compact 35mm camera with a zoom lens and extra batteries, film. **Call us for suggestions.**
- 14) 1 Small pocket knife or multi-purpose tool with basic tools. Keep it simple.
- 15) Your personal toiletry kit - only big enough for a week. Keep it small and tidy.
- 16) A small or medium day pack - for day hikes and to carry some essentials during the day.
- 17) Personal first aid kit for minor needs (we carry complete first aid kits on all tours).
- 18) A quality pair of sunglasses that provide protection from the harmful rays of the sun.
- 19) 2 cotton bandanas (they're useful for everything!) Use with a baseball cap for sun protection.

Call us if you need advice or help at 303.545.5728 (office) or 303.808.7713 (mobile), or email us at trips@explorebolivia.com or visit www.explorebolivia.com.