

Bolivia Climbing Information Pack

Trip Insurance:

All participants must have suitable travel and emergency medical insurance cover to embark on one of our events. This is a condition of participation mentioned in our T&C's. A policy from any insurer with the correct level of cover will be acceptable. Please send us a copy of the policy wording showing specific cover for your trip, along with the policy number for our records.

If you do not have suitable insurance cover, we recommended clients take a policy from **World Nomads**. Their insurance policies have been designed by travellers for travellers, with coverage for more than 150 activities as well as emergency medical, lost luggage, trip cancellation and more. Please use the World Nomads link at Step 3 of the Sign Up page on our website to be taken to your personal policy quote. Make sure you select the Explorer Plan for your trip.

Please email us a copy of your policy certificate for our records.

Flights:

You are responsible for booking your flights at the correct time. We normally check the flight status and details of our participants to monitor whether they are arriving for the event on time. However, you remain fully responsible for monitoring your flight status. PJS takes no responsibility for any customer errors that occur regarding arrival or departure times, dates, or other issues in connection with flight travel.

Please make sure you email us a copy of your flight itinerary as soon as possible, no later than 60 days before departure.

Passports & Visa:

It is your responsibility to fulfil all passport, visa and other immigration requirements applicable to your itinerary. We can provide general information about the passport and visa requirements for your trip, but this is for guidance only.

Visas for entry into Bolivia is required by nationals from some countries. The Bolivian embassy has listed the different countries into 3 Groups. In order to avoid any issues, or potential fines, it is important you know what group you belong to and what your Bolivia Visa Requirements are:

GROUP 1:

Passport holders from any of these countries do not require a visa or need to pay any kind of fee upon entering Bolivia. The only requirement is that you present a valid passport with a minimum validity of 6 months, and a valid immigration card at the border.

GROUP 2:

Passport holders from any of these countries NEED to apply for a visa either at a Bolivian embassy or directly at the border. Obtaining a visa at the Bolivian embassy in advance is FREE OF CHARGE, however if you opt to get your visa at the border, a \$95 USD fee will apply.

GROUP 3:

Passport holders from any of these countries MUST apply for a visa IN ADVANCE and can ONLY apply for one directly at a Bolivian embassy. The cost for the visa is \$30 USD.

You can check the Visa you will require to enter Bolivia here:

<https://www.boliviahop.com/visa-requirements/>

Vaccinations:

Participants should all have up to date vaccinations for Tetanus, Diphtheria, Hepatitis A, Typhoid. It is optional to have vaccinations for TB, Meningococcal Meningitis, Hepatitis B, Rabies, Cholera.

Bolivia requires proof of Yellow Fever vaccination if arriving from a country with the virus

Malaria Medication:

Bolivia is a low to no risk areas for Malaria. Antimalarial tablets are not usually advised. Bite prevention is recommended for everyone.

Altitude Sickness:

Most people experience some symptoms of Altitude Sickness (AS) at some point on the trek. This will normally be limited to headaches and nausea, as well as finding it a little more difficult to eat, drink and sleep. These symptoms are not severe but will make your journey a little uncomfortable for a short time. To prevent these symptoms as much as possible, we recommend going to your family doctor and asking for a script/prescription for Acetazolamide, usually sold under the trade name Diamox. This is a drug given for Glaucoma symptoms, but is also used for the treatment of AS.



Regular Medication:

Our team are not medical experts. We encourage you to visit your family doctor to discuss your medication requirements.

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist
- These should be carried in your hand luggage when travelling on flights
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- When taking out an appropriate level of travel health insurance including repatriation, specify cover for any pre-existing illnesses

Pre-Existing Medical Conditions

Please assess for yourself whether you are fit and able to take on this challenge. Please review this detailed Information Pack, our website and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the adventure more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Whilst we will do our best to put in place appropriate measures, we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the trip to support with medical matters related to the trip environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive for pre-existing medical conditions and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the trip leader.

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Climate

The best months to travel are from May through to October during the dry season. However, some travellers choose to travel to the Uyuni Salt Flats when rains are heaviest, Dec to Feb, to see the Salar water-filled, with a magical mirror effect.

Terrain

The route is a mountainous trek. The terrain will be a combination of rocky paths and loose surface. There will be several uphill sections, some days you will have to climb many steep inclines. There will also be many downhill sections. Walking poles are strongly advised.

A Typical Day

Most days start around 7.00am just after sunrise enabling us to make the most of the cool morning air and involve around 6-8 hours of walking/climbing. Summit days will be the exception when we often start at around 2am. We will have the support of a local cook throughout the expedition.

Training

This challenge is graded D3 - DIFFICULT: Ice and snow sections at an angle of 45°. (Alpine PD+ Scottish Grade 1/2 Rock VD). It will be essential to have experience of ice axe and crampons in a winter mountaineering environment. These expeditions are exceptionally strenuous, and a high level of all round fitness will be required for participation. Anyone who leads an active and moderately healthy lifestyle should be able to complete the trek, as long as they train regularly over a period of at least two - three months leading up to the trip.

Don't forget that the temperature and altitudes of up to 5,400m make this a more demanding hike. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills or mountains (weigh your pack with water containers and pour out the water before your descent to minimize knee stress).

Toilets

Toilet tents are supplied at each camp during the hike. They are set up near the campsite at specific locations away from watercourses. Toilet paper is provided. You will be provided with warm water for washing. A portable toilet may be set up at all meal stops. During the actual trekking day, you will have to make use of the bushes and rocks. Please ensure you have a few nappy bags to dispose of used toilet roll and hand sanitizer.

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**Luggage:**

Only soft sided duffle bags, holdalls and rucksack are allowed on the trail. Hard suitcases or soft bags with wheels will not be accepted.

Please bring a bag to store any items you don't need to take to the mountain such as clean clothes for travel etc. This bag will be stored securely at the hotel the day we leave for the hike until we arrive back. Valuables can be stored securely. However please try to limit the valuable items you bring.

Please note that PJSC do not accept responsibility for any stored items.

Kit List:

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks.

The benefits of a comfortable day sack cannot be underestimated, so make sure that you get one fitted in-store and train with this. Other essentials are high quality waterproof and windproof jackets and trousers, technical/wicking t-shirts rather than cotton shirts, and a down jacket for the evenings in camp and your summit day/night.

Everything listed on the Kit List is essential.

Please see a full copy of the Kit List at the end of this Information Pack.

What to Wear for Your Outbound Flights:

If your checked in luggage gets lost/delayed, it could take a couple of days to catch you up. You won't be able to start your trek without your boots and essential clothes, so wearing or carrying them for the flight is advisable.

- Walking boots
- Walking socks
- Trekking trousers/pants
- Base layer top

Electric Power:

There are no electric power outlets on the trail.

Assuming you will be using your mobile phones to take photos, if you turn on Airplane Mode and turn off Bluetooth, your battery should last a couple of days from one full charge. Please note that batteries will discharge quicker in the cold, so should be stored overnight inside a bag, sock or jacket. A 20,000mah battery pack should be capable of charging your phone plenty of times.



Communication:

Wi-Fi is available at the hotel, however there will be little to no phone reception on the trail, you should assume that there won't be connection. Even known areas of connection are subject to weather and cloud cover. The PJS Leader may be carrying a Satellite Phone for emergency use. It is only switched on when it needs to be used so cannot be used for incoming calls. However, clients can use it to make outgoing international calls whenever they would like, at a cost of \$5 per minute.

Emergency Contact Number:

We have an Emergency Contact number for you to give to your nearest & dearest, should there be an extreme emergency whereby you need to be contacted during your trip.

This number is for **WhatsApp** messages **ONLY** and must only be used in extreme emergencies: **+44 7577 012087**

Currency:

Bolivia uses the Boliviano (BOB) as its currency, USD\$ are also widely used. For up to date currency exchange, go to www.xe.com. You should ideally bring a combination of BOB and dollars, or bring dollars that you can change into BOB on arrival in La Paz

Credit Cards:

Better hotels, lodges, and camps will accept credit cards, however it is advised to withdraw cash when visiting remote areas and villages.

Local Staff Tips:

Tipping is personal and at your sole discretion. We will advise the recommended tip amount for your group approximately two weeks before departure. The tip should be given to the Group Leader on the last night of the trek who will distribute it among the support team, including guides, assistant guides cooks, and porters.

Other Helpful Info

- Please check all your Kit List before packing, and make sure you have everything
- Running/workout clothes are NOT thermals. Proper thermal layers are essential.
- You will need 3-4 pairs of thermal trekking socks, including one pair that will be your evening/sleeping socks. Sports socks or regular everyday socks are not appropriate for hiking
- Make sure to 'test' your socks with your boots.
- Pack clothes into dry sacks (or other waterproof bags) inside your kit bag to help protect against wet, damp and moisture
- Bring earplugs as the camps can sometimes be noisy when you want to sleep
- Keeping a 'pee bottle' inside your tent at night saves going out in the cold in the middle of the night. Women can use a plastic Tupperware box & lid. PLEASE MARK THE BOTTLE CLEARLY
- Don't drink tap water. Use bottled water to brush teeth
- Drinking water alone on the trail will not hydrate you enough, use electrolyte tablet in your water, such as GU, NUUN, ZERO, SIS. The sodium and minerals contained in these electrolytes will help keep you hydrated when you drink
- Bring a variety of snacks. Trail mix, trail bars, chocolate & hard candy. A mixture of sweet and savoury is good.
- Duracell batteries generally perform better in extreme cold temperatures than other brands

KIT LIST

RUCKSACKS AND BAGS

- Day Pack 25lt – 40lt
- Duffle bag
- Hotel/Lodge bag
- Dry Sacks

SLEEPING

- 4 season sleeping bag
- Inflatable hiking mattress
- Foam sleeping mat
- Sleeping bag liner (optional)

FOOTWEAR

- Walking boots with ankle protection
- Thermal Hiking socks
- Sturdy comfortable shoe (for evenings around camp)

EQUIPMENT

- LED Head Torch (plus spare batteries)
- 3lt Water Bladder
- 2 x 1lt Water Bottles (Nalgene)
- Sunglasses
- Daily Snacks (tracker bars, dried fruit, chocolate, nuts)
- Walking poles

TECHNICAL KIT

- Plastic climbing boots
- Crampons
- Helmet
- Rope
- Climbing harness
- Locking carabiner
- Ice axe
- Thermal mittens



CLOTHING

- Waterproof/ Windproof Jacket
- Waterproof Pants/Trousers
- Down Jacket
- Lightweight fleece tops
- Wicking t-shirt
- Trekking Pants / Trousers (not jeans)
- Thermal long johns & Thermal long sleeve top
- Underwear (light and wicking)
- Neck Buff
- Sun Hat
- Thermal Hat
- Thin/Medium Gloves
- Casual clothes and personal items

TOILETRIES

- Toothbrush & Toothpaste
- Antibacterial Liquid Soap
- Baby wipes
- Antibacterial Wipes
- Lip Sun Protection Stick
- Travel towel (Microfiber towel that is space saving and fast drying)
- Deodorant
- Insect repellent containing DEET
- Malaria tablets (under advice from your doctor)
- Aftersun/Moisturiser cream
- Sun Cream/ Protection (min SPF30)
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PERSONAL ITEMS

- Camera
- Contact lenses (plus spare glasses)
- Ear Plugs
- Small First Aid Kit
- Pain killers
- Band Aids
- Compeed blister pads
- Antiseptic wipes

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- Diarrhoea tablets
- Electrolyte Tablets
- Water Purification Tablets
- Your own medication
- Knee support (if you normally need and use)

DOCUMENTS

- Passport
(Make sure you have at least 6 months left on your passport expiry date)
- Photocopy of passport
(Keep a copy at home and a copy in your travel bag for emergencies)
- Travel insurance
(Suitable insurance available from World Nomads, via the PJS Challenges website)
- Visa (please check in-country requirements)
- Flight Tickets (e-tickets)
- Cash (US Dollars) & Credit Cards