

Recommended Clothing & Equipment List

This list is designed to help you plan your clothing and equipment needs for your upcoming trip with Sergio Photo Tours. Just the essentials are necessary, so try to pack minimally. If the itinerary calls for camping we provide all the group camping equipment, except sleeping bags and pads. While enjoying the tour bring along some basic essentials that are nice to have that make life easier, especially when in remote areas. We provide a more in-depth list for the very specialized trips.

The trip can include many kinds of activities some urban, but mostly in remote areas. Temperatures will vary during the year but can be warm to hot during the day and a little cool to cold at night. The Andes are usually sunny but if it rains it gets cold and/or windy. The Amazon is usually hot and humid year round but can get cold when a southern front moves in.

Prepare for various climates and changing weather patterns 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:** Light hiking on dirt and rocky terrain, high-altitude alpine tundra vegetation with possible camping on sandy beaches. You need to have dry clothes and shoes for the camp at night. Hotels and/or camping.
- **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. Hotels and/or camping.
- **In the Amazon basin:** River travel in open boats, walking, short hikes, horseback riding and swimming. Hot, sunny & humid. Your feet may get wet or muddy. Hotels and/or camping.

The clothing for these activities varies but easily complement each other so they can be used throughout the trip, unless we state a very specific need. In some regions you will need specific clothing (think Andes or Amazon) depending on the season and current weather. We always recommend to dress in layers so you can adjust your comfort level easily.

- 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 - not flip-flops)
- 1-2 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 top and bottom undergarments (for women - jog bras work well)
- 1 complete set of long underwear tops and bottoms (**wool or synthetic is best - NOT cotton**)
- 1 pair of synthetic or wool fleece pants for the chilly nights
- 1 synthetic or wool sweater w/ pockets for the chilly nights (pull-over or w/zipper is fine)
- 1 pair of quick drying shorts (if they have securable pockets so much the better)
- 2 t-shirts, one long sleeve is recommended (choose lighter colors for the Amazon)
- 1 pair of lightweight cotton or synthetic pants that convert to shorts or a loose skirt for travelling
- 1 long-sleeved shirt 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 works too) - protects face, ears and neck from the sun
- 1 lightweight wool or synthetic hat for chilly days or cold nights
- 1 pair lightweight synthetic fleece or rag wool gloves (lightweight running gloves work great)

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! **Please 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 a regular foam pad on the bottom and an inflatable pad on top of that for the ultimate comfort)
- 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. Please refrain from bringing hard-sided clam-shell luggage.
- 5) A few compact and lightweight nylon duffel bags for keeping your stuff sorted between trips.
- 6) A headlamp with fresh batteries (and spares batteries). 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/litre size) - for keeping you hydrated and healthy.
- 10) 1 medium or small towel for drying. We recommend synthetic towels or chamois (please no beach towels)
- 11) Sunscreen that is water or sweat-proof (minimum rating - SPF 30) AND lip balm.
- 12) Insect repellent (spray/lotion) enough for three days in the Amazon - get ones with a high percentage (>80%) of DEET for more protection or get some made of natural ingredients.
- 13) A compact 35mm camera with a zoom lens and extra batteries, CF cards and something to carry it in.
- 14) 1 small pocket knife or multi-purpose tool with basic tools. Keep it simple, you only need a few items.
- 15) Your personal toiletry kit – bring enough for a week-long trip. Keep it small and compact.
- 16) A small or medium day-pack - for day hikes and to carry your essentials every the day.
- 17) Personal first aid kit for minor needs.
- 18) A good 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 (O) or 303-808-7713 (M)

You can also e-mail us at sergio@sergiophototours.com or visit www.sergiophototours.com