



## **BOLIVIA PRE-DEPARTURE & TRAVEL INFORMATION**

### **LA PAZ**

La Paz is the starting and ending place for our trip. It is a fascinating city, rich with history and culture.

### **AIRLINE TICKETS**

Make certain that your ticket matches the full name on your passport. Plan your arrival in La Paz not later than the morning of the first scheduled day of the trip. If time permits, we recommend arriving one day early to provide leeway for any flight or baggage connection trouble. Please make certain that we have your flight and arrival information so that we can meet you at the airport! Make certain to reconfirm your flights. Guides will meet you at the airport with an 'MGI' sign.

### **TRAVEL INSURANCE**

We recommend purchasing travel insurance in case of trip cancellation, or emergency. Please visit our website for more info: [http://alaskamountainguides.com/?page\\_id=226](http://alaskamountainguides.com/?page_id=226)

### **VISAS**

No visa is required before arriving in the country.

### **IMMUNIZATIONS**

There are some suggested immunizations, but none that are required. We recommend that you check with your doctor for the most current immunization information. If you have received immunizations, either in the past, or for this trip, make certain to bring your immunization book/card. You can also contact the Center for Disease Control [www.cdc.gov](http://www.cdc.gov). For travel health information pertaining specifically to Bolivia, you may want to link to <http://www.cdc.gov/travel/camerica.htm>.

### **PHOTOCOPY ALL DOCUMENTS**

Make certain to copy your passport, airline tickets, credit cards, traveler's checks, immunization book etc. This can be very helpful in the event that anything is lost or stolen.

### **BAGGAGE**

Flying to and from the U.S. you are allowed two 50 lb. bags. If you travel through other countries for a stopover you will be charged excess baggage fees for anything over 44lbs. (20 kilos) each flight. If possible, pack your backpack and gear inside a large duffle bag. This protects your things more as you are traveling.

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## **ARRIVAL/DEPARTURE TAXES**

Currently there are no arrival or departure taxes in Bolivia.

## **CURRENCY**

Traveler's checks and cash are both easily exchangeable in La Paz. ATM's with the Cirrus network are also available and work well. You can usually withdraw up to \$300 a day from your account, check with your bank before traveling.

## **CREDIT CARDS**

Visa and Master Card are accepted in larger cities. American Express cards are also accepted in some places.

## **SPENDING MONEY**

We recommend bringing at least \$400 cash or travelers checks for La Paz hotels, restaurants, gifts, and travel after our climb. We also always recommend carrying a credit card for emergencies as well.

## **HOTEL**

If you are planning on arriving in La Paz early, or, if you wish to extend your stay after the trip, we would happy to assist you with hotel reservations.

## **LOCAL TRANSPORTATION**

From La Paz we will take private vans and 4X4 vehicles to the start of each climb.

## **LANGUAGE**

Spanish is the official language, but English is common.

## **TREKKING DIFFICULTY**

All trekking is moderate, progressing to difficult at higher elevations. Trekking days are usually four to eight hours, in some cases climbing up to 2000 feet in a day. Summit days can be more than 12 hours and climb more than 3000 feet.

## **CLIMBING DIFFICULTY**

The climbing involves the ability to travel safely as a member of a rope team; the use of crampons to travel and climb; and the ability to use an ice ax, including the ability to self-arrest on slopes of 45 + degrees. This trip also provides an outstanding opportunity for new climbers to gain more experience with all of the above skills!

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## **TRAINING**

As with any strenuous trek or climb the appropriate training before hand will ensure you the best possible experience. In addition to your regular fitness routine, we recommend that you take day hikes carrying a 20-40 lb pack and wearing your climbing boots. Don't hesitate to contact us if you have any questions on specific training programs.

## **FOOD**

The food is nutritious, and carefully planned to provide the energy we need. Climbing and trekking at altitude require three to four times the caloric intake necessary to perform the same work at lower elevations. In order to meet these caloric demands we will be eating higher calorie food than usual. Please let us know if you have any dietary restrictions.

## **DRINKING WATER**

All of our water will be treated with Iodine, water filters, or boiling. To be safe treat all water or drink bottled water, before any big trip. The Polar Pure Crystal Iodine system is convenient and works well. Filters will not go above base camp because of their weight, so Iodine tablets or crystals are essential.

## **CLIMATE**

La Paz is generally warm, with daytime temperatures generally in the 80's and 90's.

While trekking temperatures can vary from warm days to cooler nights, while higher on the mountain temperatures can reach -10.

## **MEDICAL**

Please make certain to answer the questions regarding health on your registration form. We also recommend that everyone check with their doctor to learn about the possible effects of high altitude and hot climates. If you require any personal medications, or, have any pre-existing medical problems, make certain to re-confirm with your guide upon arrival.

*Do not hesitate to contact us if you have any questions, or, if you would like any additional information.*

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