

## EQUIPMENT LIST FOR MONTE BLANCO TRIP

### PERSONAL ITEMS

#### Toiletries:

1. (1) bar of bath soap in a plastic soap container
2. Shaving cream and razors (Elec. shavers can be used at Monte Blanco)
3. Tooth paste and toothbrush
5. Deodorant
6. Shampoo and Conditioner in *sturdy* containers (Place in Zip-Lock in your Luggage)
7. Tampons or feminine napkins
8. Wet wipes for emergency cleaning / Antibacterial Waterless Soap available at Wal-Mart
9. Towel and washcloth
10. Makeup is okay
11. Sunscreen (Necessary - You are in a high desert environment)
12. Insect repellent
14. Blow dryers or curling irons can be used in Monte Blanco: the current is 110v, 220v.
15. Any personal prescriptions you might need
16. A small sewing kit with a few safety pins
17. Chap Stick
18. Hand lotion
19. Calamine Lotion
20. Pocket Knife
21. Bible / Notebook / Pen

#### Clothing / Misc.

Rugged cotton clothes are recommended (Khaki or jeans for the work time).  
Work Clothes for seven days  
Two changes of nice dress clothes for Santa Cruz and/or Cochabamba  
Tennis shoes and/or boots for working and hiking and riding  
1 pair of nice dress shoes for Sunday and/or Cochabamba  
Ball cap or hat - A lot of sun!  
Wind Breaker big enough to layer underneath. ***It can be windy and cool!***  
Sweatshirt or fleece sweater for layering  
Warm jacket for cold weather (April - September)  
Work gloves (leather necessary since everything has thorns at Monte Blanco)  
Shower thongs to wear in shower  
Flashlight with extra pair of alkaline batteries (I recommend the new LED flashlights)  
Laundry is available, should you need, and is included in your overall trip expenses

### SLEEPING GEAR

Sleeping bags are **not** needed for Monte Blanco. If you would like to bring one and leave it, we can use it for adventure programs later.

Beds will be provided with sheets and blankets.

*This is not a comprehensive list, but reflects the essentials we feel you should have. Remember, you will be four hours drive from the nearest city, and 20 minutes from the nearest town. Snacks are available for purchase at the snack shop at Monte Blanco and most of what you like can be purchased... however, USA peanut butter is greatly appreciated if you can bring some extra. If there is a particular USA snack you have to have, better bring it along.*

*In case of medical emergencies there is a small hospital in Comarapa 12 miles away, and we can get you to a first rate hospital in Santa Cruz in three and a half hours or by air in a shorter time, if the need is critical.*

*Three meals a day will be provided but snacks are your responsibility. You will be drinking bottled water the whole time you are there. All drink served in the dining room will be made with boiled water.*

*If you are interested in purchasing one of the world's best and most beautiful hammocks they can be purchased for \$28.00 to \$65.00 in Santa Cruz. Let me know if you are interested and we can "swing" by the hammock store before going up to Monte Blanco. If you only want one to bring back to the USA, then you can wait till we are back in Santa Cruz, and avoid a little extra baggage.*

*Your team leaders and I need **two good photocopies of your passport**. Please put only one passport copy on a single sheet of paper. A grouped family will not work. If for some reason you lose your passport the copy will serve to get you back home.*

*The ride from Santa Cruz to Monte Blanco will be in a bus over winding roads through the foothills of the beautiful Andes... so come expecting an adventure. If you are prone to car sickness bring along Dramamine. Please come with the mental attitude that looks on problems and hardships as an adventure, and a challenge to be conquered. Consider this trip as one of the greatest things you've ever done. We will have fun... I guarantee it.*

***Required Shots:** Yellow Fever, Hepatitis A & B, Typhoid, and make sure your Tetanus is up-to-date. We have no reported malaria in this area but do discuss the risks with you family physician.*

***Baggage Information:** American Airlines is only allowing **50 lbs.** per bag now and two check-in pieces with two carry-on pieces. Unfortunately during the summer months they have an embargo on excess baggage. With the new 50 lb limit maybe they will change this policy. If so we'll let you know. We do recommend, however, that folks pack together to get the full weight limits and the maximum allowable bags.*

I'm praying for each of you and for the exciting trip you've chosen to take with us.

A fellow sojourner  
Tim Ramsey  
LATCOM