

Altiplano e Atacama 2001 - Equipment

May 1 2003

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DEUTSCH	Pieces	ENGLISH	Comments
Velo / Ersatzteile		Bicycle / Spare parts	
CANNONDALE T1000		CANNONDALE T1000	
Sattelstütze gefedert AIRWING		suspension saddle tube AIRWING	not used, but to consider
Fahrradcompi mit Befestigung		Cycle computer (including fixation)	
Fahrradcompi Ersatzbatterie		Spare battery for cycle computer	
Lowrider TARA		Lowrider TUBUS TARA	very robust
Lowrider Ersatzschrauben		Spare screws for lowrider	
Gepäckträger CARGO		Rack TUBUS CARGO	very robust
Gepäckträger Ersatzschrauben		Spare screws for rack	
Getränkehalter	2	Bottle cage	
Getränkeflaschen 0,95 l	2	Bottle (0.95 liters)	PVC taste
Lenkertaschenhalter		Fixation for handlebar bag ORTLIEB	works well
Ersatzkette CN-HG 70	1	Spare chain SHIMANO CN-HG 70	
Velopumpe		Pump	
Velopumpe Ersatz		Spare pump	very light, psychological
Ersatzbremsklötze	2 P.	Spare break pads	
Pedale für Wanderschuhe		Pedals fitting trekking shoes	look carefully whether they work
Pedalriemen		Pedal straps	if needed
Rückspiegel		Rear mirror	
Wechselschutz		Derailleur protection	nice to have, go with a light one
Taschenmesser (ev. mit Schere)		Swiss army knife (including scissors)	
PARKTOOL (mit Kettennieten, Speichen, etc.)		PARKTOOL (including chain tool, spokes, etc.)	can be annoying, but well crafted
Touren-Kombizange		Multipurpose pliers	lightweight version
Not-Ersatzspeichen	2	Emergency spare spokes	useless
Ersatzspeichen mit Nippel		Spare spokes with nipples	
Reifen MARATHON XR 35C	2	Tyres SCHWALBE MARATHON XR 35C	excellent
Ersatzreifen MARATHON XR 35C	1	Spare tyre foldable (same brand)	
Schläuche SCHWALBE	2	Tubes SCHWALBE	don't buy lightweight stuff
Ersatzschläuche SCHWALBE	2	Spare tubes	
Ventiladapter (beide Richtungen)		Valve adaptors	can be useful
Schlauchflickzeug		Patch kit	
Pneuheber PARKTOOL	2	Tyre levers	
Kettenöl FINISHLINE Wet	50 ml	Oil FINISHLINE Wet	good
Fett		Grease	
kl. Rollgabelschlüssel	1	Adjustable spanner	
Kabelschloss 120cm	1	Cable lock 120 cm	
Hosenbündel	2	Pant straps	
Kettenpeitsche		Freewheel tool	Hyper-cracker would be best
Freilaufabnehmer		Freewheel adapter	
Pedalschlüssel		Pedal wrench	not needed if adj. spanner
Gabelschlüssel		Handlebar wrench	not on tour (can be useful!)
Bremskabelersatz	1	Spare break cable	
Bremskabelbrücke	1	Cantilever break bridge	
Schaltkabelersatz	1	Spare gear cable	
Reserveschrauben allg.		Spare screws	check them carefully
kl. Feile		Small file (including metal saw)	
Draht		Wire	
Kabelbinder + Briden		Stuff to fix a lowrider (tube strap ?)	
Leim ARALDIT 2-K.		Superglue (ARALDIT or similar)	SEAMGRIP is also nice
Schnur		Cord	
Klebeband (gutes und billiges)	3	Different kinds of tape	
Gummibändeli	3-4	Rubber straps	
Wäscheklammern	2	Laundry brackets	
Nähzeug		Stitching equipment	

Sicherheitsnadeln		Safety pins	
Filmdöschen für Ersatzmat.		Film roll boxes	to organise tiny stuff
Div. Plastiksäcke (Säckchen)		Zipper bags	
Velotaschen hinten BACH	2	Rear panniers BACH	
Velotaschen vorne BACH	2	Front panniers BACH	
Velotaschen Ersatzspannset	-	Spanning set for panniers	
Lenkertasche		Handlebar bag ORTLIEB	
Rahmentasche		Small bicycle frame bag	
Packriemen	3	Mountaineering straps	very good, appr. 100cm
Spannriemen	1	Elastic straps	
Camping			
Zelt HILLEBERG Nallo 2		HILLEBERG tent NALLO 2	one of the best tents existing
Häringe: normale, Sand, Ersatz	?	Tent sticks	lightweight but robust
Zeltunterlage / Rettungsdecke		Tent ground protection sheet	
Schlafsack HIGHLIGHT Ice Dry (-20°)		Sleeping bag HIGHLIGHT Ice Dry (-20°C)	very good
Stoffinnenschlafsack AJUNGILAK		Sleeping bag inlet	buy a silk one
Isomatte THERMA-REST UltraLite		Insulation mattress	
Isomatte Flickzeug		Glue to fix holes in the mattress	
Teleskopskistöcke KOMPERDELL		Trekking stick KOMPERDELL	not really necessary, but very nice
Rucksack 50l ARC'TERYX		Backpack ARC'TERYX 50l	very good but heavy, only if needed
Kochen			
Dragonfly MSR		Dragonfly MSR	
Dragonfly Flickset		Dragonfly repair set	
Benzinflasche 1l		Fuel bottle 1 liter	
Wasserfilter KATADYN Pocket		Water filter KATADYN Pocket	heavy but you get safe water
Wasserfilter Zubehör		Water filter accessories	
MICROPUR forte 1000l (Tabletten)		Water purification tablets (for 1000 liters)	with chlorine
Pfannenset MSR Alpina		Cooking pans MSR Alpina	
Pfannengriff		Pan holding tool	
Zündhölzer		Matches	
Feuerzeug		Lighter	

Thermosflasche TATONKA 1l		Thermos bottle 1 liter	nice but dispensable
Wassersack ORTLIEB 10l		Water bag ORTLIEB 10 liters	robust
Wasserflaschen PET 1,5 l	2	PET water bottle 1.5 liters	
Gabel, Löffel		Fork and spoon	fork would be dispensable
kl. Schwamm		small cleaning-swam	
Electrolyt		Electrolytes	
Filmdöschen für Gewürze		Film roll boxes for spices	
Vitamintabletten		Multivitamin pills	
Teebeutel		Tea bags	
Bouillon		Instant soup	
Kleider / Schuhe			
Radlerhose kurz		Cycling shorts	
Berghose MAMMUT		Light mountaineering pants MAMMUT	
Trekkinghose Zip MAMMUT		Light trekking pants MAMMUT	with zips
Regenhose		Rain pants	not on tour
Gürtel		Lightweight belt	
Lange Unterhosen Thermo		Long thermo underwear	important
Fleecejacke LOEWE		Fleece jacket LOEWE	
Daunengilet NORTHFACE		Downgilet NORTHFACE	
GoreTexjacke MAMMUT		Goretex jacket MAMMUT	
Rollkragenpulli Thermo	1	Turtleneck thermo	
Rollkragenpulli	1	Turtleneck cotton	
T-shirt	2	T-shirts	
Unterhosen	3	Underwear	
Trekkingsocken	2 P.	Trekking socks	
normale Socken	1	normal socks	
GoreTex Socken		Goretex socks	for low temperatures
Sonnenhut		Sun hat	or microfiber headscarf
Faserpelzmütze MONTBELL		Fleece basketball hat	covering the ears partly, very nice
Wollmütze		Cap	
BUFF Microfaser Halstuch		Microfiber headscarf	very nice, multipurpose
Velohandschuhe		Cycling gloves	
dünne Fingerhandschuhe		Thin finger gloves	can be used under cycling gloves
warme Handschuhe		Warm gloves	
Überhandschuhe MAMMUT		Waterproof mittens	
Brille		Prescription glasses	
Sonnenbrille CEBE		Sunglasses	with prescription glasses
Ersatzschrauben für beide Brillen		Spare screws for both glasses	
Sonnenbrillenetui		Sunglasses bag	
Brillenrezept		Prescription for glasses	
Wanderschuhe MEINDL Island		Trekking shoes MEINDL	heavy...
TEVA Sandalen		Sandals TEVA	
Plastiksäcke		Plastic bags	

Körperpflege			
Necessaire HAJK		Hygiene bag (outdoor version, leightweight)	dispensable
Handtuch PACKTOWL		Towel PACKTOWL	very light
Waschlappen		Face-cloth	dispensable
Doucheseife / Shampoo		Douche soap	
Washseife (ev. gleiches wie oben)		Washing soap	use same as above
Minispiegel		Very small mirror	
Deo		Deo	
Haarbürste		Hair comb	
Zahnpasta/-bürste		Toothbrush/-paste	
Feuchtigkeitscrème		Moisture cream	important at high altitude
Lippenpomade	>1	Sunblocker lipstick	ev. with Zi or TiO2
Nagelknips		Fingernail cutter	
Wattestäbchen		Cotton buds	
Rasierklinge		Shaving gear	
Rasiercrème		Shaving cream	also just soap works
Kondome		Condoms	
WC-Rolle		Toilet paper	
Stofftaschentücher	2	Cotton handkerchieves	
Sonnencreme Daylong 16/25 ultra		Sun cream sunfactor 25	
Ohropax		Earplugs	sleeping when a storm hits your tent
Dokumente / Papier / Diverses			
Pass		Passport	
Pass Kopien		Copies of passport	
Tel Botschaft Bolivien, Chile (Laufen)		Telephone numbers of embassies	
ID		Identitiy card	
Passfotos		Passport photos	
Flugticket		Airplane ticket	
Flugticket Kopien		Copies of ticket	
Geld: USD, CHF		Money	
Travellercheques USD		Traveller cheques USD	
VISA card		VISA card	
Tel Verlust		VISA telephone number	
Kopien Kartennr, Adressen, Tel		Different addresses, telephone numbers, etc.	
Adressen CH		Address back home	
REGA Ausweis		Emergency rescue card (international)	
Notfalltel Unfall, Krankheit		Emergency phone numbers	
Versicherungspolicen		Baggage insurance policy	if contracted
Tel Versicherung		Insurance telephone numbers	
Notfallausweis		Emergency card	
Int. Impfausweis		International vaccination certicifat	
Kopie Materialliste		Copy of equipment list	
Int. Studentenausweis		Interational student ID	
Fahrrad-"Ausweis"		Bicycle ID	fake
Besteigungsbewilligung		Expedition permits	
Besteigungsbewilligung Kopie		Copy of expedition permits	
Coach-Infos		Information for your coach at home	
Reiseportemonnaie		Travelling purse	
kl. Portemonnaie		very small purse	
Bauchgürtel		Moneybelt	
Malschloss		Lock	

Dioden Taschenlampe		Head torch LED LUCIDO	excellent for camping
Ersatzbatterien		Spare batteries	
Wecker		Alarm clock	
Schlüsselhalter-Thermometer		Small thermometer	
GPS GARMIN		GPS GARMIN	
Ersatzbatterien		Spare batteries	
Fotoapparat		Camera CANON (Point-and-Shoot)	
Fotoapparat Ersatzbatterien		Spare batteries	
Filme	16	Slide film rolls ASA 100	
Stativ		Tripod	25 cm, acceptable compromise
Landkarten		Maps: Bolivia, Chile, special maps	
Landkarten Kopien		Copies of some maps	
Schutzhülle		Protection sleeve	
Routenbeschreibungen		Route descriptions	
GPS-Waypoints		GPS-Waypoints	
Kompass		Compass	
Feldstecher		Leight field glasses	dispensable
Tagebuch		Diary	
Schreibzeug		Writing stuff	
Papier		Paper	
Bücher		Books	I always need some
Reiseführer		guide books	take only the relevant parts of it
Sprach-Dix		Language guide	
Wörterliste (Radausrüstung)		Word lists (bicycle equipment)	

Apotheke			
Pflaster, Gaze		Plaster	
Verband, Clip		Bandage	
Steristrips		Steristrips	instead of stitching... in light cases
Desinfektion		Disinfection	Betadyne
Wundsalbe		Ointment	Betadyne
Voltaren		Voltaren (muscle, joints pains)	Diclofenac
Nasenspray		Nose spray	Triofan
Husten		Cough medication	Resyl plus (Codein-based)
Panadol (Höhe, Grippe, Erkältung)		Paracetamol	high altitude, mild cold
Ponstan		Ponstan	stronger painkiller
Breitband-Antibiotika		Broadband antibiotics	Tavanic
Malariamittel		Malaria drugs (emergency)	Mephaquin
Fenistil Salbe		Fenistil	against allergies
Fenistil Tropfen		Fenistil drops	
Asthmainhalator	2	Asthma inhalator	only for those affected
Augentropfen		Eye drops	Collipan single doses
1. Hilfe Handschuhe		First aid gloves	
Sterile Spritzen mit Nadeln		Sterile seringues	
Pinzette		Tweezers	
Fieberthermometer		Fever testing stripe	
Alkoholtüchlein	few	Alcohol pads	