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What a Mountain Guide Packs to Climb the World's Highest Peaks

Featuring: Osprey Packs

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LIFE & STYLE

### **What a Mountain Guide Packs to Climb the World's Highest Peaks**

When Edgar Parra travels for business, he usually eats about three Snickers bars a day. He's got an excuse: A regular workday can involve carrying an 80-pound pack across a glacier or shuttling gear to a high-altitude base camp. "You need sugar when you're up there," the 35-year-old mountain guide says.

That is why he squirrels away 40 or so candy bars for a two-week expedition up Mount Aconcagua, a 23,000-foot peak in Argentina that is the tallest mountain in the Western Hemisphere.

Mr. Parra runs Lonely Summits, an adventure travel and climbing company based in Machachi, Ecuador, at the foothills of Mount Cotopaxi, a 20,000-foot volcano.

He grew up in the nearby village of Santa Ana del Pedregal, population 500, elevation 11,000 feet, and says he's climbed Cotopaxi about 200 times for fun and for work. He leads climbing trips into the Andes in Ecuador, Peru, Bolivia and Argentina, and has also summited mountains on three other continents.

Over the past decade, he's whittled down his packing list to 104 items.

His main piece of luggage is an **Osprey 70-liter backpack** and a North Face 120-liter waterproof duffel bag. He needs to carry his personal items, safety ropes and technical gear for the trip, plus camping gear and food for himself and his clients. The duffel usually gets to base camp by mule or by donkey. The rest goes on his back.

