

Volcanoes of Ecuador

Equipment List

Climbing Equipment

- ❑ **Ice Axe w/Leash.** General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"- 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long). No rubberized grips—they are heavy and do not plunge well into the snow. Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for ice climbing—they are too short, heavy, and not versatile.
- ❑ **Crampons.** With flat rather than “cookie cutter” frame rails. Anti-balling plates which are useful for a variety of snow conditions found in Ecuador. A combination heel bail/toe strap is a better system than a heel and toe bail system.
- ❑ **Alpine Climbing Harness.** Harness should fit over all clothing, have gear loops, adjustable leg loops and be reasonably comfortable to hang suspended in. Make sure you can get into the harness without having to step through any part of it.
- ❑ **40ft 6mm accessory cord.** Primarily used for Prussiks. Please bring as a continuous piece, prussiks are cut as part of the curriculum. Choose cord that is soft and supple. **Note: Bring your prussiks if you have attended a climbing course and know how to use them.**
- ❑ **Carabiners (4 total).** 2 Pear locking (Screwgates are OK) and 2 standard oval carabiners.
- ❑ **Climbing helmet.** Must be adjustable to fit, with or without hat or balaclava on.
- ❑ **Adjustable 3 Section Ski or trekking poles.** Helpful for balance when carrying a heavy pack or if you have knee problems.

Footwear

- ❑ **Light hiking boots or trekking shoes.** For acclimation hikes. Light weight and waterproof.
- ❑ **Double Mountaineering boots.** These must be either plastic (warm but cumbersome) or high end leather/synthetic type. Both types with removable inner booties. Avoid tight fit with heavy socks. Comfort is key in buying mountaineering boots. Spend a little extra time walking around the store or take them home and wear them around your house to make sure the fit is right. A little big is always better than a little small.
- ❑ **Gaiters.** Your gaiters should fit around the plastic/leather boot swithout being to tight around the boot. No lightweight hiking gaiters.
- ❑ **Wool or Synthetic Socks. 3 pair** heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit over feet and inside boots. It is very important to buy new socks regularly as they lose their cushioning over time. Socks with padded shins are especially nice with plastic boots.
- ❑ **Liner Socks. 3 pair** of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and helps the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.

Technical Clothing

- ❑ **Lightweight Long Underwear. 2 pair** tops & bottoms, Capilene, other synthetic or Merino wool. **No Cotton.** Lightweight is preferable as it is more versatile (worn single layer in warmer conditions and double layer for colder). Zip-T-neck tops allow more ventilation options. One white top for intense sunny days on the glacier and one dark top for faster drying gives the most versatility.
- ❑ **Heavyweight Long Underwear. 1 pair** top and bottom. For extra warmth.
- ❑ **Synthetic/Soft Shell jacket.** A full-zip version is easier to put on and has better ventilation than a pullover.
- ❑ **Soft Shell Pants.** You will most likely wear these everyday during the course as they are very versatile and durable.
- ❑ **Hard Shell jacket w/ hood.** We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.
- ❑ **Hard Shell Pants.** Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants, no short lower leg zippers allowed.
- ❑ **Insulated Down Jacket w/ hood.** Needs to fit over all insulation layers but should not be too bulky or heavy. Outer shell must be windproof and waterproof. The jacket is worn during breaks or climbing in extremely cold weather.

Headwear

- ❑ **Lightweight synthetic/wool hat.** Both the hat and the balaclava should be able to fit under the helmet. Hat should cover ears.
- ❑ **Balaclava.** Look for a simple midweight model.
- ❑ **Baseball cap/sun hat.** One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly.
- ❑ **Glacier glasses (w/ side covers or wrap around).** Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers, leashes, and a nose guard is particularly helpful. No more than 8% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber).
- ❑ **Goggles.** 1 Pair. Goggles are used instead of glacier glasses when weather turns severe. Clear lens preferred (for climbing during night when windy) with 100% UV/IR. They can double as emergency glacier glasses.
- ❑ **Buff.** Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty conditions.

Handwear

- ❑ **Lightweight Synthetic Gloves.** 1 Pair. To wear alone on very sunny days for hand protection or as a layering piece with other mitts or gloves.
- ❑ **Midweight Synthetic Gloves.** 1 Pair. A medium synthetic will do a better job of keeping hands warmer when wet than a lighter synthetic.
- ❑ **Shell Gloves w/ insulated removable liners.** 1 Pair. Waterproof, breathable shell with a removable liner for warmth and dexterity.
- ❑ **Hard Shell Mitts w/ insulated removable liners.** 1 Pair. Waterproof, breathable shell material. We recommend that the insulation in your mitts can be removed in order to dry faster. Make sure that you can fit your lightweight synthetic gloves inside the mitts.

Over Please

Personal Equipment

- ❑ **Backpack.** Internal frame pack from 2,800-3,500cu. in.(46-50 Liters). Keep it simple and light. You must be able to get your sleeping bag, personal items for one night in the refuge and climbing gear up a 45 minute climb to the refuge.
- ❑ **Sleeping Bag.** High quality with hood rated to at least 0°F. Goose down preferred over synthetic for bulk & weight. If well-cared-for, a down bag will last much longer than a synthetic bag. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.
- ❑ **Compression stuff sack.** Necessary to reduce volume when packing a sleeping bag.
- ❑ **Self Inflating pad.** One 3/4 or full length pad. If you are over 6' a long is recommended. Include a valve stem and patch repair kit.
- ❑ **Closed-Cell foam pad.** One full length closed cell is recommended.
- ❑ **Cooking gear:** **Cup:** 12-16oz. Plastic **insulated mug** with snap-on lid (retains heat well and is spill-resistant in the tent).
- ❑ **Headlamp (LED).** Bring spare batteries.
- ❑ **Sunscreen.** SPF 40 or better, 2 small tubes. Make sure that the sun screen is not older than 6 months. Sunscreen older than six months loses half of its SPF rating.
- ❑ **Lipscreen.** SPF 30, at least 2 sticks. Not older than 6 months.
- ❑ **Water Bottles:** 2 to 3 Wide mouth bottles with minimum 1 Liter capacity per bottle. An “easy sipper” accessory makes drinking from the bottle easier while traveling. **No water bag or bladder systems,** they freeze or are hard to fill.
- ❑ **Water Bottle Parkas.** 2. To insulate liquid in freezing conditions.
- ❑ **Pee Bottle.** 1 Leak proof, wide mouth bottle with 1 liter capacity. Make sure the bottle is clearly marked, ‘Pee Bottle.’
- ❑ **Pee funnel for women.**
- ❑ **Toiletry bag.** Include toilet paper, baby wipes, alcohol hand sanitizer, toothbrush, toothpaste. You should also include soap, shampoo for the nights we stay in hotels on the expedition.
- ❑ **Pack Towel.** 1 small or medium size.
- ❑ **Earplugs.**
- ❑ **Knife.** Medium sized. Keep the knife simple.
- ❑ **Trash Compactor bags (4).** To line stuff sacks to keep gear dry & one large enough to line pack. Trash Compactor bags are made from a heavier plastic.
- ❑ **Camera gear. Optional.** We recommend small digital cameras. Digital cameras work well at altitude. Please do not bring large SLR cameras with extra lenses.

Traveling

- ❑ **Expedition Large duffel bag w/ travel lock.** 1 for transporting all gear. Capacity: 8,000-9,000 cu. in. Soft sided construction preferable.
- ❑ **Expedition Medium duffel bag w/ travel lock.** 1 to get better organized while traveling and to store excess gear when necessary. It is better to get one with regulation size for carry-on convenience: 12 x 21 x 12. Capacity: about 3,200 cu. in. Soft sided construction preferable.
- ❑ **Nylon Stuff sacks.** Several different sizes to organize gear.
- ❑ **Travel clothes.** Nylon trekking pants are nice for the acclimatization hike. We stay in Hotels in between and after the climbs. Having a couple of changes of cotton clothes is encouraged for those times. **Note:** Shorts are not commonly worn in Ecuadorian culture.
- ❑ **Bathing suit.**
- ❑ **Running shoes and Sport Sandals.** For travel and use at hotels and lodges.
- ❑ **Netbook or similar. Optional.** We will stay at several lodging places where Wi-Fi service is available so if you want to stay connected you should bring one.

First Aid

- ❑ **Small personal first-aid kit.** (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.
- ❑ **Drugs/Medications/Prescriptions.** Climbers should bring Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets for traveler’s diarrhea and for urinary tract infections. Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen for stomach sensitivity.

Ecuador Climbing Lunch Food List

- ❑ **Electrolyte Replacement Cold Drink Mix** (Gatorade, Emergency, Cytomax, Nuun). 8 days worth for the 9 Day Trip, 10 days worth for the 12 Day Trip and 13 days worth for the 16 Day Trip.
 - ❑ **Energy Gel.** Optional. For summit days on Antisana, Cotopaxi and Chimborazo (GU, Powergel, Clifshot) : 6-8 Packets per climb.
 - ❑ **Energy Bars.** Optional. (Cliff bar, Power bar, Balance bar, Luna bar, etc.): bring some of your favorite energy bars.
 - ❑ **Candy Bars or Granola bars.** Optional. (Snickers, Twix, Milky Way, Hershey, Nature Valley, etc): bring some of your favorite ones.
- Note: Depending on the day’s activity, we provide granola bars, chocolate bars, trail-mix, cookies, crackers, fresh fruit (bananas, tangerines, oranges, etc.) and also bread, cheese, ham, peanut butter, jelly for sandwiches.



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This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our Current Suggested Brand List we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you. If you have questions please give us a call (8:30am-4:00pm M-F PST). Or email Climb@AlpineAscents.com.