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International Wilderness Leadership School



Ecuador Backpacking & Whitewater Equipment List

The weather in Ecuador can be volatile, so clothing systems need to be capable of meeting the demands of an ever-changing environment. A layering system, which allows articles of clothing to be added or subtracted as the weather changes, has proven most versatile. The clothing items listed below should layer together to provide appropriate insulation in the most demanding conditions. Because it may rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchronia, fleece, and pile are best, wool will also work. Cotton, with the exception of a t-shirt for the sun, is unacceptable. Please test out your gear before you arrive in Ecuador, as it is near impossible to acquire many items in country.

Upper Body Layers

Upper body layers are some of the most important components of a good layering system. They should be comfortable, lightweight and breathable. Cotton is unacceptable, except for a sun shirt while hiking on warm days.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2	<input checked="" type="checkbox"/>	One silk weight and one heavy weight top made of synthetic material that can be layered together to increase warmth. A light-colored silk weight (white/tan/light blue/etc...) is a good idea, because it will decrease the amount of solar radiation (warmth) that your shirt absorbs. That being said, your mid-weight base-layers should be darker so that they do absorb the sun's warmth. Sierra Designs makes good lightweight, wicking base layers.	-
Tee Shirt	1	<input checked="" type="checkbox"/>	To be worn as a sun shirt while hiking at lower elevations. Synthetic fabric is the way to go, and can double as a bandana or extra sun protection under a baseball cap.	-
Medium Weight Top	1	<input checked="" type="checkbox"/>	To be worn over the base layers, this should be synthetic or wool (a soft shell is an acceptable substitute).	-
Heavy Weight Jacket	1	<input checked="" type="checkbox"/>	Should be synthetic and fit over all your layers.	-
Outer Wear	1	<input checked="" type="checkbox"/>	A jacket made of waterproof / breathable material such as Gore-Tex is vital for keeping you warm and dry. It needs to fit over all layers. Consider the Sierra Designs N2 Fusion jackets.	-

Lower Body Layers

Lower body layers should be versatile and easy to change into and out of under changing weather conditions.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Base Layers	2	<input checked="" type="checkbox"/>	One silk weight and one heavy weight bottom layer made of synthetic material that can be layered together to increase warmth.	-
Underwear	2-4 pairs	<input checked="" type="checkbox"/>	Synthetic briefs and underwear will keep you comfortable and hygienic during high output. Plan on bringing one pair per 4-6 days of use.	-



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Fleece or Synthetic Pants	1		These should be either fleece or synthetic down. If the pants have side zips, it will make your life a lot easier by allowing you to layer without removing your foot wear. We recommend the Patagonia Micro-puff pants .	-
Shorts	1		These are optional, but are nice to wear at lower elevations. Cotton is unacceptable; synthetic will dry faster and be more comfortable for long periods of wear.	-
Outer Wear	1		Pants made of waterproof / breathable material such as Gore-Tex are vital for keeping you warm and dry. They need to fit over all layers and should have side zips. Consider the Sierra Designs Fusion pant .	-

Head, Neck, Hands & Feet

Keeping your extremities warm & dry is crucial. We lose a massive percentage of body heat through our heads, and our hands and feet are the most susceptible to inconveniences like trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Warm-Hat	2		Should be made of synthetic material or wool, cotton is unacceptable and dangerous.	-
Sun-Hat	1		The sun can be very bright especially with reflection off the water, the more protection your cap offers from the sun the better.	-
Sunglasses	1		Dark lenses are a must. The sun can be very bright and can cause permanent eye damage. Most of our instructors wear Costa Del Mar sunglasses.	-
Light Weight Gloves	2		Windstopper fleece works best. Work gloves with a water proof palm are nice to have along when dexterity is more important than warmth.	-
Medium/Heavy Weight Gloves or Mittens	1		1 pair made of Gore-Tex, or equivalent water resistant material. Heavy rubberized gloves are also appropriate. Ski gloves are okay.	-
Neoprene Gloves	1		A pair of 1mm-2mm gloves will go a long way on the river. The water is cold so plan on your hands being wet.	-
Socks	3-4		These should be synthetic or wool. Having a mix of light and heavy weight socks is nice to adjust to variable weather.	-
Wet Socks	1		Neoprene socks for on the river. Should be between 1mm and 3mm	-
Hiking Boots	1		Should be well broken in and waterproof. We recommend full grain leather boots, like many made by Vasque . Please don't hesitate to call us if you have any questions about purchasing boots.	-
Neoprene Booties/Sandals w/heal strap	1		These are for the whitewater segment, as the course is very near the equator sandals will work, but booties offer more protection.	-
Gaiters	1		These should fit over your hiking boots, and are used to keep water/snow/rocks out. They should be tall and water/abrasion resistant.	-



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Backpacking Gear

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Backpack	1		Should have a capacity of at least 5,000 cubic inches (80 Liters), and should be comfortable with 60 lbs. of weight.	YES
Backpack Cover	1		Should be waterproof and fit over your backpack when it is completely full.	-
Trekking poles	1		Ski poles work, however lightweight adjustable poles work best.	YES

Sleeping Bag & Pads

Having a good sleep system is essential in the mountains. While down bags are very warm and pack incredibly small, they lose all insulating properties when they get wet. In a maritime climate like southeast Alaska, a synthetic fill sleeping bag is a must.

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping bag	1		We recommend a synthetic fill bag with a comfort rating of 0 degrees F. The Catalyst 0 by Sierra Designs is an excellent option. Please don't hesitate to call us before making any major purchases.	YES
Sleeping pads	2		A system of one compact inflatable pad (Thermarest) and one closed cell foam pad works best to insulate when sleeping on snow.	YES

Miscellaneous

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Passport	1		Don't forget! Please make 3+ copies and email one to yourself.	-
Eating Utensils	-		Bowl & Spoon (Lexan or titanium work well), as well as a 14oz mug with a lid for hot drinks.	-
Headlamp	1		We recommend LED headlamps, because they are lightweight, long-lasting & durable. Bring extra batteries.	-
Toilet Paper	1		Bring your own in a zip-lock bag.	-
Iodine	1		A bottle of 'Polar-Pure' Crystals is the most convenient, but 'Potable Agua' works well also.	-
Lip Balm	1-2		Should have some type of SPF protection.	-
Sunscreen	4-8oz.		Should be SPF 30 or higher and be waterproof.	-
Personal Med-Kit	1		A personal prescription of a broad-spectrum antibiotic like Ciprofloxacin or Erythromycin is REQUIRED. Your kit should also include ALL personal medications, as well as a stash of Ibuprofen, Aspirin, Band-aids, and Neosporin. A group Med-Kit will be available for everyone, however bringing a personal kit is mandatory. If you have any questions please don't hesitate to call us.	-
Water Bottles	2		Wide mouth 1-liter Lexan bottles ('Nalgene') work best.	-
Bandana or 'Buff'	1		Used for extra sun-protection. Your tee-shirt can be used in place of a bandana if you are trying to shave weight (which is a good thing).	-
Stuff Sacks	2-4		For organizing your gear inside of your backpack. Consider using compression sacks for both your sleeping bag and clothes to maximize usage of space.	-





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Garbage & Ziploc bags	variety		To keep your gear dry inside of your pack. (i.e. line your stuff sack with a garbage bag before you stuff your sleeping bag in there)	-
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Optional

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
Sleeping Bag Liner	1		For increased warmth.	-
Pee Bottle	1		1-liter wide-mouth Lexan with a SECURE LID. Nice to have when there is really inclement weather outside.	-
Energy/Candy Bars	0-20		Bring bars that taste good!	-
Moist Towelettes	0-20		This will be as close to a shower as you will get, we recommend one wipe per day.	-
Book	1-2		Leave the 15 pound hardcover at home.	-
Journal	1		'Rite in the Rain' or similar water resistant papers work best.	-
Bug Spray	1		The bugs at lower elevations can be bothersome during certain seasons.	-
Camera	2-4		Digital or Film. If you are buying a digital camera; having a view finder allows you to take photos when it is too bright to see the screen and helps save batteries, also having a camera that is compatible with AA's allows you to bring extra batteries that don't cost an arm and a leg. Bring an extra memory card.	-

River Gear

Equipment	Quantity	<input checked="" type="checkbox"/>	Comments	Rental
PFD	1		Class III personal flotation device is required, and will be provided if you don't already have one.	Provided
Dry Bags	3-4		For personal clothing and equipment. A variety of sizes work well. Please feel free to call with any questions you may have.	Provided
Helmet	1		Rated for whitewater. We will wear these the entire time while on the water.	Provided



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Additional Information



We use gear from these select companies on every trip we run! Their gear has proven itself again and again on the highest mountains, roughest water, and steepest ice. We endorse these companies because they make gear that is functional and reliable.



Black Diamond



COSTA DEL MAR



VASQUE



MAMMUT

We provide the following: tents, group climbing equipment, expedition first aid kits, cooking equipment, and trip food.

Please don't hesitate to call us with any questions 1.800.766.3396

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