

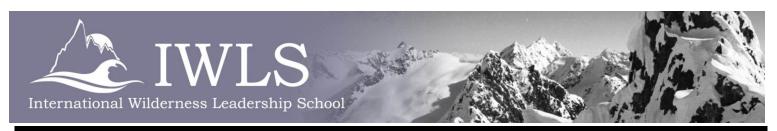
Ecuador Volcanoes Mountaineering Equipment List

The weather in the mountains can be volatile. 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 will work together to provide appropriate insulation in the most demanding conditions. Because it can snow, or rain, materials used in clothing should keep you warm even if they are wet. Synthetics such as polypropylene, Capilene, Synchilla, 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 Quito.

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.

			On is unacceptable except for a sun shirt while mking on warm days.	Dontal			
Equipment	Quantity	\overline{A}	Comments	Rental			
			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				
Base Layers	2		it will decrease the amount of solar radiation (warmth) that your	-			
			shirt absorbs. Conversely, your mid-weight base-layers should be				
			darker so that they do absorb the suns warmth. Mountain Hardwear				
			makes good lightweight, wicking base layers.				
			To be worn as a sun shirt while hiking at lower elevations. Synthetic				
Tee Shirt	1		fabric is the way to go, and can double as a bandana or extra sun	-			
			protection under a baseball cap.				
		To be worn over the base layers and should be synthetic or wool (a					
Medium Weight Top	1		soft shell is an acceptable substitute). Both <u>Black Diamond</u> and				
			Mountain Hardwear offer great mid-weight layers.				
			To be worn over the base layers and medium weight top and should				
Heavy Weight Top	1		be synthetic or wool. Both <u>Black Diamond</u> and <u>Mountain Hardwear</u>	-			
			make nice thick layers.				
			In the high mountains, a burly insulating parka will be your best				
			friend on those cold wet nights or windy summit mornings. It should				
Countly of a Doorse Double	1		easily fit over all layers. A down jacket with a water proof finish is	MEG			
Synthetic Down Parka	1		acceptable, but if it gets wet you won't be happyor warm. The	YES			
			Mountain Hardwear Chillwave Parka or Black Diamond Stance				
			Belay Parka are both solid options.				
			A jacket made of waterproof / breathable material such as Gore-Tex				
Outer Wear	1		is vital for keeping you warm and dry. It needs to fit over all layers.	-			
		-	-	-		Mountain Hardwear shells are breathable, dry, and windproof.	





Lower Body Layers							
Lower body layers	Lower body layers should be versatile and easy to change into and out of under changing weather conditions.						
Equipment	Quantity	∇	Comments	Rental			
Base Layers	2		One silk weight and one heavy weight bottom layer made of	1			
,			synthetic material that can be layered together to increase warmth.				
			Synthetic briefs and underwear will keep you comfortable and				
Underwear	2-4 pairs		hygienic during high output. Plan on bringing one pair per 4-6 days	-			
			of use.				
			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				
Fleece or Synthetic Pants	1		without removing your foot wear. We recommend the Mountain	-			
		Hardwear Compressor Pant or the Black Diamond Stance Belay					
			Pant.				
			These are optional, but are nice to wear at lower elevations, in town,				
Shorts or Lightweight			or as additional layering options. Cotton is unacceptable; synthetic				
Shorts or Lightweight	1		will dry faster and be more comfortable for long periods of wear. A	-			
Pants			light softshell pant could work as well. Mountain Hardwear makes				
			great pants.				
			Pants made of waterproof / breathable material such as Gore-Tex				
Onton Wasa	1		are vital for keeping you warm and dry. They need to fit over all				
Outer Wear	1		layers and should have side zips. Mountain Hardwear shell pants	-			
			and bibs work great.				

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 frostbite and trench-foot. Developing a system that works for your specific needs takes time; this guide is a good place to start.

Equipment	Quantity	\square	Comments	Rental		
			Should be made of synthetic material or wool, cotton is			
Warm-Hat	2		unacceptable. Should layer underneath a climbing helmet.	-		
			Mountain Hardwear has a wide selection of warm hats.			
Sun-Hat	1		The sun can be very bright (especially with reflection). The more	_		
Sun-Hat	1	1	protection your cap offers from the sun, the better.	_		
Balaclava or Neoprene			Used to protect the face from wind/snow, and can be a real life-			
Face Mask	1		saver under stormy conditions. Mountain Hardwear has a great			
race wask		series of face masks and balaclavas.				
Goggles	Consiss	1		Double lens models with vents work best. POC makes some great		
Goggles	1	1	goggles.	-		
			Dark lenses with good side protection are a must. The sun can be			
Sunglasses	2		very bright (especially with reflection off of the water/snow/ice) and	-		
			can cause permanent eye damage.			



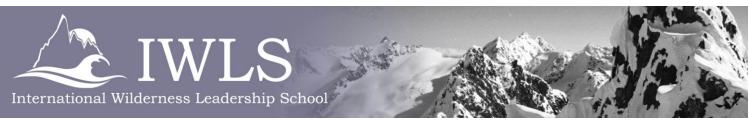


Light Weight Gloves	1	Windstopper fleece works best. Work gloves with a water proof palm are nice to have along when dexterity is more important than warmth. 'Dura-Therm' or like models (synthetic glove with rubber palm & fingers) work well, just ensure you find the warmest model available. Mountain Hardwear and Black Diamond make great gloves.	-
Heavy Weight Gloves/Mitts	1	Removable shell is a must. These should be warm, water-proof and breathable, with removable liners for easy drying. Black Diamond and Mountain Hardwear have durable expedition gloves.	-
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.	-
Mountaineering Boots	1	Plastic boots with a removable liner work best because they are easy to dry out and extremely warm. They also need to be fully crampon compatible. Koflach, Scarpa or La Sportiva all make good boots. Please don't hesitate to call us before making any major purchases.	YES
Gaiters	1	These should fit over your mountaineering boots, and are used to keep water/snow/rocks out. They should be tall and water/abrasion resistant. Both Black Diamond and Mountain Hardwear make great gaiters.	-

Technical Hardware

For technical gear we recommend <u>Black Diamond</u>. We run their equipment on every mountain trip we operate, and find it to be among the best in the industry. For tents and sleeping bags we recommend Mountain Hardwear.

Equipment	Quantity	K	Comments	Rental
Backpack	1		Should have a capacity of at least 5,000 cubic inches (or 80 liters), and should be comfortable with 60 lbs. of weight. Mountain Hardwear and Black Diamond packs are versatile and rugged. Please don't hesitate to call us before making any major purchases.	YES
Trekking poles	1		Lightweight and adjustable length work best. Snow baskets are a must. Black Diamond poles are a great fit.	YES
Lightweight Harness	1		Should fit over all layers and be comfortable when wearing a pack. Adjustable leg loops are best. The <u>Alpine Bod</u> harness is an ideal harness for mountaineering.	Provided
Crampons	1		Light weight, sturdy, and easily adjustable are best. The <u>Black</u> <u>Diamond</u> Sabretooth works well.	Provided
Avalanche Transceiver	1		Transceivers must use the 457 kHz frequency. Equipment rental is available. Consider the <u>Pieps DSP pro</u> .	YES
Ice Axe	1		Should be light weight. The Raven is a classic.	Provided
Locking Carabineers	2		Large aluminum locking carabineers (such as the <u>Black Diamond</u> Rocklock) are used on your harness for glacier travel and technical climbing.	Provided
Non-locking Carabiners	4		Oval or lightweight wiregate carabiners used for glacier travel and technical climbing systems. We use <u>Black Diamond Carabiners</u>	Provided



6mm Cord	20 ft.		6mm accessory cord used for tying prussic knots.	Provided
Helmet	1	Should be light weight and rated for rock climbing/ mountai The BD <u>Vector or Half Dome</u> are great options.	Should be light weight and rated for rock climbing/ mountaineering.	Provided
Tiennet			The BD <u>Vector or Half Dome</u> are great options.	
			Used for transporting gear in planes and vehicles on route to trip	
			locale. 'Cordura' or other heavy duty nylon duffel bags are burly	
Large Duffel	1	and handle large loads with ease. 6000 cubic inches (100 liters) or	-	
-			larger are best. Mountain Hardwear and Black Diamond make tough	
			expedition duffel bags	

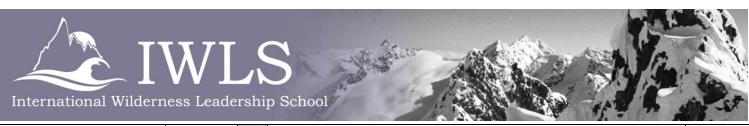
Sleeping Bag & Pads

Having a good sleep system is essential in the mountains. Down bags are preferred because of the high elevations and dry climate of the High Andes. They are very warm and pack incredibly small.

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Equipment	Quantity	∇	Comments	Rental
			The bag should have a comfort range rated to -15 Fahrenheit or	
Classing has	1		colder. Down bags have the best weight to warmth ratio. Mountain	YES
Sleeping bag	1		Hardwear bags work well. Please don't hesitate to call us before	I ES
			making any major purchases.	
			A system of one compact inflatable pad (Thermarests work well)	
Sleeping pads	2		and one closed cell foam pad works best to insulate when sleeping	YES
			on snow.	
Miscellaneous				

			Miscellaneous	
Equipment	Quantity	\square	Comments	Rental
Passport	1		Don't forget! Please make 3+ copies and email one to yourself.	-
Watch	1		Should have an alarm.	
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. Black Diamond SPOT or ICON headlamps work great.	-
Toilet Paper	1		Bring your own in a Ziploc bag.	-
Personal Med-Kit	1		A personal prescription of a broad-spectrum antibiotic like Ciprofloxacin or Azythromycin 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.	-
Blister Kit	1		This should include mole skin/foam and cloth athletic tape for personal use.	-
Lip Balm	1-2		Should have some type of SPF protection.	-
Sunscreen	4-8oz.		Should be SPF 30 or higher and be waterproof.	-
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. Sea to Summit makes great waterproof stuff sacks.	-
Garbage & Ziploc bags	variety		An invaluable method used 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)	-
			Optional	
Equipment	Quantity	\overline{V}	Comments	Rental
Summit Pack	-		Used on day excursions, should be between 35L - 55L (many people use their big pack for this purpose). Both Mountain Hardwear and Black Diamond offer some great climbing packs in this range.	-
Ascender or Tibloc	0-2		Black Diamond ascenders or a Petzl tibloc are great for ascending/descending fixed lines and crevasse rescue.	-
Locking Carabiners	2		Small, lightweight pear-shaped carabiners used for rescue practice and building anchors. <u>Black Diamond</u> makes great carabiners.	-
Belay Device	1		A standard belay plate can be used for technical climbing and rappelling. The <u>ATC-Guide</u> is a great, versatile option.	-
Pulleys	2		Climbing pulleys are used to reduce friction on the rope during rescue practice. <u>Black Diamond</u> makes a lightweight option.	-
6mm Cord	20 ft.		6mm or 7mm Accessory cord is a versatile alpine tool.	-
Camp Booties	1 pair		A good pair of synthetic fill camp booties will keep your feet warm and dry after big days in winter environments. <u>Sierra Designs</u> makes a great goose-down version with a rubberized bottom.	-
Hand Warmers	4		A good thing to keep in your pack for those brisk alpine starts.	-
Sleeping Bag Liner	1		For increased warmth.	-
AA and AAA batteries	4 pair		Replacements for both your avalanche beacon & headlamp.	-
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		<u>'Rite in the Rain'</u> or similar water resistant paper work best.	-
Camera	1		If you are buying a digital camera; one with a view finder allows you to take photos when it is too bright to see the screen and helps save batteries. A camera that is compatible with AA's allows you to bring extra batteries that don't cost an arm and a leg. Otherwise, it's best to have 1 or 2 extra batteries. Bring an extra memory card.	-



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.







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 1.800.985.4957

