

Ecuador Gear Checklist

Updated: 4/30/09

The following list is what you will need to bring for your Ecuador course this year. Please do NOT deviate from this list unless you have checked with us first. Also, keep in mind that you will have to carry some group gear and food in addition to your personal items, so do not bring things that are not included on the list. You will be able to use a Laundromat once or twice during course so try to pack light.

Clothing:

- 1 warm wool or fleece sweater
- down parka
- balaclava or winter hat
- 1 waterproof jacket and pants
- 1-2 pair of pants, non-cotton
- 1 long underwear top (non-cotton)
- 1 long underwear bottom (non-cotton)
- 3-4 t-shirts, cotton is O.K.
- 2-3 pairs of shorts, cotton is O.K.
- mountaineering boots (see description)
- 3 pairs of good non-cotton socks
- 2 pairs of non-cotton liner socks
- 3-5 changes of undies/2-3 bras
- sun hat
- towel (small!)
- lightweight shoes
- bathing suit
- very warm gloves or mittens
- lightweight gloves

Equipment:

- 2 x 1-liter Nalgene water bottles +insulators
- backpack 4000-5500 cubic in.
- crampons (make sure they fit boot)
- supergaitors (if boots are not insulated)
- day pack
- 3 season sleeping bag
- 1 sleeping pad
- headlamp with extra batteries x 2
- 1 bowl
- 1 spoon
- toothbrush/toothpaste
- personal hygiene items for women
- sunscreen/lip balm
- sunglasses and ski goggles
- extra glasses and/or contact
- journal and pen + Course Books
- medication in waterproof bags
- 1 pocketknife w/ can opener (optional)
- camera, binoculars, pee bottle (optional)
- passport with carrying case- don't forget to get one of these EARLY!!
- headphones, CD players, or other electronic devices

We will provide the following personal gear if you do not have:

- Harness
- Helmet
- Ice Axe

DO NOT BRING (you'll survive without these things, we promise!)

- cell phones, pagers, palm pilots

***Let us know on the **Participant Information Form** if you need to **rent** any of the following items

- Backpack – \$40
- Sleeping bag – \$20

Alcohol, Drugs, and Tobacco:

These substances are not allowed on this course due to legal, health, safety and ethical considerations. Use of any of these may result in removal from the course with no refund.

MONEY and PASSPORT

We suggest a money belt of some type to carry your funds and passport. Ecuador uses the U.S. dollar, so currency exchanging is unnecessary. ATM's are available for cash withdraw. Credit cards are accepted among major retailers, but you cannot rely on it.

It is absolutely essential that your passport is current through at least six months after you leave Ecuador. You may be denied boarding your plane when attempting to depart the United States. Bring your original passport *and* a copy of your passport to keep with you wherever we travel.

Some Key Gear Descriptions for Ecuador

The following is a short description and explanation of some of the gear we are asking you to bring to Ecuador. We will do everything we can to help you find the gear you need. If you have any questions regarding what to buy, where to buy it, or anything else at all please feel free to ask us.

BOOTS:

If you don't already own a pair, your feet are worth the extra effort in choosing a pair of quality boots. Here is some information to help you decide. Each boot has its advantages. **Do not arrive for course with boots that you have never worn.** This will likely result in blisters.

- *Plastic Double Boots:* Plastic boots have an inner liner and a plastic shell, similar to a ski boot. They are certainly the warmest option for the cold climb on Cotopaxi. They weigh about 6lbs. and most crampons fit on them easily.
- *Heavyweight leather boots:* Unless they are insulated leather boots, these boots must be accompanied by supergaiters, which cover the entire boot adding necessary warmth. Insulated leather boots are becoming increasingly popular due to their comfort and are relatively lightweight.
- *Rent Plastic Boots in Ecuador:* For approximately \$15/day, you will be able to rent boots in Quito just for the days we will be at Cotopaxi. This is a fine option if you will not use these specialized boots in the future.

CLOTHING:

- *Cotton* is a poor material outdoors because it readily absorbs moisture and holds it next to the skin, transferring body heat into the environment. It also takes a long time to dry. Generally, you should avoid cotton clothing while mountaineering on course.
- *Synthetic (fleece, polypro) or wool* clothing does not absorb much moisture, dries fast, and keeps you warm even when wet. A fleece jacket is a great option for an intermediate layer over a synthetic or wool base layer.
- *Down* is by far the best choice for the heavy insulating layer. It is incredibly warm for its weight and will serve as a crucial layer for the summit attempts.

RAINGEAR: The best jacket and pant raingear is durable and has a waterproof/breathable layer, such as Gore-Tex. This layer is essential for the summit attempts.

EQUIPMENT: Your ice ax should be a general mountaineering ax between 60-70cm in length. Crampons should be general mountaineering style. You should be 100% certain that your crampons are compatible with your boots. Crampons may be rented from Summit Adventure or from gear stores in Ecuador. Items available to borrow from Summit Adventure include the following: sleeping bag, pack, harness, helmet, ax, carabiners, and prussiks. You will not need a sleeping pad.

CLOTHING AROUND TOWN

The climate in Quito, Ecuador is wonderfully temperate with daytime highs in the low-70's and evening lows dipping into the 50's. Typical day wear around the city includes walking shoes or sandals, long pants (shorts are rarely worn), a short-sleeve shirt, and a long sleeve shirt or jacket for the evenings. A brimmed hat is nice to block the bright equatorial sun. You will be able to securely store your clothing and other items at our lodging while we are away from Quito.

So where can you buy all of this cool stuff? Here is a short list of places that will have the things you need, but don't be afraid to look elsewhere. You can also check local department stores.

Eastern Mountain Sports (EMS)
www.emsonline.com

Campmor
www.campmor.com

Recreational Equipment Inc. (REI)
www.rei.com

Sierra Trading Post
www.sierratradingpost.com

L.L. Bean
www.llbean.com