

Ecuador Volcanoes Expedition Required Equipment

BASE LAYERS



Synthetic Short Underwear (1-2 pair)

non-cotton style underwear

recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)



Lightweight Long Underwear (1-2 pair)

long sleeve shirt and long pants

recommended: [Mountain Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms



Heavyweight Long Underwear (1 pair)

recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms



Short-Sleeve Synthetic Shirt (1-2)

recommended: [Mountain Hardware Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS



Soft Shell Jacket

to be worn over other layers

recommended: [Mountain Hardware Stretch Ozonic Jacket](#)



Soft Shell Pants

very breathable and water repellant

recommended: [Mountain Hardware Stretch Ozonic Pant](#)



Lightweight Nylon Pants

recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF / RAIN LAYERS



Hard Shell Jacket with hood

waterproof and breathable shell jacket

recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)



Hard Shell Pants

waterproof and breathable shell pants

recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS



Heavyweight Insulated Down Jacket with hood

recommended: [Mountain Hardware Absolute Zero Parka](#)



Insulated Pants

recommended: [Mountain Hardware Compressor Pant](#)

HEADWEAR



Warm Hat

synthetic or wool hat (ski hat)

recommended: [Mountain Hardware Dome Perignon](#)



Balaclava

to protect your neck and face in high winds

recommended: [Mountain Hardware Alpine Balaclava](#)

**Baseball Cap or other sun hat**

to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)

**Bandana or Buff**

to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

EYEWEAR

**Glacier Glasses**

full protection with side covers or wrap-around
recommended: [Julbo Shield Sunglasses](#)

**Ski Goggles**

to be worn in the event of high winds
recommended: [Scott USA LCG Goggle](#)

GLOVES

**Lightweight Synthetic Liner Gloves**

for wearing on warm days
recommended: [Mountain Hardware Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind
recommended: [Mountain Hardware Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind
recommended: [Mountain Hardware Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**

large enough to fit a liner glove inside
recommended: [Mountain Hardware Absolute Zero Gore-Tex Down Mitt](#)

FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (3 pairs)**

recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

**Mountaineering Boots**

Double plastic or insulated synthetic boot
recommended: [La Sportiva Nepal Cube GTX](#)

**Hiking Shoes/Boots**

comfortable hiking boots

**Gaiters**

recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

**Microspikes**

SLEEPING EQUIPMENT

**Sleeping Bag**

rated to at least -20°F
recommended: [Mountain Hardware Lamina -30 Sleeping Bag](#)

- ☐ **Earplugs**
recommended: [Eagle Creek Travel Ear Plug Set](#)

MOUNTAINEERING GEAR

- ☐ **Expedition Backpack**
approximately 65L
recommended: [Mountain Hardware South Col 70 OutDry](#)
- ☐ **Compression Stuff Sacks**
for reducing the volume of the sleeping bag, down parka, etc., in your pack
recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)
- ☐ **Trash Compactor Bags**
to line backpack and stuff sacks as well as for separating gear
- ☐ **Backpack Rain Cover** (optional)
- ☐ **Trekking Poles with Snow Baskets**
adjustable poles
recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)
- ☐ **Ice Axe**
general mountaineering tool (~60cm)
recommended: [Petzl Summit Ice Axe](#)
- ☐ **Crampons**
general mountaineering crampons
recommended: [Petzl Sarken Leverlock Crampon](#)
- ☐ **Climbing Helmet**
must be able to fit over your warm hat
recommended: [Petzl Sirocco Helmet](#)
- ☐ **Alpine Climbing Harness**
mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness
recommended: [Petzl Altitude](#)
- ☐ **Carabineers**
2 regular and 4 locking
recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)
- ☐ **Headlamp**
with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

TRAVEL ITEMS

- ☐ **Large Duffel Bag with Lock**
for transporting gear
recommended: [The North Face Base Camp Duffel](#)
- ☐ **Small Duffel Bag with Lock**
to store items in the hotel(s) while on the climb
- ☐ **Travel Clothes**
for days in cities and towns
- ☐ **Lightweight journal, sketchbook, pencils, pen**

**U.S. cash**

for currency exchange to purchase SIM cards or merchandise in cities and towns

ADDITIONAL FOOD ITEMS

Snack Food

bring a few days supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc.
variety of salty and sweet is good

recommended: [GU Roctane Energy Gel](#)

OTHER EQUIPMENT

**Water Bottles (2)**

wide mouth bottles with 1-liter capacity

**Water Bottle Parkas (2)**

fully insulated with zip opening

recommended: [Outdoor Research Water Bottle Parka #1](#)

**Water Treatment**

recommended: [SteriPEN Ultra](#), [Aquamira](#), tablets, etc.

**Thermos (optional)**

1-liter

recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)

**Hand and Toe Warmers**

recommended: [Yaktrax Hand Warmer](#)

**Sunscreen (2 tubes)**

SPF 40 or better

**Lip Screen (2 sticks)**

SPF 30 or better

**Toiletry Bag**

include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)

**Pee Bottle**

1-liter minimum bottle for convenience at night in the tent

**Female Urination Device (FUD)**

recommended: [Sani-Fem Freshette](#)

**Knife or Multi-tool (optional)****Small Personal First-aid Kit**

include athletic tape, band-aids, Ibuprofen, blister care, etc.

**Medications and Prescriptions**

bring personal medications, antibiotics (Azithromycin, etc.), altitude medicine such as Diamox, etc.

**Handkerchiefs/Bandanas (optional)**



WAG Bags (2-3)

OPTIONAL ELECTRONICS



Country-appropriate power plug adapters and power transformers



Adventure Sports Watch

recommended: [Garmin fēnix 6](#)



GPS/Personal Satellite Communicator

recommended: [Garmin inReach Mini](#)



Personal power system

recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)



Digital Entertainment

movies, tv shows, music, books loaded on to smartphone, iPad, Kindle



Camera

bring extra batteries, charger, and memory cards