



# ECUADOR VOLCANOES GEAR LIST

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## Ecuador Volcanoes Gear List

This detailed gear list is provided for your reference. Each item has been selected by our owners and trusted guide staff over the course of hundreds of expeditions. Please follow these guidelines carefully. Every item on the list is mandatory (except where noted as optional), and if you arrive missing some of them, you will be required to track them down prior to the climb at your own expense, which can be difficult and costly. We have identified our favorite items and highly recommend them to you. Please choose items like this, although your selections don't need to be these exact items.

Please make sure you are fully prepared so that your and your teammates' trip goes smoothly. If you have any gear questions, please shoot us an email, and we can discuss them. We're here to help!

### Travel Wallet/Crossbody Bag (optional)

- With your passport, cash, travel documents, and pen.

### Cash

### Passport, Passport Photos, and Travel Documents

- Print out team emails to bring with you or download them on your phone for quick reference.



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

### Casual Travel / In-Town Clothes

- Some restaurants are nice, so a collared shirt or dress is not a bad idea.
- Bring lightweight sneakers for around town and use at mountain huts.

### Swimsuit (optional)

- For the pool at the hotel and hot springs at the end of the trip.

### In-Town Toiletries

### Travel Adapters, Charging Cables, Battery Packs, etc.

### Large Duffel Bag with Lock

- Waterproof PVC rugged construction with shoulder straps.
- Do not use duffels with a roller frame.



The North Face Extra Large Base Camp Duffel (132L)

## 2 x Pairs of Hiking Socks

- These should be midweight and need to extend above the boot top.



Darn Tough Men's Hiker Micro Crew  
Midweight Hiking Sock



Darn Tough Women's Hiker Micro Crew  
Midweight Hiking Sock

## Hiking Boots

- These need to have ankle support and be waterproof with good tread.



La Sportiva TX Hike Mid GTX Men's



La Sportiva TX Hike Mid GTX Women's

### Double-Insulated Climbing Boots

- Don't underestimate the cold on summit days.
- Leather boots are NOT acceptable.
- Your crampons must fit your boots perfectly before the trip.
- Make sure your boots fit well and leave a bit of room with the socks you are going to use so they are not cold and cramped.



La Sportiva G2 EVO



Scarpa Phantom 6000 HD

### Down Booties (optional)

- These will be worn around the mountain huts.



Feathered Friends Down Booties

## Heavy Gaiters

- These must fit over your climbing boots (only required if your boots don't have built-in gaiters).



Outdoor Research Men's Expedition Crocodile  
GORE-TEX® Gaiters

3 x Pairs of Synthetic Underwear

2 x Pairs of Base Layer Thermal Bottoms

- 1 x lightweight pair
- 1 x midweight pair



Men's Merino 260 Tech  
Thermal Leggings With Fly



Women's Merino 260 Tech  
Thermal Leggings

### 2 x Pairs of Soft Shell Climbing Pants

- 1 x lightweight pair
- 1 x midweight pair
- These need to fit over your thermal underlayer and under your full-zip shell pants.
- Zippered pockets are good, and thigh vents can be useful during periods of high exertion.

### Belt (optional)

- For climbing pants if needed.
- It should be low profile to fit underneath a harness.



Outdoor Research Men's  
Research Cirque II Pants



Outdoor Research  
Women's Cirque II Pants



Outdoor Research  
Men's Ferrosi Pants



Outdoor Research  
Women's Ferrosi Pants

## Shell Pants

- These must fit over your thermal underlayers AND climbing pants.
- These must be waterproof and have full zips on the side so you can put them on and off over your climbing boots and crampons.
- Lightweight and breathable are ideal.



Outdoor Research Men's  
Apollo Rain Pants



Outdoor Research Women's  
Apollo Rain Pants

### Insulated Pants

- Synthetic or down is good.
- These should fit over BOTH your thermal base layers and your climbing pants.
- These must have full zips on the sides to get them on and off over your climbing boots and crampons without taking your boots off.



Mountain Hardwear Men's  
Compressor Alpine Pant



Mountain Hardwear Women's  
Compressor Alpine Pant

## Lightweight Sun Hoody

- Non-cotton, long-sleeved sun shirt with a hood.



Black Diamond Men's  
Alpenglow Hoody



Black Diamond Women's  
Alpenglow Hoody

## Base Layer Thermal Top

- 1 x midweight



Icebreaker Men's Merino 260 Tech  
Long Sleeve Half Zip Thermal Top



Icebreaker Women's Merino 260  
Tech Long Sleeve Half Zip Thermal  
Top

## 2 x Midweight Layers

- 1 x fleece or sweater
- 1 x down or synthetic jacket
- You will want a combination of options, including both a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.



Himali Accelerator Down Jacket 2.0



Patagonia Women's Down Sweater Hoody



Outdoor Research Men's Vigor Grid Fleece Full Zip Hoodie



Outdoor Research Women's Vigor Grid Fleece Pullover Hoodie

## Shell Jacket

- This should be lightweight, waterproof, and packable with a hood.
- It must fit over all your upper body layers except your largest down parka.
- Any waterproof/breathable jacket with a hood can work. It shouldn't have any additional insulation, only a waterproof shell.



Outdoor Research Men's  
Helium II Jacket



Outdoor Research  
Women's Helium II Jacket

## Down Parka

- This needs to be heavyweight, very warm yet light, and packable with a hood. Don't underestimate the cold on summit days.



RAB Men's Positron  
Pro Down Jacket



RAB Women's Positron  
Pro Down Jacket

## 2 x Neck Gaiters

### Balaclava or Face Mask

- This is in addition to the neck gaiters.
- This needs to cover your entire face in conjunction with your glacier glasses or goggles to prevent frostbite.



Buff Lightweight Merino  
Neck Gaiter



Outdoor Research Gorilla  
Gore-Tex® Infinium™ Balaclava

### Winter Hat

- It must be very warm and cover your ears.

### Baseball Hat or Sun Hat

- This should be lightweight and breathable for warm sunny days yet cover as much exposed skin as possible.



Outdoor Research Vigor  
Grid Fleece Beanie



Outdoor Research  
Sun Runner Cap

## Fleece Gloves

- Midweight.
- These need to be slim enough to fit under your climbing gloves. Use the lightweight version if needed to ensure you have room to move your fingers.



Outdoor Research Men's Vigor  
Midweight Sensor Gloves

Outdoor Research Women's Vigor  
Midweight Sensor Gloves

### Climbing Gloves

- These need to be the warmest climbing gloves you can find. Do not skimp on this item, as it is one of the most important items of gear you will have.
- These need to have room in the fingers so as not to be constricting and cut off warmth and circulation to your fingers. More room in the gloves is better than less.
- You must have enough dexterity to use your technical gear (e.g., ascender, carabiners, etc.) while wearing these gloves.



Black Diamond  
Guide Gloves



Black Diamond Women's  
Guide Gloves

## 8,000-meter Mittens

- These must fit over your midweight liner gloves and your heavyweight climbing gloves without constriction. Larger is always better than smaller.
- Hopefully, you will be able to climb in your heavyweight climbing gloves all the way to the summit and back because gloves offer you a lot more dexterity than mitts. These down mitts serve as a backup in case you drop a glove, or your hands are simply too cold in the heavyweight gloves and need a warmer option (i.e., gloves plus mitts).



Outdoor Research Men's  
Alti II GORE-TEX Mitts



Outdoor Research Women's  
Alti II GORE-TEX Mitts

## Chemical Hand and Foot Warmers (optional)

- Bring enough pairs to get you through the expedition, but not more, as they are heavy to carry.
- Note: chemical hand warmers use oxygen to burn, so they do not work well at high altitudes, and the foot warmers in the boots do not really work at all on summit days.



Hand Warmers

### 2 x Glacier Glasses

- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light for climbing on the snow.
- Bring a second pair as a spare.

### Goggles

- These should be the darkest lenses you can buy (Cat 4) to wear on the snow.

### Prescription Eyewear

- If you need prescription glacier glasses, contact the manufacturer for options well in advance of your trip.



Julbo Camino with  
Spectron 4 Lens



Julbo Monterosa 2



Julbo Skydome REACTIV 2-4

### 50 - 65L Climbing Pack

- This can double as a carry-on day pack for travel to and from Ecuador.
- This pack should be lightweight with as few “bells and whistles” as possible. We find that a simple tube design with no outside pockets (other than a crampon pouch) works the best.
- There needs to be a crampon pouch and a way to fasten an ice axe.
- When moving up to the Cayambe and Cotopaxi huts we will need to carry all of our climbing and sleeping gear at the same time, so please ensure your gear can fit into your pack.
- You will be able to leave unneeded items for the climb in the van.



Hyperlite Mountain Gear  
Halka 55L



Osprey Eja Pro 55L

## Lightweight Climbing Harness

- This must have detachable leg loops and be big enough to fit over your puffy pants but also fit snugly over just a base layer if it is hot at lower altitudes.



Black Diamond Couloir Harness

### 2 x Double-Length Slings (120cm)

- This will be used for rigging and safety while climbing.

### 1 x Single-Length Sling (60cm)

- This will be used for rigging and safety while climbing.



Black Diamond Nylon Slings

1 x Locking Carabiner

3 x Non-Locking Carabiners



Black Diamond  
Hotwire Carabiner



Black Diamond VaporLock  
Screwgate Carabiner

## Climbing Helmet

- Must fit well and be lightweight.
- Must accept a headlamp securely.
- Must be made for climbing (not skiing, biking, etc.)



Black Diamond Vapor Helmet

## Alpine Ice Axe

- This must be long enough for walking and have a leash to clip to your harness.



Black Diamond Raven Ice Axe

## 12-Point Crampons

- These MUST fit your boots perfectly.
- These must be steel (NOT aluminum) and be 12-point.
- Please, no vertical-style front points. These are more aggressive than you need and are dangerous for less technical sections.
- We have found that to get the best fit, you want a clip-on heel bail and rounded plastic toe bail (as pictured on the Petzl Vasak). The wire toe bails can break and often do not fit properly.



Petzl Vasak



Black Diamond Sabretooth  
Crampons

## Trekking Poles with Snow Baskets

- These must be lightweight and collapsible to fit in your duffel bag.
- The “flick lock” style is the most reliable.
- Larger powder snow baskets are the best option.



Black Diamond Powder Baskets



Black Diamond Trail Trekking Poles

### 3 x Compression Sacks

- These will be used to compress gear to fit better in your pack.
- Compression sacks are more versatile than stuff sacks.



Sea to Summit Lightweight  
Compression Sack

## Down Sleeping Bag

- Rated to 0°F / -18°C.
- This must be roomy enough to fit your water bottles inside so they don't freeze.



Mountain Hardwear Women's  
Bishop Pass read 0°F / -18°C



Mountain Hardwear Men's Bishop  
Pass read 0°F / -18°C

## Down Sleeping Bag for Chimborazo Climbers Only

- Rated to -20°F/ -28°C.
- All Chimborazo climbers will need a warmer sleeping bag that can be used for the duration of the expedition.



Mountain Hardware Lamina  
-20°F/-29°C



Feathered Friends Plover ES  
-25 Women's Sleeping Bag

## Water Bottles

- Must be wide-mouth bottles for easy filling.
- Either 2 x 1 L water bottles or 1 x 1.5 L and 1 x .5 L water bottles.
- CamelBak-type hydration systems are unacceptable. They freeze, pop, and break, so they are unreliable.



Nalgene 48oz wide mouth  
Silo



Nalgene 32oz wide mouth



Nalgene 16oz wide mouth

## Insulating Bottle Covers

- One for each water bottle.



Forty Below® Bottle Boot™

## Water Purification: Iodine Tablets, Filter, or UV Treatment

- Water on the mountain is usually just melted, not boiled, to save time and fuel. It is important to have a way to purify your drinking water.



Katadyn Steripen Adventurer Opti  
UV Water Purifier

### Book, Kindle, or Tablet

- Download movies or TV series for entertainment on rest days or during weather delays.

### Battery Pack

- To charge your phone, kindle, or tablet as needed.

### Headphones (optional)

### Earplugs

- For sleeping if it is windy or if a teammate snores.

### Camera (optional)

### 2 x Headlamps

- Your main headlamp needs to be powerful enough to climb during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to use in an emergency should your main headlamp fail.
- Please select battery-powered headlamps over rechargeable headlamps because recharging can be difficult in the mountains.

### Batteries

- Make sure to have enough batteries for the expedition with spares.



Black Diamond Storm 450  
Headlamp



Black Diamond Deploy 325  
Headlamp

## Watch

- This should have a long-lasting battery and an alarm.
- The altitude function is optional.



Suunto Traverse



Coros Vertix GPS Watch

## Multitool

### Umbrella (optional)

- An umbrella is nice to have if it rains to help keep dry.
- Buy one with a long handle.

### Sunscreen and Zinc

- Buy a sunscreen with high zinc content and sweat resistance.
- This must be 30 SPF or higher.

### 2 x Lip Balm with SPF

### Hand Sanitizer

- Bring several small bottles.



Neutrogena Sheer Zinc



Gerber Suspension NXT Multi-Tool

### Toothbrush and Toothpaste

### Baby Wipes

- For staying clean on the mountain.

### Medical Kit

- A basic medical kit with high-altitude medications should include a blister kit, low-dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, basic repair kit, scissors, Diamox (acetazolamide, 125mg) for AMS, nifedipine (for pulmonary edema, time release), dexamethasone (for cerebral edema, 4mg), antacids, NSAIDs such as aspirin or ibuprofen, anti-diarrheal, duct tape, antibiotics (upper respiratory such as Azithromycin and a gastro-intestinal such as Ciprofloxacin), melatonin, asthma medication if you use it (Advair), and cold and flu medication.
- Prescription medications should be selected in consultation with your doctor.

### Personal Toiletries

#### 1 x Roll of Toilet Paper + Ziploc bag for storage

#### Pee Funnel (women only)

#### Pee Bottle

- 1L bottle with a wide mouth.

#### 1 x Heavy-Duty Trash Bags

- For waterproofing your backpack.

### Snack Food

- We recommend 3lbs / 1.5kg.
- You need to have an assortment of food you know will be palatable to you at high altitudes when you don't want to eat. We will provide you with dinners and breakfasts, but "lunch" will mainly consist of your snacks that we eat while we're climbing or relaxing in the tent. It is invaluable to have a large assortment of food that you know works for you.
- We recommend a wide variety of cheeses, meats, nuts, dried fruits, hard candies, chocolates, and specialty athletic foods such as Gu, Nuun, Clif Bloks, and the like.



Gu Energy Gels



Gu Hydration Tabs

## Non-Climbing Team Members

We are delighted to have non-climbing members join the trip, and we know you'll have a great adventure alongside the climbers! You will be following the same itinerary and, as such, will need much of the same clothing and equipment without the technical climbing gear.

Non-climbing team members, please bring the following:

- |  |  |
|--|--|
| <input type="checkbox"/> Travel wallet or crossbody bag (optional)             | <input type="checkbox"/> Rain shell pants and jacket   |
| <input type="checkbox"/> Cash  | <input type="checkbox"/> Midweight warm layers or a warm down parka (it can be cold at the mountain hut) |
| <input type="checkbox"/> Passport, passport photos, and travel documents       | <input type="checkbox"/> Winter hat and sun hat  |
| <input type="checkbox"/> Casual travel and in-town clothing                    | <input type="checkbox"/> Warm gloves   |
| <input type="checkbox"/> Swimsuit (optional)                                   | <input type="checkbox"/> Dark sunglasses   |
| <input type="checkbox"/> In-town toiletries                                    | <input type="checkbox"/> Sleeping bag rated to 0°F with a compression sack                               |
| <input type="checkbox"/> Travel adapters, charging cables, battery packs, etc. | <input type="checkbox"/> Water treatment   |
| <input type="checkbox"/> Large duffel bag with lock                            | <input type="checkbox"/> Earplugs  |
| <input type="checkbox"/> Hiking boots with gaiters & socks                     | <input type="checkbox"/> Camera/phone & portable charger (as charging can be difficult at the huts)      |
| <input type="checkbox"/> Down booties (optional)                               | <input type="checkbox"/> Book/Kindle (you will have a bit more time to relax than the climbers)          |
| <input type="checkbox"/> Base layer thermal bottoms and top                    | <input type="checkbox"/> Trekking poles  |
| <input type="checkbox"/> Trekking pants  |  |

## ECUADOR VOLCANOES / NON-CLIMBING TEAM MEMBERS GEAR CHECKLIST

- 50L+ backpack/rucksack (to hike up to the mountain huts)
- Compression sacks to fit clothes
- Trash bag to line pack
- Personal toiletries, sunscreen, lip balm, etc.
- Pee bottle/funnel (optional for sleeping in the hut) + toilet paper
- Umbrella (optional)
- 1 x headlamp with spare batteries
- 1 x water bottle
- Basic medical kit and personal meds
- Personal snack food to supplement meal at huts (about 2 pounds)

### Non-climbing team members will not need the following:

- Insulated pants
- Climbing boots and climbing socks
- Face mask
- Climbing specific gloves or 8,000-meter mittens
- Chemical hand warmers
- Glacier glasses or goggles
- Climbing harness, slings, carabiners, helmet, ice axe, and crampons
- Multitool or knife
- Altitude watch



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