

Ecuador Volcanoes Gear Checklist:

Travel Items:

- ☐ Travel wallet/crossbody bag
- ☐ Cash
- ☐ Passport, passport photos, and travel documents
- ☐ Casual travel/in-town clothes
- ☐ Swimsuit (optional)
- ☐ In-town toiletries
- ☐ Travel adapters, charging cables, battery packs, etc.
- ☐ Large duffel bags with locks

Lower Body:

- ☐ 5 x pairs of hiking socks
- ☐ Hiking boots
- ☐ Double-insulated climbing boots
- ☐ Down booties
- ☐ Heavy gaiters
- ☐ 3 x synthetic underwear & sports bras
- ☐ 2 x base layer thermal bottoms (1 light, 1 medium)
- ☐ 2 x pairs of soft-shell hiking pants (1 light, 1 medium)
- ☐ Belt (optional)
- ☐ Shell pants
- ☐ Insulated pants

Upper Body:

- ☐ Lightweight sun hoody
- ☐ Base layer thermal top
- ☐ 2 x midweight layers
- ☐ Shell jacket
- ☐ Down parka
- ☐ 2 x neck gaiters
- ☐ Balaclava or face mask
- ☐ Winter hat
- ☐ Baseball or sun hat
- ☐ Fleece gloves
- ☐ Climbing gloves
- ☐ 8000m mittens
- ☐ Chemical hand & foot warmers (optional)
- ☐ 2 x glacier glasses
- ☐ Goggles
- ☐ Prescription eyewear

Climbing Gear:

- ☐ 50 - 65L climbing pack
- ☐ Lightweight climbing harness
- ☐ 2 x double-length slings (120 cm)
- ☐ Single-length sling (60 cm)
- ☐ 1 x locking carabiner
- ☐ 3. x non-locking carabiners
- ☐ 20 feet of 8mm prusik cord
- ☐ Climbing helmet
- ☐ Alpine ice axe
- ☐ 12-point crampons
- ☐ Trekking poles with snow baskets
- ☐ 3 x compression sacks
- ☐ 0°F/ -18°C down sleeping bag
- ☐ Closed-cell foam sleeping pad
- ☐ Inflatable sleeping pad
- ☐ 2 x headlamps
- ☐ Batteries

Personal Items:

- ☐ Water bottles
- ☐ Insulating bottle covers
- ☐ Water purification system
- ☐ Book, Kindle, or tablet
- ☐ Headphones (optional)
- ☐ Earplugs
- ☐ Multitool (optional)
- ☐ Watch
- ☐ Sunscreen with zinc
- ☐ 2 x lip balm with SPF
- ☐ Hand sanitizer (several small bottles)
- ☐ Toothbrush and toothpaste
- ☐ Baby wipes (optional)
- ☐ Personal toiletries
- ☐ Sunscreen with zinc
- ☐ Portable humidifier (optional)
- ☐ Hand sanitizer (several small bottles)
- ☐ Toothbrush and toothpaste
- ☐ Trek towel (optional)
- ☐ Baby wipes (optional)
- ☐ Personal toiletries
- ☐ Medical kit
- ☐ 1 x rolls of toilet paper + bag
- ☐ Pee funnel (women-only)
- ☐ Pee bottle
- ☐ 1 x heavy duty trash bags
- ☐ 3lbs/1.5kg snack foods

Notes:
