



CLIMBING
THE SEVEN SUMMITS

ECUADOR VOLCANOES GEAR LIST

www.climbingthesevensummits.com

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 many expeditions to the peak and experience from hundreds of expeditions to other peaks. 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 favorites as examples of each item, which we highly recommend, but you don't need these specific brands/examples, just items that are similar and fit for the same purpose.

Being fully prepared will ensure that your trip and that of your teammates go smoothly and will contribute to your success in the mountains.

If you have any gear questions, please email or give us a call, 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.

Casual Travel / In-Town Clothes

- These should be comfortable and suitable for wearing to nicer restaurants while off the mountain.
- Bring lightweight sneakers for travel.



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

Swimsuit (optional)

- For the hotel pool.

In-Town Toiletries

Travel Adapters, Charging Cables, Battery Packs, etc.

Large Duffel Bags with Lock

- Waterproof PVC rugged construction with shoulder straps (like North Face XXL).
- Please do not use duffels with a roller frame. They are much heavier and very difficult for the porters to carry.
- One of these will be stored at the hotel off the mountain and one will be used for your trekking gear on the mountain.



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

5 x Pairs of Hiking Socks

- 2 x midweight hiking socks.
- 2 x heavyweight hiking socks.
- 1 x socks for wearing around camp.
- All socks should extend above the top of your hiking boots.



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 under layers AND hiking pants.
- These must be waterproof, and it is recommended that they have full zips on the side so you can easily put them on and off over your hiking boots.
- 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 hiking 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
Alpenglowl Hoody



Black Diamond Women's
Alpenglowl 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 and very warm yet packable with a hood. Don't underestimate the cold on summit day.



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

- Mid weight.
- These need to be slim enough to fit under your climbing gloves. If necessary, use the lightweight version 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

8,000m 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 day.



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.
- Bring a second pair as a spare.

Goggles

- These should be the darkest lenses you can buy (Cat 4).

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

2 x Headlamps

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

Batteries

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



Black Diamond Storm 450
Headlamp



Black Diamond Deploy 325
Headlamp

Water Bottles

- Must be wide-mouth bottles for easy filling.
- Either 2 x 1L water bottles or 1 x 1.5L and 1 x .5L 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.

Headphones (optional)

Earplugs

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

Umbrella (optional)

- An umbrella is nice to have if it rains to help keep dry. Buy one with a long handle. A rain poncho helps to keep you dry while staying cooler, as wearing your shell layers can be very warm on the first few days of the climb.

Camera (optional)



Six Moon Designs Silver Shadow
Ultralight Umbrella

Watch

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



Garmin Instinct 2S Solar



Coros Vertix 2

Multitool (optional)

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

- To stay 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), 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, lunches and breakfasts on the trek, but you will need to bring additional snacks to supplement while trekking.
- It is invaluable to have an assortment of food that you know works for you.
- Be sure to include an electrolyte powder or tab, these can help keep you hydrated and make your water taste better.
- We recommend a wide variety of cheeses, meats, nuts, dried fruits, hard candies, chocolates, and specialty athletic foods such as Gu, RX Bars, Pro Bar, Nuun, Clif Bloks, and the like. All calories are good calories on the mountain.
- We recommend bringing probiotics and a multivitamin along as well.



Snickers



Pro Bar Meal Bars



RXBARS
Protein Bars



Gnarly Hydrate
Electrolyte Drink Mix

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:

Non-Climbing Team Members Gear List

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.

- ☐ Travel wallet or crossbody bag (optional)
- ☐ Cash
- ☐ Passport, passport photos, and travel documents
- ☐ Casual travel and in-town clothing
- ☐ Swimsuit (optional)
- ☐ In-town toiletries
- ☐ Travel adapters, charging cables, battery packs, etc.
- ☐ Basic medical kit, personal medications
- ☐ Large duffel bag with lock
- ☐ Hiking boots
- ☐ Gaiters
- ☐ Hiking socks
- ☐ Down booties (optional)
- ☐ Base layer thermal bottoms and top
- ☐ Trekking pants
- ☐ Rain shell pants and jacket
- ☐ Midweight warm layers
- ☐ Warm down parka (it can be cold at the mountain huts)
- ☐ Winter hat and sun hat
- ☐ Headlamp with batteries
- ☐ Warm gloves
- ☐ Dark sunglasses
- ☐ Sleeping bag rated to 0°F / -18°C
- ☐ 2 x compression sacks
- ☐ Water treatment
- ☐ Earplugs
- ☐ Camera (optional)
- ☐ Book, Kindle, or tablet (optional)
- ☐ Trekking poles
- ☐ 50L + backpack
- ☐ 1 x heavy-duty trash bag
- ☐ Personal toiletries, toilet paper
- ☐ Sunscreen, lip balm, baby wipes
- ☐ Pee bottle
- ☐ Pee funnel (women only, optional)
- ☐ Snack foods (2 lbs/1 kg)

Non-climbing team members will not need the following:

- ✗ Climbing boots and climbing socks
- ✗ Climbing-specific gloves and 8000-meter mittens
- ✗ Insulated pants
- ✗ Sun hoody
- ✗ Climbing harness, slings, and carabiners
- ✗ Helmet, ice axe, and crampons
- ✗ Glacier glasses or goggles
- ✗ Multitool or knife
- ✗ Altitude watch
- ✗ Chemical hand warmers



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