



Since 1984

## Seven Summits • International Expeditions & Trekking Safaris • Mountaineering Schools • Guided Climbing • Skiing

3018 SW Charlestown Street • Seattle, WA 98126  
206-937-8389 • 1-800-328-5925 • FAX: 206-937-1772  
info@mountainmadness.com / www.mountainmadness.com

### ECUADOR VOLCANOES EQUIPMENT LIST

Mountain Madness believes that all mountain travel equipment should follow two simple tenets: **Lightweight** and **Functional**. **Lightweight** equipment increases your chance of success and helps make you more comfortable. **Functional** equipment determines how warm, dry, and safe you will be, so always choose equipment that is of good quality, is dependable, and is adaptable to a variety of extreme conditions.

Clothing impacts not only your comfort but also your safety. Always be critical of the quality and the proper fit of your clothing. Cotton clothing must be avoided because it dries very slowly and is a poor insulator when wet. Instead, choose wool or synthetic fabrics that "wick" the sweat and moisture away from your skin.

Our recommended clothing system has four layers.

- Base layer: manages moisture and wicks perspiration away from your skin. (Polypro, capilene, driclime)
- Softshell: should be a durable, comfortable, insulating and wind/water resistant layer that breathes well. The main Softshell fabrics are Polartec Wind Pro, Gore Windstopper N2S, Schoeller and each clothing manufacturer has their own. 200 weight fleece can be substituted for our Soft Shell recommendations but is not as versatile on how it may be used when layering.
- Hard shell: windproof, waterproof and breathable. (e.g. Gore-Tex, or similar)
- Insulating layer: should be down-fill or synthetic-fill and fit over all layers. (e.g. down, primaloft or polarguard)

These four layers are usually sufficient for most people, but if you tend to be colder bring one extra medium-layer that would be ideal for extra warmth around camp, such as a vest. When deciding what to pack, remember to bring enough clothes and accessories to ensure your safety and comfort, while not over-burdening yourself with items you probably won't use.

Check "[Links](#)" on the Mountain Madness website for direct links to recommended equipment vendors.

For used, new or rental equipment try these two retailers. Mountain Madness works closely with **Second Ascent**, a new and used gear store. If you are looking at trying to save some money, this is definitely the place to call. We stop at their store on our way out of Seattle on all Northwest trips. They are great at answering equipment questions and also ship anywhere in the US. They can be reached at (206) 545-8810 and on the web at <http://www.secondascent.com>. We also work closely with **Feathered Friends**, a retailer in Seattle which also rents gear, and will offer a 10% discount on purchases if you are signed up for a Mountain Madness trip. Please feel free to call them at (206) 292-2210 or visit <http://www.featheredfriends.com>

### Climbing Gear (Only required for those intending to make a summit climb)

- Alpine climbing harness** Must have adjustable leg loops and fit over all clothing
- 2 Locking carabiners** Large, pear-shaped carabiner is best, screw gate type recommended.
- 3 Regular carabiners**
- Ice axe w/leash** Light weight
- Plastic mountaineering boots or well-insulated winter mountaineering boots**
- Crampons with anti-ball plates** Must be fit to plastic boots prior to trip, new-matic type recommended
- Climbing helmet** Adjustable, should fit with hat on
- Perlon cord** 30 feet of 5-millimeter perlon cord for prussik material, do not cut prior to trip!
- Adjustable trekking poles** (optional)

### Upper Body

- 2 Cotton t-shirts**
- 1 Polypropylene t-shirt**
- 1 Long sleeve polypropylene shirt** Lightweight, light colored for sunny days
- 2 Women sports bras** Synthetic, no cotton!
- 1 Soft shell jacket or pull-over**
- Down/synthetic sweater or vest**
- Hard shell jacket with hood** Waterproof and breathable. Gore-Tex or equivalent is best, roomy enough to fit over multiple layers.
- 1 Down parka with hood (optional for trekkers)**
- 1 Pair liner gloves** Thin wool or polypropylene
- 1 Pair warm gloves** Fleece or wool
- 1 Pair shell gloves**
- 1 Pair modular expedition shell mitts** OR Pro Mitts. Select a model with strap to your wrist so that you do not lose your mittens in high winds. (Optional for trekkers)

### Head gear

- Warm hat** Wool or synthetic that cover your ears
- Balaclava or buff** Mountain Madness buff [available for purchase!](#)
- Face mask (optional for trekkers)**
- Shade hat or baseball cap**

### Trekking Equipment

- Supportive hiking boots**
- Trekking poles (OPTIONAL, but strongly encouraged)**

### Lower Body

- 1 Pair nylon pants** Good for trekking or around camp
- 2 Pair of liner socks** Polypropylene or Capilene
- 3 Pair heavy wool/synthetic socks** Check boot fit with liner and wool socks on
- 2 Pair lightweight long underwear** Polypropylene or Capilene
- 1 Pair soft shell pants**
- 1 Pair nylon shorts** Running shorts or other quick-drying type, not cotton!
- 1 Pair hard shell pants** Waterproof/breathable with full side zips, Gore-Tex or equivalent is best.
- Gaiters** Make sure they will fit over plastic boots. (e.g. OR Crocodiles or equivalent)
- Extra shoes for evenings, vehicle transit times.**

- 1 Pair sandals** (optional)

### Sleeping Gear

- Sleeping bag** Rated to at least 10-20° F. Line the stuff sack w/ plastic bag
- Sleeping pad is NOT required. A therma-rest pad for extra comfort is optional.**

### Backpack

- Internal frame pack** 4500-5000 cubic inch capacity, avoid unnecessary options that add weight (ONLY REQUIRED FOR CLIMBERS)
- Large duffle bag** (7,500+ cu. in.) for gear, include small padlock
- Small duffel** for leaving extra gear at the hotel
- Small Backpack** for use during the day- about 2500 cubic inches

### Miscellaneous Equipment

- Glacier glasses** 100% UV protection with side shields and a hard-sided storage case (i.e. Julbo or Cebe)\*
- Personal first aid kit** See p. 10
- Lip balm** At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck
- Sunscreen** At least SPF 40
- Insect repellent** Small bottle
- Headlamp**
- 2 Water bottles** 1 liter wide-mouth Nalgene and 1 bottle holster, *or*
- Hydration bladder** With drinking tube and 1 Nalgene bottle
- Plastic mug** OPTIONAL. Basic cups for hot drinks will be provided.
- Pocket knife** Small Swiss-Army type
- Water purification** Iodine tablets or Polar-pure crystals
- Toiletry kit** Be sure to include toilet paper stored in a plastic bag
- 3-4 Large plastic bags** For keeping miscellaneous gear dry
- Nylon stuff sacks** For food and gear storage (OR has a good selection); large Ziplocs are also useful
- Bandana**
- Camp towel**
- Ear plugs**
- Hand wipes**
- 1 Small stainless steel thermos** (optional)
- Favorite snack foods** No more than 2 pounds!
- Paperback books, cards, music player, etc.**
- Binoculars** (Optional. For viewing the route from the lower camps.)
- Camera** (Optional. 1 light weight point & shoot on the mountain, 1 large SLR types for the trek in and base camp.)
- Fanny pack or wallet** for travel documents, money & passport
- Passport and passport photos**
- Airline ticket**