

TIMBERLINE MOUNTAIN GUIDES ECUADOR EQUIPMENT LIST:

Please make sure you bring all the items on the equipment list. We have selected these items with great care to give everyone the best chance of staying dry and warm. The weather can be stormy at any time of year. Please call us if you have any questions.

DOCUMENTS:

Passport
Wallet/money/credit cards
Plane Tickets
Trip Itinerary
Immunization records
Medical allergies and restrictions
Pen, pencil and paper (journal)
Literature

CLOTHING:

Travel clothing
Shorts and t-shirts
2 polypro or capilene t-shirts: for use while climbing acclimatization peaks
Polypro or capilene long underwear tops & bottoms: (1st layer) - most basic item in the layering system. Bring two tops and at least one bottom. Mid weight is recommended
Schoeller fabric pants (2nd layer). Most ascents in Ecuador can be done with three bottom layers. Many __ can be done with two layers. Schoeller pants go a long way. When it gets real cold you can add your storm pant as 3rd layer.
Gore-Tex or equivalent Storm Pants (3rd layer). Full side zip recommended so you can add/remove them to your layering systems without having to take off boots or crampons.
Fleece pullover (2nd layer)
Fleece jacket (3rd layer)
Gore-Tex or equivalent Storm Parka (4th layer). Must fit comfortably over underwear and pile layers. Underarm zips recommended. Know how to adjust your hood.
Down or Synthetic [Parka](#) with hood (5th layer). You will find yourself using this layering item on the high peaks.

Pile Vest - Fits well over underwear top and under pile jacket. Optional but useful

Hats - fleece/pile watch cap, heavyweight fleece balaclava, thin polypro balaclava. Baseball caps are valuable on treks and glacier travel.

Gloves or Mittens - Windstopper liner gloves, ski gloves, and heavy wool/pile mitten with shell. An extra pair of insulated gloves is a good idea for a longer trip.

Face Mask – Neoprene

TECHNICAL CLIMBING GEAR:

65-75cm mountaineering axe

Crampons with step in bindings and anti-balling plates.

Harness with adjustable leg loops

Helmet - for use on Ruminahui and Sincholagua. Not sure if we'll use it but good to have it just in case.

Jumar or other ascending device

3 locking carabiners

2 regular carabiners

Rappel/belay device

2 shoulder length slings

1 double length sling

1 16ft x 6mm cordellette

1 lightweight pulley

Pair of trekking poles (three section collapsible recommended)

PACKS AND SLEEPING GEAR:

Alpine day pack - 3,000ci for climbing the big peaks

Day Pack - 2,000 cu.in. for ascents of acclimitization peaks like Guagua Pichincha and Ruminahui and as a carry-on for the flights.

2 water bottles with water bottle parkas

Pack cover - don't forget this item because it does rain in Ecuador and having a pack cover will at least keep the contents of your pack dry.

Small personal repair kit (duct tape, thread, needle, safety pins, wire, nylon cord)

0 degree F sleeping bag and sleeping pad

Compression stuff sacks and stuff bags

Pee bottle (different size and/or shape than the water bottles)

FOOTWEAR:

Plastic mountaineering boots or insulated single leather mountaineering boots (La Sportiva Nepal Extreme or Lhotse)
Hiking boots - make sure the boot has a formed heel for use on rocky terrain
Running shoes - for use around town and on the flight
Sandals - for use at camp to allow your feet to stay dry
Gaiters - Alpine-style
3 Heavy wool or wool/synthetic blend
3 polypro liner socks
VBL Socks - Optional. Keep socks and boots dry

ESSENTIAL PERSONAL GEAR:

Goggles, glacier glasses and sunglasses
Headlamp w/ two extra batteries. While a Petzl Tikka headlamp is suitable for the trekking peaks it does not provide enough candle power for the big peaks where you spend a lot of time climbing in the dark on a glacier surrounded by crevasses. Bring a bigger headlamp like to Petzl Duo or Zoom.
Swiss Army Knife
Insulated mug and spoon (put your initials on them)
Lighter or waterproof matches
Stuff sacks
Lip Balm
Toiletries
5 pair of chemical hand warmers
Sun Screen (SPF 15+)
Watch / alarm clock
2 mule bags with locks. One is for personal gear and the other for community gear or to leave behind in Quito with clothing or items you do not want to bring with you.
Small first aid kit (personal prescriptions, aspirin, Tylenol, ibuprofen, moleskin, eye drops, latex gloves/microshield)

RECOMMENDED PERSONAL PRESCRIPTIONS

Diamox - for acclimatization and prevention/treatment of altitude related illnesses. Some climbers have found starting a course a couple of days before trip departure to aid the acclimatization process significantly. Take a 250mg table and split in two halves then take 125mg in the morning with breakfast and then the other 125 in the evening with dinner. Remember, Diamox is a diuretic so spend a little extra attention to staying hydrated

Cipro - wide spectrum antibiotic. This is the most often used medication on all of our international trips. If you get diarrhea you should go on a five-day course of two pills per day. Once you begin course of Cipro **DO NOT** stop it.

Lomotil - the second most widely used medication on international trips. It will not sure the cause of your diarrhea but it will allow you to travel in a bus, car or plane a little more comfortable and with a little more dignity.

Antacids, Motion Sickness and Laxatives

OPTIONAL PERSONAL GEAR:

Camera with plenty of film

Booties

Altimeter Watch

Thermos for tea/hot chocolate

COMMUNITY GEAR PROVIDED:

Expedition first aid kit

All tents necessary on the trek and climb including cooking, dining and personal tents

All cooking equipment including stove, pots, pans and fuel

All food on the mountain and trek to basecamp

All maps and ropes for climbing

Snow protection to include ice screws, snow pickets and deadmen

Wands

Water purification equipment

Gamow Bag and Pulse Oximeter