



Ecuador Expedition

Cayambe-Cotopaxi Skills Expedition
Antisana-Illiniza Skills Expedition
Chimborazo Climb

EQUIPMENT CHECKLIST

Ecuador is named for its position on the Earth's equator, and certainly much of the country enjoys the tropical climate normally associated with that latitude. However, the ascent of any of Ecuador's highest summits involves climbing into an alpine environment more comparable to Alaska than to the tropics. Please take time to choose your clothing and equipment carefully; it may make the difference between a comfortable, successful trip and one that could have been more enjoyable.

CLIMATE: The range of temperatures that you will encounter on your trip is very large, so layering and versatility in your clothing choices will be very important. At lower elevations, temperatures can get up to 80°F (27°C), though this is uncommon. During acclimatization hikes and approaches to the mountains, temperatures may range from 40°F to 75°F (4°C to 24°C), but they are most commonly between 50°F (10°C) and 65°F (18°C). Summit temperatures on Cayambe, Antisana, Cotopaxi and Chimborazo usually range from 25°F to 45°F (4°C to 7°C), but they can be as cold as 10°F (12°C) and be accompanied by a strong wind. It is also important to note that while it is likely that we will enjoy clear skies and lots of sun, we may also experience brief periods of significant rain or snow. With the climate changes that have occurred, this has become more common, especially in the last five years.

You can see why the key goals are layering and versatility. The layering achieved with a number of thinner garments will be far more preferable to being limited to one or two warmer, thicker items. Clothing should allow good freedom of movement and be light in weight.

GEAR PREPARATION: Please take the time to properly label and identify all items of personal gear. With many climbers all sharing a single campsite, it can be very easy to forget which water bottle or set of gloves belongs to you. Be sure to mark your name on a clothing tag. Colored tape or fingernail polish is excellent on other items. If using tape or colored markers, make sure your labeling method is durable and water resistant.

All items of clothing should be inspected to make sure that the seams, stitching, and waterproof properties of the garments are intact and adequate for the rigors of an expedition. Used articles of clothing including shell jackets and softshell items should be cleaned and treated with a durable water repellent (DWR) such as Nikwax TX Direct or Gore-Revivex. Gloves with leather or synthetic palms should be treated with a waterproofing agent such as Nikwax. Make sure all of your packs and bags have buckles and straps that are in good working order.

When preparing your equipment for travel to Ecuador, protect your equipment by covering your ice axe, crampons, and trekking poles with cardboard or other protection to prevent puncturing or tearing less durable equipment. Keep in mind that all liquids must either be in your checked luggage or in a clear ziplock bag. Please pack your boots and shell jacket/pants into your carry-on luggage just in case your luggage is delayed.

ASSISTANCE: At AAI we take equipment and its selection seriously. Our Equipment Services department is expertly staffed by climbers, skiers and guides. Additionally, we only carry products in our store have been thoroughly field tested and approved by our guides. This intensive process ensures that all equipment that you purchase from AAI is best suited to your course and future mountain adventures. Please contact us to select equipment for your course.

Please contact the Equipment Shop at 360-671-1570 for assistance in selecting equipment for your course.

Clothing and Footwear	Packing Checklist
<p><u>COMFORTABLE APPROACH SHOES</u> For use around Quito. These can be the same shoes for the day hikes and approach hikes. ☆ Examples: Salewa Wildfire Approach shoes, Scarpa Gecko Lite</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p><u>HIGH ALTITUDE/COLD WEATHER MOUNTAINEERING BOOTS (R)</u> AAI recommends current or recent models of insulated, full shank mountaineering boots of double boot construction. A variety of materials can work for the outer boot, including synthetic leather (e.g. the Sportiva Spantik), molded hard plastic (e.g. the Koflach Degre), and polymer coated nylon or Kevlar fabric (e.g. the Sportiva Baruntse). A single wall mountaineering boot with insulated lining, such as the Sportiva Nepal Evo, may be adequate for some climbers in very mild weather, but must be accompanied by an insulated upper gaiter or overboot in case conditions require it. ☆ Shell Materials: Synthetic, plastic, leather ☆ Examples: La Sportiva Spantik, Baruntse, La Sportiva G2 SM</p> <p>☆ NOTE: There are many of makes and models out there and not all are created equal. *If you plan to bring single boots, they must have at least a half-length steel shank, be thoroughly waterproofed, and be warm enough for temperatures below freezing. Additionally, chemical toe warmers are required if you bring single boots (at least six toe-specific warmers). Please consult our Equipment Shop if you are uncertain about the acceptability of your chosen model.</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent</p>
<p><u>GAITERS</u> Knee height. Keeps snow and ice out of your boots and socks and will also protect your pants from the sharp points on your crampons. Check the fit of the gaiter to your boot in advance to make sure the coverage is adequate. Can omit if your pants have a built gaiter and scuff guard. ☆ Examples: Outdoor Research Crocodile, Mountain Hardwear Ascent Stretch Air Perm Gaiter</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p><u>SOCKS</u> Wool or synthetic, (no cotton). Bring two to three complete changes. It is recommended that some climbers wear a thin liner sock and one or two pairs of thick socks, depending on boot fit and personal history with blisters. We also recommend bringing one pair of socks as your sleeping socks. No cotton. ☆ Materials: Wool or synthetic are ideal</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p><u>UNDERGARMENTS</u> To wear under your base layer. ☆ Materials: Wool or synthetic are ideal</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>
<p><u>BASE LAYER TOP</u> This will be your base layer and should be “lightweight or silk weight” synthetic or wool. No cotton. ☆ Materials: Synthetic, wool</p>	<p><input type="checkbox"/> Own <input type="checkbox"/> Buy</p>

<p>★ Examples: AAI's synthetic t-shirt, Outdoor Research Essence Top, Patagonia Lightweight Capilene</p>	
<p>BASE LAYER BOTTOM One pair is sufficient. Look for the same features of your Base Layer Top. They should fit comfortably under your trekking pants. These are used mainly in the evening or on colder days while trekking. This will be your primary layer on those days. ★ Materials: Synthetic, wool ★ Examples: Patagonia Capilene, Mammut Go Dry, Mountain Hardware Power Stretch Tight</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>HIKING PANTS These should be light to mid-weight, comfortable synthetic pants that don't restrict movement. ★ Examples: Any synthetic hiking pant, Prana Stretch Zion, Patagonia RPS Rock Pant</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>2nd LAYER TOP (Light Insulation) Expedition weight, 100 weight powerstretch, or very light weight pile / fleece, Schoeller, or a lightweight windshirt are good examples of this multi-use layer. Seek out quick-drying and wind/water resistant material. ★ Materials: Nylon, micro weave fabrics, fleece, wind stopper ★ Examples: Mountain Equipment Eclipse Zip Tee, Outdoor Research La Paz Sun Hoody, Rab PowerStretch Fleece, Patagonia R1</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SOFT SHELL / WINDPROOF JACKET Thin, light, stretchy, breathable but wind and snow resistant layer that is comfortable to wear. Hoods are highly recommended. Size your jacket to be trim fitting, but large enough to fit over your base and second layers. This layer will go over your base and 2nd layers, but under your shell and parka, if wearing this layer in combination with those layers. No waterproof coated nylon, as it is not breathable. ★ Materials: Schoeller, Powerstretch, Powerdry, or similar ★ Examples: Patagonia Houdini, Rab Cirrus Wind Top, Rab Vapor Rise Lite-Alpine, Mountain Equipment Squall</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SOFT SHELL PANT Look for the same features as your soft shell jacket. This will be your outermost layer most of the time for your legs. A thigh pocket is a useful feature for storing small items. Your base layers need to fit under these pants comfortably. ★ Materials: eVent, Gore-tex, h2No, or similar ★ Examples: Black Diamond Alpine, Arc'teryx Gamma, Mountain Equipment Comici</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>WATERPROOF / BREATHABLE SHELL JACKET This will be your outermost layer and it needs to be waterproof, breathable, and durable. Two or three-ply Gore-tex or other waterproof breathable materials are required. Your shell should be sized to comfortably fit over your other base and midlayers (minus your parka). Choose the lightest, most packable shell that will still get the job done. Avoid extra pockets (one or two chest pockets is all you need) and hanging linings. Your hood must fit over your climbing helmet. ★ Materials: eVent, Gore-tex, h2No, or similar ★ Examples: Arc'teryx Beta and Gamma jackets, Marmot Alpinist, and Patagonia Stretch Rainshadow</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SHELL PANT Made of a waterproof/breathable material, your lightweight shell bottoms must have full or hip length side zips. This garment should be extremely lightweight and packable. A zipper fly is a nice, but optional. Should be sized to fit over your base layers and soft shell pants. ★ Materials: eVent, Gore-tex, h2No, or similar ★ Examples: Rab Latok Alpine Pant, Marmot PreCip Full Zip pants, Mountain Equipment Aeon Pant, Arc'teryx Beta AR Pants</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p><u>LIGHT INSULATING JACKET</u></p> <p>The goal for this piece is to add warmth to your internal layering system. This layer fits over your softshell jacket and under your shell jacket. Hoods are optional but highly recommended. The weight and design of this piece will vary based on the other items of climbing that you are bringing.</p> <p>★ <i>Materials: Primaloft, down</i></p> <p>★ <i>Examples: Patagonia Nano Puff or Nano Air Hoody, Rab microlight Alpine, Arc'teryx Atom LT Hoody, OR Cathode Hoody</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>MID-WEIGHT INSULATION JACKET</u></p> <p>A warm puffy jacket with an optional hood. These come in many shapes, sizes and temperature ratings. If you tend to get cold easily, opt for a slightly warmer more substantial parka.</p> <p>★ <i>Fill Materials: Primaloft, down</i></p> <p>★ <i>Shell Material: Nylon epic eVent</i></p> <p>★ <i>Examples: Rab Xenon X Hoodie, Patagonia DAS parka</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>GLOVE LINERS</u></p> <p>You will wear these for much of your time on the mountain. They need to be dexterous and comfortable, but not necessarily very insulating. Bring two pairs.</p> <p>★ <i>Materials: Fleece, Powerstretch, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>MIDWEIGHT / SCHOELLER / LEATHER GLOVES</u></p> <p>The most desirable glove is one that is comfortable and dexterous, so that it can be worn all day. It should be durable enough (leather palms) to handle ropes, ice axes, and a bit of rock scrambling. These come in different weights, so choose the thickness that works with your glove system. Bring one pair.</p> <p>★ <i>Materials: Softshell, windstopper fleece, leather or similar</i></p> <p>★ <i>Examples: Petzl Cordex Plus Gloves, Mountain Equipment Super Alpine Glove</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>EXPEDITION / SHELL GLOVES</u></p> <p>Composed of heavy-duty waterproof shells with extremely warm liners, these modular gloves MUST have removable liners. These gloves must be dexterous enough to handle ropes, carabiners, and jumars.</p> <p>★ <i>Materials: Gore-tex, Schoeller</i></p> <p>★ <i>Examples: Outdoor Research Arete Glove, Black Diamond Guide Gloves, Marmot Ultimate Ski Gloves</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>BEANIE HAT / TOQUE</u></p> <p>Bring a thin, warm hat that will fit under your climbing helmet.</p> <p>★ <i>Materials: Fleece, wool, windstopper, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LIGHTWEIGHT BALACLAVA / BUFF</u></p> <p>A balaclava is a warm hat that can be pulled over the head to the shoulders. It completely covers the head except for an opening for the face. It should provide excellent wind protection for the chin, ears and neck. A Buff can substitute for this.</p> <p>★ <i>Materials: Powerstretch, fleece, polypro, windpro</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>SUN HAT</u></p> <p>A baseball cap or visor serves well.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>TRAVEL AND TOWN CLOTHES</u></p> <p>We occasionally like to go out to restaurants and you may want something other than your climbing clothes to wear.</p> <ul style="list-style-type: none"> ● Light cotton or other pants ● Light cotton or other shirt ● Sandals or footwear other than sneakers or boots 	<input type="checkbox"/> Own

- Swim suit/Board suit

Required Hiking and Climbing Equipment

INTERNAL FRAME PACK

Choose the pack that fits your body best. An external frame is not adequate. Removable hipbelt, suspension parts, and lid are ideal options. It is very important that your pack be in good working order and not prone to failures of any sort. Our packs are a hugely important item and a climber may not be able to continue due to a pack failure. Avoid bells and whistles like large, full-length zippers, separate sleeping bag compartments, etc.

★ Size: 55 - 65 liters

★ Examples: [Exped Expedition 65](#), [Osprey Ariel AG 65](#), [Mountain Hardware South Col 70](#)

- Own
- Buy

TREKKING / SUMMIT PACK

This is a daypack used for trekking and as a summit pack.

★ Size: 28 - 32 liters

★ Examples: [Mammut Trion Light](#), [Osprey Stratos 34](#), [Mountain Hardware SummitRocket](#)

- Own
- Buy

TREKKING POLES

At least one is required and two are recommended. Even if you don't normally use trekking poles, they help with balance while carrying heavy pack on mountainous terrain and crossing streams. Adjustable poles only.

★ Examples: [Black Diamond Expedition poles](#), [Komperdell models](#)

- Own
- Buy

CLIMBING HARNESS (R)

For alpine climbing, choose a harness with adjustable leg loops and a belay loop. Make sure it fits your body when wearing bulky clothing. Gear loops are desirable features.

★ Examples: [Mammut Zephir Altitude](#), [Camp Alpine Flash](#), [Black Diamond Alpine Bod](#)

- Own
- Buy
- Rent

CLIMBING HELMET (R)

Must be UIAA approved for climbing and in good condition. Lightweight, well ventilated, and comfortable. Models with a plastic shell are more durable, but are heavier than all foam models. Kayak or bicycle helmets are not acceptable.

★ Examples: [Black Diamond Half Dome](#), [Petzl Elios](#)

- Own
- Buy
- Rent

STEEL CRAMPONS (R)

Flexible or semiflexible. Newmatic crampons are the easiest to put on with cold fingers. Only modern strapon, step-in, or 'newmatic' crampons are acceptable. Older Scottish style strap-on crampons are not adequate.

★ Examples: [Petzl Irvis](#), [Black Diamond Contact](#), [Grivel G12](#)

- Own
- Buy
- Rent

ICE AXE (R)

We recommend using an axe that is about 50cm. There are some days when the axe will be used only briefly, and spend most of the day strapped to the pack while you are climbing rock.

★ Examples: [Black Diamond Raven Pro](#), [Grivel Airtech Evo](#), [Petzl Glacier](#)

- Own
- Buy
- Rent

CARABINERS

Bring seven total. Three must be large, pear shaped (or MÜNTER) locking carabiners. Four should be wiregate non-locking carabiners.

★ Examples: [Petzl Attache](#), [Black Diamond Vaporlock](#), [Camp HMS Nitrolock](#)

- Own
- Buy

<p>PRUSIKS</p> <p>These are specially tied loops of 6mm cord used for crevasse rescue. If you don't have a set of prusiks from a previous AAI course, bring three lengths of 6 mm perlon/nylon: 13 feet, 6 feet, and 5 feet. (Precut lengths are available for sale at AAI.) Cord thicker than 6mm will not work.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>GLACIER GLASSES / SUNGLASSES</p> <p>Choose a model with 100% UVA/UVB protection. Keeper strings like "Croakies" are useful to prevent dropping your glasses while climbing. Those using contact lenses should bring a pair of prescription glasses if available.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SKI GOGGLES</p> <p>For use in high winds and heavy snow. These should be lightly tinted but not so dark that they will reduce visibility in low light conditions. They should block 100% of UV light. If you wear prescription glasses, these must fit comfortably over your glasses.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Camping Equipment and Personal Gear</h2>	
<p>SLEEPING BAG (R)</p> <p>Down is the sleeping bag insulation of choice. Bring a bag that is rated to about 15°F. If you know you sleep cold take this into consideration when purchasing/selecting your bag. <i>★ Shell Materials: Dryloft, eVent, Epic, nylon,</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy <input type="checkbox"/> Rent
<p>COMPRESSION STUFF SACK</p> <p>Used to shrink your sleeping bag into the smallest size possible. <i>★ Materials: SilNylon, eVent, or similar</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SLEEPING PAD</p> <p>Bring one full-length inflatable pad. Your inflatable pad should be a modern, lightweight, and packable version with an RValue of at least 4. Newer pads are less bulky and take up only a tiny portion of your packs' volume. You will likely camp on both snow and dirt during this course. Please bring a patch kit for inflatable pads. A close cell foam pad will be provided to you. <i>★ Examples: Thermarest ProLite Plus, Exped Down Mat, Sea to Summit Comfort Lite</i></p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SMALL TRAVEL PILLOW</p> <p>Bring a small travel pillow or make a pillow out of some of your extra clothes inside your fleece jacket.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<h2>Cooking Equipment and Food</h2>	
<p>HYDRATION</p> <p>3 liters of water capacity minimum. Two solid 32oz water bottles, like a one-quart Nalgene, are required. Hydration bladders with appropriate accessories are recommended, though care must be taken to protect them from freezing.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>WATER PURIFICATION</p> <p>Bring tablets or liquid purification. Bring at least 80 tablets or the equivalent. Filters are heavy and should not be used.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>WATER BOTTLE PARKAS</p> <p>These are insulating jackets for your water bottles, one for each bottle. Must cover the entire bottle, including the lid.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>★ Examples: 40 Below</p>	
<p><u>EATING UTENSILS</u></p> <ul style="list-style-type: none"> ● Spoon: Bigger is better. Lexan is lighter, but metals spoons are more durable. Consider bringing a spare if you go with Lexan. ● Thermal mug: 16-20oz with a lid. A 16oz wide mouth Nalgene is a favorite amongst our guides. ● Bowl: A lightweight Tupperware-type bowl is recommended. Avoid metal bowls, they are expensive, prone to tipping over, and make your food get cold very fast (or burn your hands when you are eating soup). 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>FAVORITE SNACK FOODS</u></p> <p>We can get a lot of candy bars, granola bars, dried fruit for hiking and climbing days; however, you may have personal favorites or things that work well for you such as Power Bars, beef jerky, or Guu packets. You may not be able to purchase these specialty items in South America, so please feel free to bring some with you. Around one pound.</p>	<input type="checkbox"/> Own
<h2>Other Personal Equipment</h2>	
<p><u>SUNSCREEN</u></p> <p>With Sun Protection Factor (SPF) 30 or higher. A couple of 1oz tubes are adequate and work better than one large one. For the fair skinned, the higher the SPF, the better. (Dermatone produces an effective 1” diameter stick as well as a translucent zinc oxide lotion.) Sunscreen is prone to freezing in the cold and smaller containers fit well into pockets for warming.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>LIP PROTECTION</u></p> <p>Bring 1 container/applicator with the highest SPF available.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>HEADLAMP</u></p> <p>A high output LED model. Bring fresh batteries and one set of extra batteries. Flashlights are not acceptable.</p> <p>★ Examples: Petzl Tikka XP, Black Diamond Spot</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>WRISTWATCH</u></p> <p>A model with an alarm that will wake you up is preferable. It doesn't need to be anything fancy.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>MULTITOOL</u></p> <p>Any multitool similar to a Leatherman is great. These are used for emergencies, and for slicing cheese, salami, and opening packages.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p><u>PERSONAL MEDICAL KIT</u></p> <p>For sunburn, blisters, headaches, and minor cuts and scrapes.</p> <p><u>Personal Medications:</u> (notify AAI of any and all medications)</p> <ul style="list-style-type: none"> ★ 20 tablets of Tylenol, Ibuprofen, or Aspirin ★ A few Benadryl ★ If you are severely allergic to bees, or if you suffer from Asthma, please notify AAI and your guide regarding the location and presence of your epi-pen and/or albuterol Inhaler. <p><u>Cuts & Bruises kit:</u></p> <ul style="list-style-type: none"> ★ 10 assorted Band-aids 	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<ul style="list-style-type: none"> ☆ One 1 1/2 inch roll of cloth athletic adhesive tape ☆ 3 inch Ace bandage <p>Blister Kit:</p> <ul style="list-style-type: none"> ☆ Plenty of Compeed, Bandaid, or Dr. Scholls blister pads ☆ A packet of moleskin (note: some people are allergic to the glue on moleskin and other medical adhesives.) <p>The following drugs require a physician's prescription (except Immodium). Be sure to discuss the use and precautions for each drug with your doctor.</p> <ul style="list-style-type: none"> ☆ Loperamide (Immodium) - For diarrhea. ☆ Acetazolomide (Diamox) - For prevention or treatment of Acute Mountain Sickness. ☆ Choose one of the two antibiotics below, depending on personal allergies. ☆ Trimethoprim-Sulfamethoxazole (Bactrim or Septra) ☆ Ciprofloxacin (Cipro) <p>☆ <i>NOTE: you cannot use codeine or sleeping pills at altitude.</i></p>	
<p>PERSONAL TOILETRIES</p> <p>The whole bag should be small/travel sized.</p> <ul style="list-style-type: none"> ● Bring half a roll to a roll of toilet paper in it's own ziploc bag. Several small packets of travel tissues or wet wipes can also be used. ● Hand sanitizer ● Personal toiletries ● Foot powder is very useful especially on longer trips or for people with sweaty feet. Foot powder can help dry your feet, and promote warmth on cold weather trips. Be mindful of the storage container and make sure it will stand up to the abuse it will be subjected to. 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>PEE BOTTLE (and Pee Funnel for Females)</p> <p>Optional for men at camps. Recommended for women especially while climbing. Great for anyone on stormy nights. 48 oz in capacity, ideally collapsible. Mark it well.</p> <ul style="list-style-type: none"> ● Men: Huts have toilet facilities and there is a toilet tent at the base camps of Antisana and Chimborazo. On the mountain you can pee on the ground after stepping away from the route during the ascent. At the base camps, you can pee on the ground by stepping away from camp. ● Women: Huts have toilet facilities and there is a toilet tent at the base camps of Antisana and Chimborazo. On the mountain and at the base camps – because it can be cold and the air can be very moist even in good weather (forming rime ice) – it's best to not need to take down your pants. A pee funnel and pee bottle can allow you to go while only unzipping. The funnel is not hard to master, but you need to learn how to stand and pee; it's different. Practice at home and in the shower before your trip. Firm plastic models such as the Freshette, Pstyle, and SheWee seems to work better and are recommended over silicone models. 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
Other Essential Items	
<p>PASSPORT</p> <p>Required. This must be valid for six (6) months after your scheduled return date.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>PASSPORT/MONEY POUCH</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy

<p>Bring a low profile money pouch or belt to protect your essential documents, credit cards, and money.</p>	
<p>DUFFEL BAGS Bring two that are large and sturdy. Durable coated nylon is best. This will be tied on the roof of our jeeps as we drive to base camp. Models with wheels are not allowed. ☆ Size: ~ 120 liters ☆ Materials: Packcloth, Cordura, ballistic cloth ☆ Examples: Patagonia Black Hole Duffel Bag 120L, North Face Base Camp Duffel - X-Large</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>SMALL PADLOCK To fit through the zip sliders of the duffel to secure its contents. Buying a TSA-approved lock is highly recommended. Don't lock your bag when you check it through security at the airport.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>GARBAGE BAGS Bring one large bag to line your backpack and one to pack out garbage. Trash compactor bag, if available, are more durable.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>REPAIR KIT At a minimum this kit should include:</p> <ul style="list-style-type: none"> ● Thermarest repair kit (for Thermarest pad users) ● 10-20 feet of lightweight nylon cord ● A small sewing kit ● Duct tape (wrapped on water bottles or trekking poles) ● An extra waist buckle for your pack 	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>HAND / FOOT WARMERS Recommended for people that are susceptible to cold hands and toes. These should be small, disposable type products.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>Other Optional Items</p> <p>The items listed below are not required, although many are nice "luxury" items that can make your trip more enjoyable. Remember that a few ounces here and there add up to extra pounds on your back and knees during your expedition.</p>	
<p>CAMERA We recommend a small point-and-shoot camera that can easily be carried in a convenient to reach zipper-pocket. Though some climbers bring them, SLR cameras require special care because of weight, bulk, and fragility. Smartphone cameras have come a long way and are also becoming a convenient standard.</p> <p>☆ Note: No battery powered, auto-focus cameras perform well in the cold. Digital cameras can work well but require extra care to protect them from the cold and elements. If bringing a digital camera, consider your battery needs. If your camera uses a proprietary lithium ion type you may want to bring an extra. If your camera uses AA or AAA batteries, use lithium batteries and bring one or two sets of extra batteries, more if you take a lot of photos.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>ENTERTAINMENT Books, games, journals, cards, etc. are great for rest days and stormy days in the tent. Music players like mini-disc and MP3 players are popular because the device and media are small and relatively lightweight. Models with a hard drive (e.g. Ipod) do not work at altitude. Bring a car adapter for any electronic devices to charge on our solar panel.</p>	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<p>HANDIWIPES</p>	<input type="checkbox"/> Own

AKA the mountain shower. For personal hygiene <u>and</u> general use.	<input type="checkbox"/> Buy
<u>BUFF/BANDANA</u> Multiple uses from a sweat towel to neck sun protection.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<u>FINGERNAIL CLIPPERS</u> Trim nails back prior to course.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<u>EAR PLUGS</u> Defense against snoring and high winds in the area.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<u>NOSE PROTECTION</u> Designed to protect your nose from the sun, this is a cloth nose guard that fits onto your glacier glasses. Try the fit on your sunglasses; they should fit well without pushing the frames off your nose.	<input type="checkbox"/> Own <input type="checkbox"/> Buy
<u>CRAZY CREEK CHAIR</u> These are excellent for relaxing in while at base camp.	<input type="checkbox"/> Own <input type="checkbox"/> Buy

Additional Details:

The Equipment Shop at the American Alpine Institute The Equipment Shop at the American Alpine Institute provides clothing and equipment for purchase, rental gear, and advice. Shop staff members are great climbers themselves and deeply involved in evaluating and testing gear. They are considered by many outdoor gear manufacturers to be the most expert in the country. They thoroughly understand the needs of climbers who will be rock climbing, ice climbing, mountaineering, or exploring the world on international expeditions.

Please consider our staff members part of your resource team in preparing for your trip. AAI Equipment Specialists are on hand to consult with you on specific gear needs, to answer questions on the latest equipment and innovations, and to make recommendations on best choices of clothing and equipment. They can assure that you are equipped with the best possible gear for your climbs. If you have any difficulty determining whether some particular items of clothing or equipment you already own will serve you well on a particular trip, they can help you answer that question.

Guides Choice International Field Testing

The Equipment Shop at the American Alpine Institute also administers AAI's prestigious [Guide's Choice Award](#). Equipment and clothing that have been awarded the Guides Choice designation have proven to be the top item in their product category. The awards are made on the basis of excellence in design, performance, and durability demonstrated in rigorous international field tests carried out by the professional guides of the Institute.

Call or E-mail the Equipment Shop for Advice or Gear

Please feel free to contact us and to let us help you get ready for your climbing trip. Your comfort and safety depend on being well equipped. Whether you get your gear from us or just get advice, we're here to help you prepare.

Call: (360) 671-1570

Email: shop@AlpineInstitute.com

Equipment Shop Website: www.Shop.AlpineInstitute.com