



# International Alpine Guides

## CALIFORNIA ALPINE GUIDES

### Ecuador Volcanoes Climb

All of the items listed below are required and It is extremely important to the success and safety of your course that you bring them all. Weather conditions can vary dramatically, and you must be prepared!

On the left are the items you will need and on the right are some examples and recommendations from our guides. The recommended items represent some of the best gear and clothing in each category that we use ourselves, but you may find other items that will also be appropriate. Any questions give us a call at: 877-686-2546

The examples listed below are suggestions of options for each category and represent the most ideal equipment and clothing items for your trip. However, there are many other options that will also work great, as well!

### Technical Equipment



#### Crampons

A 10 or 12 point mountaineering crampon. Check sizing with your boots. Rigid ice climbing crampons are not recommended.

**Example:** [Black Diamond Snaggletooth Crampon](#)



#### Ice Axe

Length depends on your height and intended use. For mountaineering the axe should hang a few inches from the ground when held comfortably in your hand from the head.

**Example:** [Black Diamond Raven Pro Ice Axe](#)



#### Harness

A lightweight climbing harness that is easily packable.

**Example:** [Black Diamond Couloir Harness](#)



### Helmet

A lightweight climbing helmet is necessary.

**Example:** [Black Diamond Vector Helmet](#)



### Adjustable Ski Poles

Choose a lightweight pole with larger snow baskets. Must be adjustable.

**Example:** [Black Diamond Compactor Ski Poles](#)

## Other Gear



### Mountaineering Boot

You will need a stiff and highly insulated mountaineering boot designed for winter. Either a leather hybrid or double plastic boot. Regular hiking boots and summer mountaineering boots won't do. Also, winter boots that are not stiff and that are not designed for climbing will not do.

**Example:** [La Sportiva Nepal EVO GTX 2018](#) or [Scarpa Mont Blanc PRO GTX](#)



### Lightweight Hiking Boots or Approach Shoes

A mid top or high-top boot is preferable, but low tops will work.

**Example:** [ASOLO Fugitive GTX](#) or [La Sportiva TX4 Mid GTX](#)



### Backpack

An internal frame backpack 28-45 liters in size. Make sure it fits to your specifications

**Example:** [Black Diamond Mission 35 Pack](#)



### Sleeping Bag

Rated 10° to 20° is ideal. Down or synthetic, but down is much lighter and a better performer. The more fill power the better 850 will perform better than 650 fill power.

**Example:** [Nemo Riff™ Women's 's Down Sleeping Bag](#) or [Marmot Helium 15° Sleeping Bag](#)



### Sleeping Pad

A must for peaceful sleeping a sleeping pad will aid in heat retention and comfort. Either full length or ¾ length. Either closed cell or inflatable.

**Example:** [Therm- a- Rest NeoAir® Xlite™ Sleeping Pad](#) or [Therm- A- Rest or Therm- a- Rest Z lite Sol™ and Original Z lite™](#)



### Headlamp

It's essential to have light for early morning rises and nighttime reading. It must be hands free for those pre-dawn ascents.

**Recommended:** [Black Diamond Sprint 225 Headlamp](#)



### 2 One- Liter Wide Mouth Water Bottles

Hydration is important we want to make sure there is no complications with your hydration system. Please have 2 one-liter wide mouth water bottles.

**Recommended:** [Nalgene 1-liter Wide Mouth Bottle](#)



### Full Wrap Sunglasses or Glacier Glasses

Sunglasses must be dark lens full wrap or glacier glasses with side shields. Visible light transmission should be around 6%. By comparison, driving sunglasses have around 20% visible light transmission which is not appropriate

**Example:** [Julbo Montebianco](#)



### Duffel Bags

Keep your gear together between destinations.

**Example:** [Patagonia Black Hole® Duffel Bag](#) various sizes

## Clothing for Climbing

For clothing, we emphasize a layering system in which we put on and take off layers of clothing depending on the outside temperature and level of activity.



### Outer Waterproof Shell Jacket (hard shell) with Hood

A waterproof and breathable shell jacket with no additional insulation sewn in. Lightweight is better

**Example:** [Black Diamond Liquid Point Shell](#) or [Patagonia Women's Torrentshell 3L Jacket](#)



### Outer Waterproof Shell Pant

Must be waterproof and breathable with side zippers.

**Example:** [Patagonia Rainshadow Pant Men's and Women's](#)



### **Climbing Pant (soft shell)**

A lighter weight non-waterproof pant that breaths much better than waterproof pants. This is what you will probably be wearing most of the time.

**Example:** [Outdoor Research Cirque II Pant](#) or [Patagonia Simul Alpine Pant](#)



### **Midweight Long Underwear Base Layer Bottom**

Choose a synthetic or wool. Cotton will not be acceptable.

**Example:** [Ridge Merino Men's Aspect Midweight Merino Wool Base Layer Bottom](#) or [Patagonia Women's Capilene® Thermal Weight Bottoms](#)



### **2-3 Midweight Long Underwear Base Layer Top**

Choose a synthetic or wool long sleeve.

**Example:** [Under Armour Women's Coldgear® Authentic Mock](#) or [Under Armour Men's Coldgear Base 4.0 Crew](#)



### **Insulating Layer- Lightweight**

Fleece, wool or a lightweight down jacket works fine. Avoid the lightest weight fleece.

**Example:** [Patagonia Women's and Men's R1® Fleece Pullover](#)



### **Insulated Down or Synthetic Jacket**

Down or synthetic fill puffy parka. Down is lighter weather in the High Sierra can vary.

**Example:** [Patagonia Women's Down Sweater Hoody](#) or [Patagonia Men's Down Sweater Hoody](#)



### **2-3 Synthetic T-Shirts**

A wool or synthetic T-shirt to keep your body temperature regulated during those hot afternoons.

**Example:** [Ridge Merino Women's Journey Merino Wool V Neck T-shirt](#) or [Ridge Merino Men's Merino Wool T-shirt](#)



### **Warm Hat**

A wool or synthetic hat that's not too bulky.

**Example:** [Black Diamond Merino Beanie](#)



### Sun Hat or Ball Cap

A lightweight sun hat or ball cap to keep your face protected during those sunny days.

**Example:** [Patagonia P-6 Logo LoPro Trucker Hat](#) or [Columbia Women's PFG Sundrifter™ II Hat](#)



### 3 Pairs of Socks

Mid weight to lightweight wool or synthetic socks. If you normally wear liners bring them also.

**Example:** [Darn Tough Hiker Micro Crew Cushion](#)



### Lightweight Glove

Nights and early mornings can be chilly get moving quick with a cozy pair of lightweight gloves. Fleece or soft shell is fine.

**Example:** [Black Diamond lightweight fleece gloves](#)



### Insulated Glove- Heavy Weight

High elevations will be chilly get moving quick with a nice insulated pair of gloves. Water resistance, wind proof, and highly insulated.

**Example:** [Black Diamond Pursuit Gloves](#)



### Underwear

No cotton, synthetic fabrics only. Lightweight is good, number of pairs are dependent on your comfort and trip length.

**Example:** [Exofficio Women's Give-N-Go 2.0 Sport Mesh](#) or [Saxx Quest](#)

## Clothing for Travel

A selection of cotton clothing such as shorts, pants, collared shirts, t-shirts, underwear, etc. for travel and in town (we will be going out to some good restaurants).

## Other Important Items

### Sunscreen

A must whenever exposed outdoors choose a 30 SPF or higher.

### Lip Balm

Protect your lips and avoid chapping and burning with 15 SPF or higher lip balm.

### Buff or Bandana

Good for the hot approach for neck protection and sweat control.

**Toilet Paper**

A small amount depending on the length of your hike you will likely not need a whole roll.

**Baby Wipes**

Great for washing up after the day but must be packed out.

**Lighter**

For burning toilet paper.

**A Couple Small Ziploc Bags**

For packing trash out and keeping important items clean.

**Small Personal Kit**

Personal medications, toothbrush, small amount of toothpaste, blister kit, etc. (the guide will have a full first aid kit)

**Camera (optional, but you'll want one!)**

Pocket sized is best. Of course, a smart phone will suffice.

**Foam Ear Plugs**

For wind and tent mate noise.

**Stuff Sacks**

For organization of pack contents.