

American Alpine Institute^{Ltd.}

ECUADOR ILLINIZA SUR/ANTISANA EQUIPMENT LIST

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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. But the ascent of any of Ecuador's highest summits involves climbing into an arctic environment more comparable to Alaska than to the tropics.

The range of temperatures which you will encounter on your trip is very large. The summit temperatures on Antisana can be as cold as 10F and accompanied by a strong wind. You may also experience significant rain or snow during the program. At lower elevations, temperatures up to 80F are not uncommon.

The clothing you bring should be selected with an eye towards versatility. In this regard, the layering effect achieved by a number of thinner garments will be preferable to one or two extremely thick items. Clothing should allow good freedom of movement and be light in weight. Please take the time to choose your clothing equipment carefully; it may make the difference between a comfortable and successful trip and one which could have been more enjoyable. If you have any questions don't hesitate to call the Institute office.

This equipment list is the product of many years of safe and successful expeditions and instructional programs with A.A.I. The equipment listed below is required unless it is indicated as a optional item.

CLOTHING

Boots: Plastic climbing boots are highly recommended. Models such as Koflach Degree, Lowa Civetta, Scarpa Alpha Ice, and Scarpa Inverno work well. If you plan to bring leather boots, please contact our shop staff prior to the course to discuss the specific model. They will also need to be examined and approved by your guide. They must have at least a half length steel shank, thoroughly waterproofed, and be warm enough for temperatures below freezing.

Gaiters - Knee high.

Supergaiters - As an alternative to regular gaiters. We recommend using supergaiters if you tend to have cold feet, are using leather boots, or if you are not sure your boots can comfortably handle temperatures down to 10F. Supergaiters should be fit, attached, and tested well in advance of your trip. Getting them on your boots is a rather involved process and if they come off while on the mountain it will be extremely difficult to get them back on. Look for models that have some insulation, particularly on the lower boot rather than just heavy fabric. Models like the Wildline, La Sportiva Eiger insulated, and Climb High Buzzard work well.

Socks - Wool or synthetic, (no cotton). Bring two complete changes. Climbers frequently wear a thin liner sock, and one or two pair of thick socks depending on boot fit.

Comfortable Walking Shoes - Lightweight low or high top hiking or approach shoes.

Long Underwear Bottoms and Tops - This will be your base layer and should be lightweight polyester, polypropylene or similar synthetic.

2nd Layer (Top) - Expedition weight long underwear top, 100 weight powerstretch, very light weight fleece, Schoeller, or a lightweight windshirt (i.e. Marmot DriClima) are good examples of this multi-use layer.

2nd Layer (Bottom): Schoeller or nylon fabrics preferred. This will be your action layer for your legs and the layer that you will spend the most time in. This layer should be light, comfortable, durable, quick drying, and provide some protection from wind and water. Black Diamond Alpine Pants, Arcteryx Gamma pants, and Mammut Champ pants are good examples of this layer.

3rd Layer (Top): This will be your action layer and the layer that you spend the most time in. Schoeller or nylon fabrics preferred. Seek out soft jackets that are light, comfortable, durable, quick drying, and provide some protection from wind and water. Lightly insulated is ok but not required. Arcteryx, Moonstone, Marmot, Mammut, and many other companies make soft shell jackets that work well for this layer.

Insulated Jacket - Lightweight down or synthetic in addition to the warm jacket described above. Some good examples of insulating materials are Primaloft, Polarguard 3D or any down jacket/parka. This is different than your outer most waterproof shell jacket.

Shell Layer (Upper): 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 parka needs to have a hood and should be sized to fit over your clothes. Lightweight and compressible layers are ideal but don't sacrifice too much weight for durability. Models like the Arcteryx Beta and Gamma jackets, Marmot Alpinist and Precip, and Patagonia Stretch Armstrong are top of the line.

Shell Layer (Lower): Full side zips recommended for easy on and off over boots and crampons, Make sure they fit over all of your layers when fully dressed. Pants or bibs are acceptable and each have their advantages and disadvantages. Materials should be Gore-tex or other similar water-proof and breathable fabrics. Examples include Marmot Cirrus and Minima pants, Arcteryx Alpha SV bibs and Beta AR Pants, Patagonia Stretch Element and Microburst pants work well.

Gloves: Gloves for mountaineering should be waterproof, dexterous, durable, and appropriately insulated for the temperatures expected while in the mountains. Leather palms are preferred and increase the durability of the glove. Most of your climbing time will be spent in either your poly-pro gloves or these, heavier gloves. There are many modular systems for gloves out there. That allows liners to be inter-changed. Models like the Black Diamond Ice and Verglas glove, Patagonia Stretch-Element and Work gloves, and models by Outdoor Research are recommended.

Expedition mittens or an extra pair of very warm gloves are required for higher altitudes and colder temperatures. Black Diamond Mercury Mitts and Marmot Expedition Mitts are recommended models.

Warm Hat - Synthetic is less itchy than wool. **Lightweight Balaclava** - A balaclava is a hat that can be pulled all the way down over the head to the shoulders. It completely covers the head except for an opening for the face. It provides excellent wind protection for the chin, ears and neck. Thin polypropylene or similar synthetic is recommended.

Sun Hat - A baseball cap serves well.

Shorts - Lightweight runners shorts are best. Worn in the mountains.

Swim Suit - To help enjoy the pool at our hotels in Quito.

Travel and Town Clothes - We occasionally like to go out to good restaurants and you may want something other than your woolies or jeans.

- Light cotton or other pants (either slacks or a skirt are fine for women.)
- Light cotton or other shirt.
- Footwear other than sneakers or hiking boots.

CLIMBING GEAR

Ice Axe - 60 to 70 cm length with standard pick and wrist loop. If your axe doesn't have a wrist loop, pre-sewn ones are available commercially or you can bring about 6 feet of 1 inch webbing and we'll tie it during the program.

2nd hand tool - 50-55cm for steep ground on Illiniza Sur.

Crampons: Flexible or semi-flexible. Step in crampons are easier to put on with cold fingers but they are not compatible with all boots. Only modern strap on, step-in, or pneumatic crampons are acceptable. Older Scottish style strap-on crampons are not adequate. The Black Diamond Sabretooth and Contact, Grivel 2F, and Charlet Moser Black Ice are examples of acceptable crampons. Anti-balling plates are highly recommended.

Climbing Harness - Should fit over bulky clothing. Adjustable leg loops help in this regard.

Carabiners - Bring four, two of which should be locking.

Climbing Helmet - Kayak, bicycle or construction helmets are not acceptable.

Prusiks - Prusiks 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 then bring three lengths of flexible 6mm perlon, 6ft, 5ft, and 13ft sections. (Precut lengths are available for sale through AAI.)

MISCELLANEOUS

Passport

Passport/Money Pouch

Duffel Bag - Large and sturdy. Durable coated nylon is best. Used for storage and for luggage on airlines. When packing luggage for airline travel always put everything inside a lockable bag or duffel. Don't check your pack as a piece of baggage as it isn't possible to secure all of the outside pockets and entrances.

Small Padlock - To fit through the zip sliders of the duffel to secure its contents.

Large Pack: Large internal frame pack, minimum 5000 cubic inches required. External frame packs make movements necessary for climbing difficult and are not acceptable. Models such as the Dana Designs Terraplane, Arcteryx Bora 80-90, and Gregory Robson work well.

Summit Pack - Large 1500 to 2000 cubic inches. Useful for day hikes and summit climbs. A summit pack is optional for those bringing a large internal frame pack. Internal frame packs usually make acceptable summit packs although they are considerably heavier.

Sleeping Bag - Down or synthetic, rated to about 15F. Lodging in the mountains will be in unheated huts and tents.

Sleeping Pad - 3/4 or full length closed cell foam or Thermarest, full length recommended. Thermarest users should bring a repair kit.

Utensils - Large cup (pint size best), spoon, fork and a bowl.
Favorite Snack Foods - Please don't bring more than about a pound.

Lighter - Bring two.

Hydration: 3 liters of water capacity are the minimum. Hydration packs or bladders like the Camelback or Platypus with appropriate accessories are recommended. Two water bottles, usually one-quart Nalgene type, are required. Other plastic bottles, similar in nature can work as well.

Pee Bottle - One quart wide-mouth. Mark it well. Pee Funnel for Women.

Water Purification - Bring tablets such as Potable Aqua or you can use a filter pump. If you use a filter have Potable Aqua as a back up.

Headlamp - Bring an extra bulb and two extra sets of batteries. Headlamps which use AA cells should bring three extra sets. If you are using a lithium cell, a single fresh cell is adequate. Being on the equator, Ecuadorian nights are 12 hours long with almost no dusk. Headlamps get used often.

Pocket Knife - Swiss Army style or Multitools like the Leatherman.

Repair Kit - Needle and thread, a small amount of duct tape, Thermarest repair kit, 10 to 20 feet of light cord, crampon adjustment tools.

Foam Ear plugs - For use in huts when necessary.

Personal Medical Kit -

- personal medications
- 20 tablets of Tylenol or aspirin
- 10 to 20 assorted Band-aids
- one 1 1/2 inch roll of athletic adhesive tape
- minimum 1/2 square foot moleskin
- 4 safety pins
- Ace bandage
- medicated cough drops such as Hall's

The following drugs require a physician's prescription (except Immodium). Be sure to discuss the use and precautions for each drug with your doctor.

Loperamide (Immodium)- For diarrhea.

Acetazolamide (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)

(We strongly recommend against the use of codeine or the use of sleeping pills at altitude.)

Favorite Snack Foods - 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 Gu packets. You will not be able to purchase these specialty items in South America, so please feel free to bring some with you. Around one pound.

Glacier Glasses - With side shields.

Sunscreen - With a protection factor of at least 16. For the fair an SPF of 20 is better.

Lip Protection - With a protection factor of at least 16. For the fair an SPF of 20 is better.

Insect Repellent: If bringing bug repellent (recommended for Cascade courses, for use in town on Alaskan courses) look for more concentrated repellent in smaller containers. Make sure the container is backpack worthy. If you use a repellent containing Deet be sure to store it away from any climbing gear and clothing. Deet destroys products made of nylon and will break down webbing, cordage, and rope.

Large Plastic Garbage Bags - Bring 2 or 3 to help keep your gear dry.

Zip-Lock Baggies - Bring a few of various sizes to keep smaller items dry and organized.

Personal Toiletries - Bring half a roll of toilet paper. We provide TP in the mountains.

Hand/Foot Warmers: Recommended for cold weather courses and for people that are susceptible to cold hands and toes. These should be small, disposable type products like the ones made by Grabber Mycoal.

Foot Powder: 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.

Camera - With lots of film and an extra battery.

Entertainment for Huts - Cards, dominoes, Walkmen, reading material, etc. Mini-disc and MP3 players are popular because the device and media are small and relatively light.