











Ski Ecuador Volcanoes Gear List



Ski Mountaineering Equipment

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|  | Backpack large enough to carry your overnight gear | 35L-50L A good backcountry skiing pack is essential. Having a compartment that separates your avalanche safety equipment from the rest of your gear is nice but not necessary for this trip. |
|  | Avalanche Transceiver | An avalanche transceiver or avalanche beacon is a type of emergency locator beacon, a radio transceiver (a transmitter and receiver in one unit) for the purpose of finding people buried under snow. |
|  | Metal Avalanche Shovel | Shovels are essential for digging through the snow to the victim. Plastic snow shovels often break, whereas metal ones are less prone to failure. It is important your shovel breaks down for easy storage in your pack. |
|  | Avalanche Probe (240-300cm) | Collapsible probes can be extended to probe into the snow to locate the exact location of a victim. |





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|  | <p>Backcountry Skis or splitboard</p> | <p>Backcountry skis are a lightweight downhill orientated ski. We recommend a 88-95 underfoot ski. Splitboards are designed to be split into ski mode for the uphill and reconnected into a board for downhill mode.</p> |
|  | <p>Backcountry ski bindings</p> | <p>Backcountry Ski Bindings differ from resort bindings by being able to free your heel for uphill travel. At the top of the run you will be able to lock your heel back in place like a resort binding. These bindings are also lightweight.</p> |
|  | <p>Skins</p> | <p>Skins are the way our skis grip the snow for uphill travel. Having skins up to your specific ski is necessary. Make sure to purchase skins larger than the width of your ski underfoot. Then trim the skins to the right size prior to the course.</p> |
|  | <p>Ski Crampons</p> | <p>Ski crampons attach to your ski bindings under your foot. As you skin they penetrate the snow adding more traction and stability. You must make sure the ski crampons are made for your bindings are larger than the underfoot width of your ski.</p> |






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|  | Ski Poles | Having ski poles is a necessary part for both Skiers and Snowboarders. A snowboarders poles should be collapsable and store in their pack for the descent. |
|  | Ski Strap | To strap your skis together while carrying on your pack. |

Footwear



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|  | Backcountry Ski Boots | Backcountry boots have the ability to switch into walk mode. This feels more like a hiking boot for the way up. On the way down we snap back into ski mode and the boots become stiff like your resort boot. Make sure they are compatible with your bindings. |
|  | Hiking shoe | Hiking shoes allow you to carry your boots until you need them. They are much more comfortable to walk in, however carrying your boots can be heavy. |

Climbing Equipment



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|  | <p>Skiing/Climbing Helmet</p> | <p>A lightweight backcountry skiing or climbing helmet is necessary for rock or ice fall. In the mountains there is a lot more variability to the snow. This can cause unexpected falls.</p> |
|  | <p>Harness</p> | <p>A climbing harness is a device which allows a climber access to the safety of a rope. It is used in rock and ice climbing, abseiling, and lowering. A lightweight mountaineering harness is ideal.</p> |
|  | <p>Boot Crampons</p> | <p>A crampon is a traction device attached to footwear to improve mobility on snow and ice during ice climbing. Comes in steel and aluminum for ski mountaineering aluminum is usually ideal as it is much lighter.</p> |
|  | <p>Ice Axe</p> | <p>An ice axe is a multi-purpose hiking and climbing tool used by mountaineers in both the ascent and descent of routes that involve snow, ice, or frozen conditions.</p> |

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|  | <p>Belay Device</p> | <p>A belay device is used to rappel, belay, and lower climbers.</p> |
|  | <p>3 Locking Carabiners</p> | <p>A Locking carabiner is used to connect you to the rope or other climbing devices</p> |
|  | <p>120 Cm Sling</p> | <p>This is used as a personal anchor and rappel extension.</p> |
|  | <p>30 ft of accessory cord or any crevasse rescue equipment you have used.</p> | <p>This should be 6mm. This we will cut for you. We will make you a prusik and a 18-20 ft cordelette for making anchors. Any climbing shop will sell this. Avoid tech cords, the cord should be soft and supple.</p> |
|  | <p>Climbing Day Pack (Optional)</p> | <p>A 10-20L pack for day hiking. You can carry your large pack if you wish.</p> |


Overnight Equipment

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|  | Sleeping Bag | Rated to 0 degrees. Down sleeping bags are going to be much lighter weight than synthetic. The down will also pack down smaller. |
|  | Inflatable Sleeping Pad | A lightweight blow up sleeping pad to have a comfortable night sleep. |




Lower Body Clothing

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|  | Hiking Socks | For Acclimatization days |
|  | Ski Socks | Comfortable ski specific socks. |

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|  | <p>Short Underwear</p> | <p>For underneath your climbing pants.</p> |
|  | <p>Sports Bra</p> | <p>Wicking performance fit.</p> |
|  | <p>Long Underwear</p> | <p>For underneath your ski pants on cold days.</p> |
|  | <p>Ski Pant (uninsulated)</p> | <p>A lightweight softshell ski pant that fits over your ski boot.</p> |
|  | <p>Hard Shell Pants</p> | <p>Goretex or equivalent.</p> |

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|  | Hiking pant | For acclimatization hiking days |
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Upper Body Clothing


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|  | Wicking T-Shirt | Performance non-cotton T shirt |
|  | Base Layer Top/ Sun hoody x2 | A baselayer top is made to be your bottom layer. We recommend a Sun Hoody as they are comfortable and protect you from the sun. It is important to have 2 so you can change halfway through. |
|  | Mid Layer | A fleece jacket or softshell. This should be a warm and breathable layer you are comfortable hiking in. |

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|  | <p>Hard Shell Top</p> | <p>A waterproof goretex or equivalent jacket. This protects you from wind and rain.</p> |
|  | <p>Midweight Puffy Jacket</p> | <p>A warm synthetic or down jacket.</p> |
|  | <p>Heavyweight down jacket or parka.</p> | <p>Should weigh more than a pound but compress nicely. Down is recommended.</p> |


Gloves

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|  | Liner Gloves | For wearing around camp and for hot days. |
|  | Lightweight Ski Gloves | Comfortable dexterous ski gloves |
|  | Heavy Weight Gloves | A larger warm glove for when you encounter unexpected bad weather. |



Headwear

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|  | Ski Goggles | Great for the way down! |
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|  | Glacier Glasses | Must be good full wrap glacier glasses |
|  | Sun Hat | A baseball cap to keep the sun off your face |
|  | Beanie | Warm beanie to keep your ears warm |
|  | Buff | To pull over your face in heavy wind, or to protect you from the sun. |


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|  | <p>Balaclava</p> | <p>For the cold windy days on the mountain</p> |
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Personal Equipment

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|  | <p>Nalgene x2</p> | <p>Two liters of water carrying capacity</p> |
|  | <p>Thermos (Optional)</p> | <p>It can be nice to carry hot drinks while climbing. A thermos is a good way to insure this. Make sure it is lightweight</p> |
|  | <p>Head Lamp</p> | <p>A headlamp for use at night and during the early morning climbing hours.</p> |

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|  | <p>Sun Screen</p> | <p>1-2 oz of sunscreen.</p> |
|  | <p>Lip Balm</p> | <p>Lip Balm with SPF.</p> |
|  | <p>Personal First Aid Kit</p> | <p>A personal first aid kit with IBuprofen, any meds you need, and blister repair such as athletic tape and mole skin</p> |


Travel:

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|  | <p>Ski Luggage Bag</p> | <p>Needed to transport skis or boards through Ecuador and Internationally.</p> |
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|  | Duffel Bag | 60-90L if you cannot fit everything into your ski luggage bag. |
|  | Travel Items | Bring all normal travel + electronic items you need. We will store our things in secure places while climbing. Include wet wipes |
|  | Travel and going out clothes. Include a bathing suit and small pack towel. | Comfortable dinner attire + clothing for warm climate such as short and flip flops. Think nice dinners and hot springs in a tropical climate. |

Food:

Bring a mix of salty and sweet. These should be snack foods, nothing that requires a stove.

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|  | Energy food that works for you | If you are a fan of gels, bars, and shot blocks. It is good to bring some over for the summit days. They are hard to find in Ecuador. |
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