



1266 66th Street, Suite 4  
Emeryville, California  
94608-1117

T: +1 510 594 6000  
1 888 MTSOBEEK (687 6235)  
F: +1 510 594 6001  
info@mtsobek.com  
www.mtsobek.com



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# VOLCANOES OF ECUADOR

*Climb Illiniza Norte, Cotopaxi & Cayambe!*

## TRIP DETAILS

*11 days ~ Ecuador*

*Strenuous hiking at high elevation (max. 19,347'), basic mountaineering skills required*

*10 nights hotels, haciendas, and mountain refuges*

## DATES

*Dec 26, '08–Jan 5, '09  
Jun 26–Jul 6, '09  
Dec 27, 09–Jan 6, '10*

## LAND COST

*\$3,495 per person  
(3-12members)*

*\$485 single supplement*

## TRIP LEVEL

**ULTIMATE CHALLENGE**

## HIGHLIGHTS

- *Climb snowy peaks by day, sleep in a warm bed every night! (One of the few mountaineering trips where you can do this!)*
- *Ascend the slopes of Cotopaxi, the highest active volcano in the world, Cayambe, the third highest peak in Ecuador, and Illiniza Norte*
- *Enjoy pristine Andean countryside and visits to traditional Quechua villages*

*Revised September 24, 2008*



# VOLCANOES OF ECUADOR

*Climb Illiniza Norte, Cotopaxi & Cayambe!*

This is an unparalleled climbing adventure for the rugged adventurer! Soaring up from the equator, the mighty volcanoes of the Andes beckon you to climb their snowcapped calderas, and on this trip you'll make summit bids on Illiniza Norte (16,818'), and Cotopaxi (19,347') and Cayambe (18,996')—the second and third highest mountains in Ecuador! (And, Cotopaxi is the highest active volcano in the world!) While making your way toward the high slopes, you'll pass small Quechua pueblos and hillsides dotted with llamas. The local Andean culture remains as it has been for centuries, and villagers weave wool clothing and cultivate quinoa and lima beans among the rocks. But mountaineering is the main draw here. Alongside experienced guides you'll have the chance to test yourself at altitude, making your way upward toward the wisps of steam rising from volcanic summits. The views from above the clouds are staggeringly beautiful—and all the sweeter for the way in which you'll earn them!



## ITINERARY

☞ This trip begins with a rendezvous at the airport in Quito, Ecuador, on Day 1.

### **DAY 1 ~ Arrive in Quito**

Arrive in Quito, the capital of Ecuador and, at 9,350 feet above sea level, one of the highest large cities on earth. You'll be met at the airport and transferred to the hotel for overnight.

*Hotel Mercure*

### **DAY 2 ~ Quito**

We'll meet in the morning for an orientation, then go to rent mountaineering equipment should that be necessary. The remainder of the day is set aside for exploring the city of Quito, a modern metropolis with a timeless feel. The city is famous for its parks and one, the Parque Metropolitano, is almost twice the size of New York's Central Park. In the center of the city rises a hill known as El Panecillo, atop which stands a massive monument to the Virgin Mary that is visible from throughout the city. Some of Quito's other attractions include the charming Old Town, with its many churches and theaters, and the aerial tramway that takes visitors from the center of town to a point high on the east side of the Pichincha volcano. Even if you choose not to take that particular ride, you'll still be surrounded by many of Ecuador's most famous volcanic peaks, which beckon you from a distance.

*B,L,D...Hotel Mercure*

### **DAY 3 ~ Chaupi—Pastocalle**

After breakfast we will drive to Chaupi, one of the most fertile valleys in the Andes, to begin our acclimatization. A variety of vegetables are cultivated here, including potatoes, quinoa, and lima beans. We'll take a six-mile hike through this valley and be rewarded with exceptional views of the Cotopaxi (19,347') and Illinizas (17,370') volcanoes. In the ash and stone deposits of the valley, we'll see the history of past eruptions and learn more about the geography and natural history of the area. After arriving at our high point we'll descend to the small town of Pastocalle for lunch. Later, we'll make our way toward Hacienda La Cienega, a 17th-century mansion that has been converted to a beautiful mountainside lodge with marvelous views of Cotopaxi.

*B,L,D...Hacienda La Cienega*

### **DAY 4 ~ Illiniza climb**

Illiniza is actually two volcanoes that were once part of a single cone that split during a particularly violent eruption. Today the two peaks stand less than two miles apart, separated by a rocky saddle. The ascent of Illiniza South is a technical climb over rock and ice, so we'll ascend the northern peak. As recently as fifty years ago, Illiniza North (16,818') was covered by a glacier, but now the ice has receded and the ascent is less treacherous. There is still, however, a significant gain in altitude, and in the thin air we'll take our time ascending the rocky trail. From the top there are spectacular views of Illiniza South, Cotopaxi, and Chimborazo.

*B,L,D...Hacienda la Cienega*

### **DAY 5 ~ Laguna de Limpiopungo—Tambopaxi Refugio**

We'll begin our journey toward Cotopaxi, passing herds of llamas along the way. We'll stop for lunch at Laguna de Limpiopungo (12,464'), a quiet Andean lake where deer and waterfowl often rest. From here we'll see what lies in store for us—the solemn, symmetrical cone atop Cotopaxi (19,347'), one of the world's highest active volcanoes. We'll drive to a parking lot at about 15,100' and take a short acclimatization hike to about 15,750'. Later we'll drive to Tambopaxi Refugio (12,470'), a comfortable mountain refuge with a great restaurant, hot showers, and nice

rooms. It is constructed entirely with local materials so as to reduce the impact on the local environment.

*B,L,D... Tambopaxi Refugio*

### **DAY 6 ~ Cotapaxi preparation day**

Today will be spent preparing for tomorrow's summit bid. We'll rest, eat heartily, check our gear and let our lungs continue to adjust to the thin air. If you wish to take a walk along the valley floor, your gaze will wander upward not only to Cotopaxi, but also to Ruminahui, Sincholagua and many other high peaks that frame the horizon.

*B,L,D... Tambopaxi Refugio*

### **DAY 7 ~ Cotopaxi Summit bid**

We'll roll out of bed at 1:00 a.m. and drive to the parking lot for the start of our ascent. The route—well marked by wands and footprints—follows a line up the wide glacier, weaving back and forth to avoid crevasses. As dawn breaks you'll make out large rocks and an endless variety of unique ice formations that finally give way to the summit crater itself. The caldera is almost perfectly round and we'll stare downward into the ice and steam vents that send rumbles up through this still-active volcano. It goes without saying that the view from the summit is breathtaking, and you'll never forget this experience of having climbed above the clouds. After the descent we'll return to Tambopaxi and then continue on to Papallacta hot springs, located on the flank of the Antisana volcano. After a hard day's climb there is nothing like a hot soak in a natural spring, and we'll relax here a bit before enjoying a hearty dinner.

*B,L,D... Termas de Papallacta*

### **DAY 8 ~ Otavalo**

After a morning dip in the hot springs we'll drive north to the famous Indian crafts market at Otavalo. The local Otavaleño artisans sell all types of handcrafts here, and this is an excellent place to shop for the woolen hats and colorfully embroidered blouses and shirts for which the region is famous. You can stop and enjoy food from a corner vendor as the strains of Andean pipe music lilt through the cool air. After the excitement of the market, we'll go to Hacienda Pinsaqui, located just at the base of the Imbabura Volcano. Pinsaqui is a large and well-maintained colonial building that was built in 1790, and then faithfully and carefully restored in 1867 after a disastrous earthquake. The gardens here are exquisite and you'll have a chance to fully explore the grounds before coming to the main house for dinner.

*B,L,D... Hacienda Pinsaqui*

### **DAY 9 ~ Cayambe**

After our relaxing day at Otavalo, we'll head toward Cayambe, Ecuador's third highest point and the world's highest point on the equator. Cayambe has a permanent snowcap and we'll keep the summit in view as we take a gentle 4x4 road to our hut at 15,780'. Once again we will rest for tomorrow's early departure and prepare our equipment for the big day ahead.

*B,L,D... Refugio*

### **DAY 10 ~ Cayambe Summit**

Our early day begins with an easy glacier climb to a saddle. The trail steepens as we continue, until, after traversing around large crevasses and seracs, we'll kick our way up a 40-degree slope just below the summit. The panoramic view from the top gives you one last chance to marvel at the magnificent volcanoes of Ecuador—and pat yourself on the back for having persevered to the top of some of the tallest! Afterwards we'll return to the hut and then continue on to Quito for our farewell dinner.

*B,L,D... Hotel Mercure*

## DAY II ~ Departure

Transfer to the airport for homeward-bound flights.

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## EXTEND YOUR ADVENTURE!

If you like to explore on your own, plan to arrive a day or two early or extend your trip after the tour. We also offer the following great extensions. Some departures also combine with our Galápagos Islands cruises. Call us for all the details.

***Sacha Jungle Lodge, Ecuador.*** A visit to the upper Amazon Basin at Sacha Lodge is a perfect complement to your hiking adventure. Canoe down jungle rivers and hike forest paths with a naturalist/guide and a native guide, observing the unique flora and fauna of the Amazon rain forest. Our base is a charming and comfortable lodge located on a beautiful jungle lagoon near the Napo River in one of the most ecologically rich areas in the world. The lodge's 135-foot birding tower in a huge kapok tree affords great views over the jungle treetops and allows fantastic sightings of canopy activity. Sacha is renowned for its service and great food. *4 or 5 days.*

***Cuzco & Machu Picchu, Peru.*** See the sights of Cuzco, Peru, including the nearby Inca ruins of Puka Pukara, Kenko, Tambo Machay, and the famous fortress of Sacsayhuaman, and enjoy an excursion to Machu Picchu by train (an overnight at Machu Picchu is included). Pre- or post-trip additional nights in Lima are required for due to flight schedules between Quito and Lima. *4 or 5 days.*

## LAND COST

\$3,495 per person (3-12 members)

Rates quoted are per person, based on sharing double accommodations.

Single Supplement—\$485 for “requested” singles; \$243 for “forced” singles. If you prefer single accommodations, you must pay the Single Supplement Fee. If you're traveling alone and wish to share accommodations, we'll try our best to find you a roommate. If that's not possible, we will only charge you half of the single supplement.

### What's Included

- ◆ expert leadership
- ◆ accommodations in hotels or mountain huts
- ◆ meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- ◆ airport transfers
- ◆ sightseeing as noted in the itinerary
- ◆ ground transportation
- ◆ basic medical and evacuation insurance

### What's Not

International airfare; meals not noted in itinerary; insurance other than basic medical and evacuation insurance as noted above (we strongly recommend you purchase the supplementary trip insurance offered by Mountain Travel

Sobek, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; excess baggage charges; airport taxes; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

### **Air Travel**

Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their “frequent flyer” miles when traveling with us. **But please check with our staff before purchasing or obtaining your tickets.** We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.

## **WHAT YOU CAN EXPECT**

### **Expert Leadership**

Expert leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonders you’d never find on your own, they make sure everything runs smoothly and safely without a hitch. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You’ll be in good hands with them every step of the way. Leader assignments will be confirmed in the Final Bulletin sent to you three weeks prior to departure.

### **Activity Level**

You must have basic mountaineering experience to be accepted on this expedition. Your climbing experience must include practical experience in basic use of climbing equipment: Ropes—how to tie knots without assistance from the leader, how to set up lower and upper belays; Ice axe and crampons—self arrest, use of pickets and boot-axe belays, use of crampons in moderate terrain; General mountain knowledge—setting up of mountain tents, use of small stoves, route finding, mountain medicine.

The climbs of Ecuador’s volcanoes are more physically than technically demanding, but they are still extremely demanding wilderness summits, and not the appropriate place to find out if you like mountain climbing. The safety of the group depends on all the members, and we cannot accept anyone who does not have previous mountaineering experience.

You must have good stamina and be in top physical condition. We expect participants to be strong, experienced hikers, capable of high level alpine walking and glacier travel. You should also have climbed at altitudes above 10,000 feet, although this is not mandatory.

The expedition leader will make the final decision about allowing trip members to try the summit. This will be done after he has a chance to evaluate each climber in person on the trip. It is possible that you will not be allowed to attempt the summit for a variety of reasons. The expedition leader's judgment in these matters is final.

Please begin a sound physical conditioning program well before the trip. The level of fitness needed for this trip requires regular aerobic exercise for at least one hour 4-5 times a week. This may include aerobic fitness classes, power walking, jogging, cycling on hills, swimming, and cross-country skiing. Additionally, you must be able to sustain exercise for prolonged periods. We recommend that you start a moderate training program *several months* before departure, then slowly build up to a more strenuous level. Since training is highly sport-specific, include some hiking or running in your program. Consult your physician if you have questions concerning your underlying

health. We can help answer questions for you or your physician concerning required levels of fitness and health conditions at altitude. If you have concerns about your ability to do this trip, we can suggest appropriate alternatives.

Aside from our own resources, there will be no mountain rescue facilities. Please see page 8 for information on the potential physiological hazards of high altitude. Evacuation in case of medical emergency is at the expense of the individual involved.

## THE NEXT STEP

### **Ready to go? Signing up is easy!**

Just call us at 1-888-MTSOBEK (687-6235) and reserve your spot! You can also book a reservation online at our website ([www.mtsobek.com](http://www.mtsobek.com)). If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

### **Then Leave the Rest to Us**

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice prepared by our consulting physician (an expert in wilderness medicine), and other details.

### **Why Mountain Travel Sobek is Your First Choice for Adventure**

Mountain Travel Sobek is the pioneer in active adventure travel. No other adventure travel company can lay claim to that title. We were the first to take Americans trekking in Nepal, raft the wild rivers of Africa, and open up many previously inaccessible corners of the world to curious travelers. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.

### **References**

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers.

### **Questions?**

Feel free to call us at 1-888-MTSOBEK (687-6235) if you still have any questions or concerns. We're here to help you. You can also check out our website at [www.mtsobek.com](http://www.mtsobek.com).

### **Note on Itinerary**

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this information on our website at [www.mtsobek.com/faq](http://www.mtsobek.com/faq) and the form itself at [www.mtsobek.com/pdf/participant\\_info.pdf](http://www.mtsobek.com/pdf/participant_info.pdf).

### **Terms & Conditions**

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Limitation of Liability Clause. The full Terms and Conditions can be found at [www.mtsobek.com/faq/#liability](http://www.mtsobek.com/faq/#liability)

## VOLCANOES OF ECUADOR

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or call 1-888-MTSOBK (687-6235) for a copy. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form ([www.mtsobek.com/pdf/participant\\_info.pdf](http://www.mtsobek.com/pdf/participant_info.pdf)). Any dispute concerning, relating or referring to the Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceedings will be governed by substantive California law (but not procedural law) without regard to the California Arbitration Act.

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*Registration as a seller of travel does not constitute approval by the State of California.*

## TREKKING AT HIGH ALTITUDE

Trekking in high mountain areas provides unmatched beauty with an experience of ultimate wilderness and personal achievement. However, these attributes are counterbalanced by the hardship of exertion at high altitude. Not everyone should go to very high altitude. Anyone planning difficult mountain treks must be aware of the demands and risks imposed by very high altitude, be assured of excellent underlying health, and be prepared by rigorous training.

### What Happens to the Body at High Altitude?

The body needs additional time to acclimatize to altitudes above 17,000 feet, and as a result, the more time one spends preparing for an ascent to such altitude, the more likely one is to feel comfortable. At 18,000 feet, there is generally only one-half the amount of oxygen in the air, which imposes considerable physiological stress on the body, and many trekkers feel physical discomfort of shortness of breath, nausea, insomnia, headaches and exhaustion.

### Medical Limitations and Medical Evaluation for High Altitude

Absolute age limits are impossible to define. The older person may do better than a younger travel companion because he/she knows how to pace himself and is familiar with feelings of extreme fatigue, weakness, and minor illness, which everyone has at high altitude. More often than not, attempts to predict performance at altitude are no better than guesswork. However, age is a process of deterioration; as one gets older, lung and heart capacity decreases, blood vessels narrow and lose elasticity. Over the age of 50, only very fit people who exercise regularly and have some experience with high altitude should try to go over 17,000 feet. People over sixty often get a little forgetful and even slightly confused above 16,000 feet. This is because their ability to deliver oxygen to brain cells has been compromised by the normal aging processes. The same applies to persons with diabetes, cardiac disease, poorly controlled high blood pressure, decreased lung capacity, or those on medications such as cortisone that affect the body's response to stress.

There are several ***absolute medical contraindications*** for commercial group trips to very high altitude, but most people with these conditions will screen themselves from these trips. These conditions include:

congestive heart failure, angina with exertion, troublesome cardiac dysrhythmias, emphysema or chronic obstructive lung disease, insulin-dependent diabetes, sleep apnea, thromboembolic problems, sickle cell disease, pulmonary hypertension, and serious psychiatric problems.

Other medical problems present a ***relative contraindication*** to high altitude trekking, meaning that they should be discussed seriously with your doctor and the risk to your health and life clearly understood. Many of these would not prevent travel at moderate altitudes. These include:

cardiac bypass surgery, cold and exercise-induced asthma, anemia or polycythemia, pregnancy, obesity, nasal polyps, migraines, recurrent pneumothorax, and adult onset diabetes.

All ***medications*** should be reviewed since many can increase the risk of other medical problems at altitude, for example:

diuretics (dehydration and low potassium)

birth control pills or estrogen (thromboembolism)  
beta-blockers (decrease exercise capacity)

Everyone who contemplates a trip above 16,000 feet must have a thorough physical exam and evaluation to uncover any general medical problem that might flare up on a trip to a remote area where medical care is many days away. The major problems at high altitude result from impaired oxygen absorption and transportation. A high altitude trekker needs an optimal red blood cell count to carry oxygen, good lungs, a strong heart, normal kidneys and normal or well-controlled blood pressure. A resting cardiogram is necessary, but often not adequate to evaluate cardio-pulmonary function. An exercise “stress” cardiogram is suggested anyone with cardiac risk factors or a history of heart disease. Many authorities suggest a cardiac stress test for anyone over 50 years of age who does not do regular sustained aerobic activity. Pulmonary function tests may be indicated.

Unfortunately, even these tests will not predict those who will suffer severe altitude illness. The best indicator of success at altitude is recent strenuous activities at altitude. Few would argue about doing these tests in anyone with some underlying illness. The people whose performance and health are hardest to predict are the healthy-deconditioned, those who used to be athletic, but have done little for 10-20 years and now assume that they can still do it. Some physicians will advise that all this is unnecessary. But unless this physician is familiar with high altitude physiology and has been to altitudes above 16,000 recently, he/she simply cannot appreciate the degree of stress and anoxia to be encountered.

### **The Importance of Being in Good Physical Condition**

What can one do before a trip to improve his/her prospects, assuming he/she has good results on a medical exam and physiological testing? The short answer is to *get in shape!* Quit smoking—this improves both heart and lung function. Trim off extra fat. Exercise to improve muscle strength and cardiac and respiratory function. Effective conditioning programs must contain aerobic activity that increases the heart rate for a minimum of 45-60 minutes four times per week. Strengthen leg muscles used for trekking by running, ski touring, bicycling, hiking with a pack, stair-climbing, or equivalent machines in the gym. Being “in shape” does not necessarily guarantee good performance at altitudes, but it helps. Being “out of shape” definitely increases the chances of doing poorly. Everyone, especially athletes who train compulsively, must understand that maximum exercise capacity decreases steadily with increasing altitude (3%/1,000 ft.).

### **How Can I Prevent Illness at High Altitude?**

Begin your trip in good health and excellent physical condition, obtain all the recommended immunizations for your trip, and follow food and water precautions on the way so that preventable illnesses do not ruin your trip. It is important to understand the concept of altitude acclimatization and to recognize the symptoms of altitude illness. The discussion of altitude illness in your health information supplements this material and provides more details on acclimatization and symptoms of altitude illness.

Mountain Travel Sobek treks are designed to allow time for acclimatization while trying to follow a schedule that accommodates peoples’ time constraints. Certain aspects of the trek organization and schedule that may seem illogical are designed to maximize acclimatization. For instance, once at altitude, elevation gains between camps are limited: you may climb higher during the day but descend to sleep (climb high, sleep low). Extra nights are spent at the same elevation after each 2,000-3,000-foot gain over 12,000 feet.

Drink a lot of water. Although pulmonary edema and cerebral edema are problems of fluid retention, increased water intake facilitates adaptation to altitude. Increased fluids help the kidney to excrete excess salts that bind extra

water in tissues. Drink more than you feel you need. Water losses at altitude are very large and dehydration is commonplace. Most of this water is lost as vapor due to increased respiration in a cold, dry atmosphere with very low vapor pressure. Eating is also important. Diet should be high in carbohydrates, with adequate amounts of protein to rebuild muscle that is being broken down by strenuous exercise.

Acetazolamide (Diamox) can facilitate acclimatization, prevent acute mountain sickness and treat mild cases of mountain sickness. It is also very helpful for altitude insomnia and should be used in preference to sleeping pills or Valium, which are dangerous at altitude. Diamox produces faster, more regular breathing with higher oxygen levels during sleep. Diamox can be very helpful, but it must not be used as a substitute to push through symptoms of altitude sickness. There have been cases of high altitude cerebral and pulmonary edema in people taking Diamox.

***Most persons do not need to use this medication routinely at altitude if their trip allows adequate time for ascent.***

## References

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Rennie D: Will mountain trekkers have heart attacks? *JAMA*, Feb. 17 1989; 261:1045-1046.

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(Rev 8/01)

## MOUNTAINEERING & EQUIPMENT LIST FOR VOLCANOES OF ECUADOR

WEATHER: You should expect typical mountain weather during the climbs at lower altitudes, temperatures could be in the 50s if the sun is shining. As altitude increases, expect lower temperatures, high winds and snow. Nighttime temperatures could drop below freezing. Be prepared for the radical changes in weather so common in the mountains.

THE FOLLOWING ITEMS ARE RECOMMENDED FOR THIS TRIP: Trip leaders are responsible for reviewing your equipment and clothing prior to departing on the trip. Those with too much clothing or equipment will be asked to leave excessive items behind.

### CLIMBING GEAR

- Ice axe (63 - 80 cm) \*
- Crampons (12 point step-in) \*
- Carabiners (1 locking and 2 regular)
- 2 prusik loops, each made from a 12' length of 5 or 6 mm perlon)
- Adjustable alpine sit harness with chest harness \* (recommended)
- Helmet (recommended)
- Adjustable ski poles

### FOOTWEAR

- Plastic double mountaineering boots or leather boots for climbing
- There are excellent options on leather boots that are much lighter and easier to walk in than plastic boots. The temperature can be zero degrees or lower in the higher elevations. Recommended: La Sportiva Nepal EVO Mountaineering Boots, or Asolo Summit Mountaineering Boots
- Light or medium weight hiking boots
  - Running shoes
  - Gaiters \*

### \*YOU CAN RENT THE FOLLOWING ITEMS IN ECUADOR

- Ice axe (63 - 80 cm)
- Crampons (12 point step-in)
- Adjustable alpine sit harness with chest harness
- Gaiters
- Plastic double mountaineering boots – sizes larger than 11 might not be available.

### SLEEPING GEAR

- Sleeping bag (4 season – 20 degrees or lower)

### CLOTHING

- Waterproof shell parka (Gore-Tex)
- Bib or wind pants (full leg zip)
- Down parka (optional)

- Inner Layer, 2 long sleeve shirt and pants (Polypropylene, MTS 2 or Capilene)
- Mid-layers, Polartec 200 (better 300 for top)
- Pile jacket (mid-layers)
- Pile pants (mid-layers)
- Wool shirt (optional)
- Synthetic or synthetic-wool blend socks
- Synthetic liner socks
- Pile or wool hat
- Overmitts (waterproof)
- Wool or pile mittens (2 pairs)
- Synthetic glove liners
- Sun hat (baseball)
- Shorts (optional)
- T-shirt
- Face mask (optional)
- Synthetic underwear (2 sets of both top and bottoms - expedition weight) mid-layer
- Bandana (optional)

#### ADDITIONAL EQUIPMENT

- Internal frame backpack (3,360 cu in to 3,970 cu in.)
- Summit pack (optional)
- Wide mouth, 1 liter, water bottle (2) (optional: nylon sling to attach bottle to pack)
- Large insulated plastic mug
- Pocket knife
- Personal kit (first aid, TP, toiletries, etc.)
- Sun block, lip screen (45 SPF or better)
- Headlamp with extra batteries & bulb
- Large plastic trash bags
- Camera & film (optional)
- Large expedition duffle bag (15" x 15" x 36") Optional
- Glacier glasses (with side protection)
- Spare sunglasses or goggles (optional)
- Extra straps (to attach crampons and ice axe to pack)
- Snacks (small supply of energy food – Power Bars, Gorp, etc.)

#### **SPECIAL NOTES**

While on Cotopaxi you will carry your own equipment from the parking lot to the refuge, about a one-hour hike. Personal clothing and other items can be sent to your hotel in Quito prior to heading for the mountain. DON'T bring too much stuff! Pack carefully! CLIMB LIGHT!