

Ecuador Dreamworld

Programme (max alt. 6,263m)

Expedition Kit List



Climbing shops in Quito are expensive due to import taxes so it is advisable to source everything you need for the expedition prior to arrival. That said, we will be more than happy to take you to the best climbing shop should you need to source more items. It is also possible to rent certain equipment, namely boots and more technical items for your trip should you prefer.

General

- ☐ **Passport and travel documents**
(entry visa can be bought on arrival for UK passport holders)
- ☐ **Rucksack:**
25-35l for day use.
Lightweight with hip strap best
- ☐ **Duffel bag:**
100 litre plus. For everything else
- ☐ **Waterproof liner bags:**
to keep contents of day pack and duffel bag dry
- ☐ **4 Season sleeping bag**
- ☐ **Sleeping mat:**
inflatable / insulated best
- ☐ **Sleeping bag liner:**
in case of cold weather

Head & Hands

- ☐ **Sunglasses:**
Cat. 3 or 4
- ☐ **Sun hat or cap**
- ☐ **Buff**
- ☐ **Warm hat**
- ☐ **Thin gloves:**
windproof liner gloves
- ☐ **Thick gloves / mittens:**
warm and insulated, suitable for 6000m plus
- ☐ **Ski goggles:**
essential in case of high wind or bad conditions

Upper Body

- ☐ **Thick down jacket:**
essential for higher altitudes
- ☐ **Waterproof jacket**
- ☐ **Lightweight down jacket**
- ☐ **Baselayers:**
t-shirts or lightweight long sleeve shirts. Avoid cotton, merino wool best
- ☐ **Lightweight fleece / fleece waistcoat**
- ☐ **Heavier fleece:**
200/300 weight
(or use lightweight down jacket)

Legs & Feet

- ☐ **6000m boots:**
Double boots best,
e.g. La Sportiva Nepals
- ☐ **Trail running shoes / Hiking shoes:**
for the first days of trekking and to wear in the evenings
- ☐ **Socks:**
3-4 pairs of trekking socks
plus 2 thicker pairs of mountaineering socks
- ☐ **Trekking trousers:**
lightweight and quick-drying
- ☐ **Mountaineering trousers:**
for higher altitudes / summit pushes
- ☐ **Waterproof trousers:**
waterproof and breathable best
- ☐ **Trekking shorts**
- ☐ **Gaiters**
- ☐ **Long thermal leggings:**
to sleep in / wear for summit bid

Climbing Equipment

- ☐ **Ice axe:**
mountaineering / walking axe
- ☐ **Crampons:**
C2 crampons, e.g. Grivel G12
- ☐ **Climbing harness**
- ☐ **Climbing helmet**
- ☐ **Other:**
2 x screwgate carabiners,
climbing sling

Other Items

- ☐ **Trekking poles**
- ☐ **Water bottles:**
2 x 1 litre Nalgene water bottles best
- ☐ **Sunscreen and lip protection**
- ☐ **Wash kit**
- ☐ **Snacks**
- ☐ **Personal first aid kit**
- ☐ **Head torch and spare batteries**