

Semester Program Clothing & Equipment List

- 1 pair **HIKING BOOTS** (see “Notes on Equipment”)
- MOUNTAINEERING BOOTS, CRAMPONS, ICE AXE** (*see note below)
- 1 pair closed toe **RIVER CROSSING SHOES** these can be water shoes and/or used for wearing around camp
- 1 pair **TENNIS SHOES** for walking around town and exercising
- 4 pairs of **SOCKS** (wool or synthetic)
- 2 pairs of **LINER SOCKS** (wool or synthetic)
- 2 **T-SHIRTS** and 2 pairs of **SHORTS** for hiking and/or exercising (wool or synthetic)
- 1 pair Synthetic **LONG PANTS** lightweight fleece/wool or ‘softshell’ (this is a warmer layer)
- 1 pair **HIKING SHORTS** & 1 pair **HIKING PANTS** (not jeans or the like, can be zip-off)
- LONG UNDERWEAR**, top & bottoms (wool or synthetic)
- 1 **LIGHT INSULATING LAYER** (light fleece jacket, light wool sweater or vest, polyester or down-filled light jacket)
- 1 **HEAVY INSULATING LAYER** (down jacket, around 700-800 fill, ask for more details if needed)
- RAIN GEAR**, jacket/pants (waterproof/breathable material is best)
- 1 **WARM HAT** (wool or synthetic)
- 1 **HAT** with brim or **VISOR** for sun protection
- 1 pair **LIGHTWEIGHT GLOVES** 1 pair **HEAVY GLOVES** 1 pair **WATERPROOF OVER GLOVES** (some glove system to ensure dryness and warmth in similar to ski conditions)
- 1 pair **GAITERS**
- 1 **SWIMSUIT**
- 2 **BANDANAS** or **BUFF**
- UNDERWEAR** to last you one full week at the least
- SUNSCREEN** (at least SPF 30)
- LIP BALM WITH SUNSCREEN**
- SUNGLASSES** with full coverage & UV protection **SKI GOGGLES** for high mountains in Ecuador
- HEADLAMP** with extra batteries
- DAY PACK** for around town in Ecuador, day hikes, summit attempts and homestays (30-50 liters, with cover)
- BACKPACK*** for multi-day backpacking based expeditions (65-80 liters, with cover)
- Plastic/unbreakable **FOOD DISH & SPOON**, should hold 16-32oz, **MUG** for hot drinks
- PEN** or **PENCIL** and **SMALL NOTEBOOK** (for the backcountry)
- TOILETRY KIT** toothbrush, toothpaste, shampoo, soap, comb, optional earplugs
- SMALL BIBLE**
- SCHOOL MATERIALS, NOTEBOOK, PENCILS/PENS**
- EVERYDAY CLOTHES** (details below)
- WORK PROJECT CLOTHES** (including work gloves)
- AQUAMIRA WATER TREATMENT DROPS** (used to purify water if you can’t use iodine)
- POCKET KNIFE W/CAN OPENER** (no sheath knives)
- 2 1 liter **WATER BOTTLES** (Nalgene or Hydroflask similar)
- 1 **WATCH** with alarm capabilities

Optional but HIGHLY RECOMMENDED

- CAMERA** **DOWN BOOTIES** **EXERCISE NECESSITIES** **TREKKING POLES** **COMPASS**
- INSTRUMENT** **WHISTLE** **DUFFEL BAG FOR ECUADOR FLIGHT**

Notes on Clothing & Equipment

***GEAR TO RENT: Mountaineering boots and crampons can be rented in Ecuador if you do not have them personally. Ice axe, backpack, and personal climbing equipment can be rented through Summit Adventure.**

Boots

If you do not already own a pair, your feet are worth the extra effort in choosing a pair of quality boots. Here is some information to help you decide. **Medium to heavyweight leather-based or GoreTex-based boots:** These are 3-4lbs and are generally **waterproof, warmer and durable** as well as providing strong ankle support. These must be well-broken in prior to your course. **DO NOT ARRIVE FOR THE SEMESTER WITH BOOTS THAT YOU HAVE NEVER WORN.** *Note: Use Nik-Wax or a similar product to waterproof the boots before arriving.*

Clothing

You'll bring normal everyday attire for your time in the Base module and in Ecuador, in addition to the gear list. Cotton is a poor material outdoors because it readily absorbs moisture and holds it next to the skin, transferring body heat into the environment. It also takes a long time to dry. Generally, you should avoid cotton clothing on a backpacking course, with the possible exception being a T-shirt that would be worn during the day.

Synthetic (fleece/polypro), wool, spandex and/or nylon clothing does not absorb much moisture, dries fast and keeps you warm even when wet.

Down is by far the best choice for the heavy insulating layer. It is incredibly warm for its weight and will serve as a crucial layer for the summit attempts in Ecuador and the Sierra Expedition. This jacket should be "Michelin Man" style, poofy.

Down booties are optional, but recommended, especially for Spring semesters.

Raingear

Summer storms in the High Sierra are infrequent, but can be severe. You must have waterproof gear in the form of a hooded jacket with pants. The best raingear is durable and has a waterproof/breathable coating like GoreTex. These fabrics are usually quite expensive. Coated nylon is second best. It is durable and less expensive, but not breathable. Cheap plastic or vinyl ponchos and raincoats will not hold up, are not worth buying and should be avoided. A sales person at an outdoor store can help you make a decision based on your budget. For long courses, the better raingear will greatly improve your semester experience.

Gear Rental

All personal technical equipment such as a backpack, sleeping bag, foam sleeping pad, rock climbing gear: helmet, harness, and shoes can be rented from Summit. If you have your own backpack, ThermaRest pad or other gear, you are welcome to bring them. However, they must be approved by your instructors at the course start. Group cooking gear and shelters will be provided by Summit.

Glasses/Contacts

We recommend bringing extra pairs of contacts and eye glasses. Contacts are easily lost outdoors and may cause eye trouble due to changes in climate, altitude and activities. We also recommend bringing eye glass holders.

Women

Changes in altitude and activities can cause irregular menstruation. In the backcountry bring a supply of baby wipes and a few small Ziplock bags. All of these items will be packed out of the backcountry. We will instruct you on proper disposal.

Please be modest in your clothing choices in relation to packing for Ecuador. It's uncommon to see women in shorts. Choose pants other than yoga/spandex. Ask for more feminine hygiene and clothing suggestions.

Everyday Clothing Preparation

While at Base in Bass Lake and while traveling through Ecuador you need to prepare for normal, everyday activities. If you come to the semester with a 2 to 3-week supply of clothing you'll be set. You will have the opportunity to wash clothes weekly. While traveling in Ecuador, you'll often pack for 7 days at a time in a backpack. This normal, everyday attire will include: jeans or similar pants, cotton t-shirts with appropriate words/graphics, long sleeve shirts including a light cardigan or jacket, a couple "nicer" options of a button-up or similar shirt, dress/skirt falling around the knee, scarf, sandals (preferably not flip flops, something a little more substantial), good shoes for walking, appropriate running/exercise clothing & shoes, and don't forget the socks & underwear!

Toiletries

You will need to come with your own toiletries for your time at Base in Bass Lake, as well as toiletries to travel with you in Ecuador for 6 weeks. Remember: shampoo, conditioner, anti-bacterial soap, face wash, toothpaste and a toothbrush, floss, any optical needs (for 4 months), hair needs, and deodorant! Ladies, bring what you need for supplies – no details necessary.

***If you come unprepared for the semester, you can expect to make any necessary purchases within your first week of the program.**

Looking for some gear recommendations?

REI has good explanations of different gear options here:

<http://www.rei.com/learn/expert-advice.html> as well as good prices from time to time

If you're looking for good deals on the gear you'd like to buy, check out these sites:

Sierra Trading Post <http://www.sierratradingpost.com/>

Backcountry.com <http://www.backcountry.com/>

Some brands that we recommend at Summit Adventure are:

[MSR](#), [Cascade Designs](#), [Sierra Designs](#), [Marmot](#), [Rab](#), [Black Diamond](#), [Mountain Hardwear](#), [Petzl](#), [Ibex](#), [SmartWool](#), [Outdoor Research](#), [First Ascent](#) and [Osprey](#) to name some of the companies that partner with Summit and our staff.

Specific Items that may need clarification in your search are*:

[Gaiters](#) [Hiking Boots](#) [Outer Glove/Mitten](#) [Trekking Poles](#)

[Heavy Insulating Layer](#) [Down Booties](#) Ecuador Duffel [A](#) or [B](#) or [C](#)

*Please remember that these are just examples of the type of item you are looking for in your search for the right pieces of gear!