



## CLIMB COTOPAXI, ECUADOR, SOUTH AMERICA



Valid for departures from 1<sup>st</sup> January 2018 – 1<sup>st</sup> July 2019

<b>Activity:</b>	Trekking & Climbing	<b>Group size:</b>	6 – 12 adults
<b>Trip duration:</b>	12 days in total	<b>Level of difficulty:</b>	■■■■■
<b>Trekking days:</b>	9 days		Extreme
<b>Altitude:</b>	5,897 metres	<b>Cost:</b>	Registration fee: £ 295
<b>Date:</b>	March 2019		Balance: £1,995
<b>Accommodation:</b>	Lodges, haciendas & mountain huts		

### HIGHLIGHTS

- Experience every mountaineer's paradise, The Andes of Ecuador
- Ecuador is known for its many high peaks, easy accessibility, unique cultural heritage and diverse cuisine
- Climb to the summit of Cotopaxi, one of the highest active volcanos in the world at 5,897 metres
- This trek includes a careful programme of acclimatisation and time for skills training to help your mountaineering expertise
- No camping - stay in haciendas with great food in-between the climbs, as well as lodges and mountain huts

Exciting news, in October 2017 The Ministry for Tourism in Ecuador announced that the summit of Cotopaxi at 5,897metres, one of the world's highest active volcanoes and Ecuador's most iconic volcano, was declared safe and reopened again for climbing since August 2015.

Cotopaxi volcano is also considered as the most beautiful and symmetrically perfect mountain cone in the world. The name Cotopaxi is of Quichua origin (Inca language still being spoken among the Indians of Andes) and means "the neck of the moon". This expedition tackles the best volcanos in Ecuador famously renowned as the 'Avenue of Volcanoes' with a careful program to assist acclimatisation and ensure you the best chance of success.

Packed with activity and variety, this expedition enables you to experience the landscape, culture and people of the smallest Andean country in less than two weeks from the UK. Ecuador is now one of the easiest of South American countries in which to travel. Its capital city, Quito, has a beautifully preserved colonial character and, at an altitude of 2,850m, it enjoys an invigorating spring-like climate. During this expedition, you will have time to explore Quito and its enchanting native Ecuadorian markets, as well as the famous hot springs at Baños.

The use of crampons and ice axe is required on Cotopaxi ascents although this trip is designed as a non-technical climb. Some winter walking experience is recommended before joining this trip, but it's not essential. You should however be an experienced summer walker and ideally have been to over 4,000 metres in altitude on a previous trek. Any concerns, please contact the Adventurous Ewe team.

## YOUR TREK OVERVIEW

DAY	TREKKING	ACCOMMODATION	MEALS
1	Fly London - Quito	Vieja Cuba (twin rooms)	
2	Quito City HD - pick up extra equipment / driver + local mountain guide	Vieja Cuba	B
3	Quito - Cochasqui - trek to Mojanda Lakes	Casa Aida (twin rooms)	B, L
4	Climb Imbabura - visit Ibarra - Peguche	Casa Sol (twin rooms)	B, L
5	Otavalo Market - Cayambe's Mountain Hut (4x4 transportation)	Mountain Hut	B, D
6	Acclimatisation and Ice practice - Cayambe	Mountain Hut	B, L, D
7	Cayambe's Summit - TRF Termas Papallacta	Termas Papallacta (standard room 1-3 people)	B
8	Termas - Cotopaxi National Park	Tambopaxi (twin rooms)	B, L, D
9	Rest day - optional hikes Cotopaxi National Park	Tambopaxi (twin rooms)	B, L, D
10	Cotopaxi's Mountain Hut - Ice practice	Mountain Hut	B, L, D
11	Summit Cotopaxi - Return to Quito	Vieja Cuba	B, L
12	Transfer for international flight / driver only		



## ITINERARY

## CLIMB COTOPAXI, ECUADOR

## YOUR ITINERARY

**Day 1: Fly UK to Quito**

Depart the UK on your flight to the capital city of Ecuador, Quito (flights at your own expense). Upon arrival, you will be transferred to your hotel (providing your flight arrives within the designated group arrival time). Sitting high in the Andean foothills at an elevation of 2,850 metres above sea level, Quito is the second highest official capital city in the world, after La Paz, and the one which is closest to the equator. Constructed on the foundations of an ancient Incan city, it's known for its well-preserved colonial centre, rich with 16th and 17th-century churches and other structures blending European, Moorish and indigenous styles.

Accommodation: hotel (twin share basis)

Meals included: no meals included

**Day 2: Quito City Tour and Equipment Hire**

Acclimatisation Quito Visit the old city of Quito, the best conserved colonial town in South America. The fabulously rich decorated churches, museums, squares and the numerous colonial buildings come under the banner of 'Cultural Heritage of Humanity'. Lunch in town (not included). Later in the afternoon you'll visit the hire shop to pick up your equipment for your trek plus it's a great chance to purchase or hire any kit you may have forgotten. Please refer to the kit list for more information.

Accommodation: hotel (twin share basis)

Meals included: breakfast only

**Day 3: Ruins of Cochasqui Trek to the crater lakes of Mojanda**

After breakfast you will be transferred to the pre-Columbian pyramids of Cochasqui. From here you will hike up to the impressive crater lakes of Mojanda with spectacular views above the valley of volcanoes. Mojanda is an inactive stratovolcano of the Eastern Cordillera of the Andes. A summit caldera, which was produced by an explosive Plinian Eruption that marked the end of Mojanda activity 200,000 years ago, is occupied by three picturesque crater lakes: Karikucha (the largest), Yanakucha, and Warmikucha. Overnight Casa Aida.

Accommodation: Casa Aida (twin share basis)

Meals included: breakfast, lunch and dinner

**Day 4: Ascent of Imbabura at 4,630m**

As part of a careful program of acclimatisation, you'll trek across the Cotacachi-Cayapas highlands, one of the most diverse and spectacular of Ecuador's bio-reserves. This includes the ascent of the smaller volcano Imbabura at 4,630m. Once on the summit you will be rewarded with spectacular views to Cayambe, Antizana and Cotopaxi. On your descent you will visit the centre of Ibarra, a colonial town of 100,000 inhabitants and the capital of Imbabura province. You will then be transferred to Peguche near Otavalo. Overnight Casa Sol.

Accommodation: Casa Sol (twin share basis)

Meals included: breakfast, lunch & dinner

**Day 5: Otavalo Market to Refuge Cayambe**

In the morning you will visit the colourful Indian market, Otavalo. Otavalo is the most famous Indian market in Ecuador and much of South America selling local items such as ponchos, exquisite sweaters, wool rugs, leatherwork, wooden goods, and Indian jewellery. The Otavalo Indians, for whom the town is named, cling proudly to their ancient culture and mode of dress. After lunch, you will be transferred near to the Refuge Oleas Berge the vehicle will drive as far up the rough trail as possible. From here you will trek the final 1 hour to the Refuge Oleas Berge.

Accommodation: mountain hut

Meals included: breakfast and dinner

**Day 6: Acclimatisation and Skills Training on Cayambe**

Today hosts a skills workshop on the stunning Cayambe glacier plus another opportunity to acclimatise. You will meet your local mountain guides and walk up to the glacier at about 4,800m to start a practical snow and ice technique course. This will include ice axe and crampon work, progression in snowfields, rope handling, belays in snow, self-arrest, study of the different snow types, different progression techniques on 40 to 80 ° slopes, natural and artificial ice anchors and knots. You will then descend back to the refuge at the end of the afternoon.

Accommodation: mountain hut

Meals included: breakfast, lunch and dinner

**Day 7: Ascent of Cayambe – Thermal Springs of Papallacta**

You will leave the refuge around midnight to attempt your summit climb of Cayambe (5,790m). After an hour you will reach the glacier, then pass the 'Picos de Jarrin', experience the sulphur smelling crevasses and climb to the summit. This is a reasonably technical summit, but you should be topping out for sunrise and back to the refuge by mid-morning. Your vehicle will then transfer you to the Thermal Springs of Papallacta. A rustic village, Papallacta is renowned for its hot springs which are amongst the best in Ecuador. These thermal baths are located on the banks of the Papallacta River. Here you will have the evening to relax and purchase your own dinner.

Accommodation: mountain hut

Meals included: breakfast only

**Day 8: Thermal Springs of Papallacta to Cotopaxi National Park**

After breakfast, you will be transferred from Termas to Cotopaxi National Park. The park is a large, protected forested area in Ecuador spanning parts of Cotopaxi, Pichincha and Napo provinces. The park's boundaries encompass 205 square miles (330 sq. km). Keep an eye out for the condors, hawks and wild horses that inhabit this area. Overnight Tambopaxi.

Accommodation: Tambopaxi (twin share basis)

Meals included: breakfast, lunch & dinner

**Day 9: Cotopaxi National Park**

This is primarily a rest day. Following a late breakfast, you will have the option of a short hike in the Cotopaxi National Park and prepare for your Cotopaxi summit climb. Overnight Tambopaxi.

Accommodation: Tambopaxi (twin share basis)

Meals included: breakfast, lunch & dinner



## ITINERARY

## CLIMB COTOPAXI, ECUADOR

**Day 10: Refuge Jose Rivas, Cotopaxi**

You will meet with your local mountain guides once again and your vehicle will drive up and drop you at an altitude of 4,600m, just 200m below the Cotopaxi refuge. With food and equipment this will take about 45 minutes up a sandy path to the Refuge. After lunch you will have time for a short walk before getting your heads down and relaxing before your summit climb. Overnight Jose Rivas Refuge.

Accommodation: Jose Rivas Refuge  
Meals included: breakfast, lunch & dinner

**Day 11: Ascend Cotopaxi - Quito**

After a midnight alarm call you will aim to leave the refuge at 1am to climb the world's highest active volcano. This ascent is almost totally on glacial terrain with your crampons but without any major difficulties. The trekker:guide ratio is 2:1. It will take around 6 – 7 hours to summit. On achieving your goal, you will return to the refuge and drive back to Quito (approx. 2-hour transfer). A celebration meal will be held that night. Overnight in Vieja Cuba.

Accommodation: Vieja Cuba  
Meals included: breakfast & lunch

**Day 12: Return flight from Quito to UK**

Return international flight and transfer to the airport to take your flight home.

Meals included: no meals included



## COSTS AND INCLUSIONS

## CLIMB COTOPAXI, ECUADOR

### COSTS

Registration fee: £295 (non-refundable)  
Payable at time of booking

Final balance: £1,995  
Payable 6 weeks prior to departure

### WHAT'S INCLUDED

#### Before your trek

- Access to your personalised account
- Pre-trip support materials – kit list, travel advice, responsible tourism tips
- Discount code for Cotswolds Outdoor and Snow & Rock retail stores (online and in store)
- Training programme
- All risk assessments and safety management
- Public Liability insurance
- International Passenger Protection



### WHAT'S NOT INCLUDED

#### Before your trek

- Flights, airport taxes and any fuel surcharges
- Personal insurance, visas if applicable, departure tax and inoculations
- Visa – please refer to:  
[www.gov.uk/foreign-travel-advice/ecuador/entry-requirements](http://www.gov.uk/foreign-travel-advice/ecuador/entry-requirements)
- Vaccination/s. Please refer to:  
<http://www.fitfortravel.nhs.uk/destinations/south-america--antarctica/ecuador.aspx>
- Clothing and equipment on your Kit List

#### On your trek

- Adventurous Ewe Mountain Leader for groups of 8 or more trekkers
- IMFGA Qualified Local Mountain Guides
- All ground crew per your itinerary
- Hotel and other accommodation on as detailed per your itinerary
- All equipment needed
- Equipment training sessions
- Road transfers within Ecuador per your itinerary
- Three meals per unless stated in your itinerary
- Drinking water during your trek
- Medical safety equipment and supplies
- All logistical and safety management whilst in Ecuador

#### On your trek

- Travel to and from UK airport
- Transfers to and from the in-country airport if flights NOT booked within main group arrival/departure timing
- Climbing equipment hire ie. crampons, ice axe, harness & karabiner, helmet
- Drinks and hotel or guest house meals, unless specified
- Personal snacks and water flavouring
- Personal medical supplies and personal use of communication equipment if supplied
- Excess baggage
- Tips for local guides and crew
- Costs associated with an expedition finishing early
- Costs associated with you leaving an expedition early
- Costs associated with extending a trip due to severe weather or other circumstances
- Personal spending money
- Any other items not listed in your Trip Notes

## HOW TO BOOK

The easiest way to book your trip is online via the Adventurous Ewe website at [www.adventurousewe.co.uk](http://www.adventurousewe.co.uk). You will need to pay a non-refundable registration fee of £295 at the time of booking. It is possible to reserve a place on this challenge by emailing [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk), however you will need to pay your registration fee of £295 to confirm your place on this trek together with completing a booking form. The final balance is required to be paid no less than 6 weeks prior to departure. This can be paid in two instalments. You are welcome to fundraise for the charity of your choice if you wish to do so.

## ACCOMMODATION

### Hotels and mountain huts



Tambopaxi Lodge

You will be staying in a mixture of hotels, lodges and mountain huts during your expedition. Whilst on the trek you will be staying in comfortable mountain huts in dormitory style rooms of which you will need to provide your own sleeping bags. The huts have basic toilet facilities and running water however shower facilities are not provided. These huts range in size but are all staffed and catered.

## FOOD AND DRINKS

### Food and drinks

Quito has a wide variety of restaurants providing excellent cuisine from around the world. In the smaller towns where you stay in small hotels or hosteria, there will usually be a set meal. Ecuadorian cuisine is varied across different regions and includes excellent seafood (amazing Ceviche!), potatoes, toasted corn, and pastries stuffed with spiced meats or vegetables. For those wishing to fully immerse themselves in the local culture, you can try roasted cuy (guinea pig) – but this is strictly optional! Breakfasts usually consist of muesli, porridge, fruit, yogurt, eggs and toast. Depending on the day's itinerary lunches may be taken in a restaurant or café, or they may be provided as a packed lunch of sandwiches, fruit and biscuits. During the evenings, meals usually consist of a two-course dinner using locally sourced ingredients cooked for us by our cooks. If you have any specific dietary requirements, please let us know prior to the expedition so we can make the necessary arrangements for you. All drinking water will be provided on the trek.

## TRANSFERS

### Internal road transfers

Airport transfers and transfers to and from the start of the trekking points will be via mini bus. All mini buses are fitted with seat belts.

## INFORMATION

## CLIMB COTOPAXI, ECUADOR

### PASSPORT, VISA, INSURANCE & VACCINATIONS

#### Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. Airlines may not carry passengers holding passports with less than 6 months validity.

#### Visa

We recommend that you check with the relevant embassy for the most up to date information regarding visas. It is your responsibility to have the correct personal documents and obtain your own visa, if one is necessary. Adventurous Ewe is not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise.

Please visit the UK Foreign & Commonwealth office website, or your respective nationality governing website, for the latest travel information on Ecuador at:

[www.gov.uk/foreign-travel-advice/ecuador/entry-requirements](http://www.gov.uk/foreign-travel-advice/ecuador/entry-requirements)

#### Insurance

It is a condition of joining this trip that you are insured against medical and personal accident. It is compulsory to supply Adventurous Ewe with documentary evidence of your travel insurance prior to departure.

We also recommend that you enrol with Global Rescue prior to embarking on your trip (optional). Global Rescue is the world's premier provider of medical & security advisory and evacuation services <http://www.globalrescue.com/adventurousewe/>.

#### Vaccinations

For up to date vaccination information please check the NHS government website 'Fit for Travel' at: [www.fitfortravel.nhs.uk/destinations/south-america--antarctica/ecuador.aspx](http://www.fitfortravel.nhs.uk/destinations/south-america--antarctica/ecuador.aspx)

#### Safety

Adventurous Ewe prioritises the safety of all of their trekkers and staff, and as such have developed a thorough safety management system. This encompasses comprehensive risk assessments and procedures together with audits of all aspects of your challenge from vehicles to accommodation to the trek activities. Your health and safety is our top priority.

In terms of your Cotopaxi traverse, there are some important points outlined below:

- This expedition involves going to very high altitude. During the course of your trip you will be spending at least one night above 4,000 metres and trekking above 5,000 metres. Before joining this expedition, you should read visit this website to gain a better understanding of acclimatisation and altitude sickness: [www.traveldoctor.co.uk/altitude.htm](http://www.traveldoctor.co.uk/altitude.htm). Unless you have previous experience of trekking above 4,000 metres you should consult Adventurous Ewe before embarking on this expedition. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.
- You will be trekking along glaciers and near crevasses. Training and equipment will be provided. This includes the use of a safety harness, ropes, crampons, ice-axes, carabiner and a helmet (all of which will be supplied)
- All our guides are qualified and first aid trained and carry fully equipped medical kits for serious medical emergencies
- For your Cotopaxi and Cayambe climbs there will be a trekker:guide ratio of 2:1
- For the all other mountain ascents there will be a trekker:guide ratio of 6:1
- You will be trekking in a mountainous environment where temperatures can drop significantly. You should be prepared for all weather conditions with adequate clothing.



## INFORMATION

## CLIMB COTOPAXI, ECUADOR

### TRAVEL AWARE

The Foreign & Commonwealth Office and NHS have up-to-date advice on staying safe and healthy abroad. To keep informed of current travel news visit <https://travelhealthpro.org.uk/>



### EXPERIENCE

#### Trekking experience and level of difficulty

To complete this challenge comfortably, it is preferable that you have previous trekking experience in varied and irregular terrain carrying a 35-litre day-pack. Whilst climbing Cotopaxi is not considered difficult, it is considered a technical climb due to the use of technical climbing gear for the ascent, such as: crampons, ice axe and crevasse rescue gear. Previous experience of using crampons, ice-axes, harnesses and ropes is not required. Full instruction, support and practice sessions will be provided by your guides.

During the trek you will be required to carry your own kit and equipment including crampons, ice-axes, harness, packed lunches & snacks, drinking water, wet weather gear, additional warm layers and personal items such medication.

#### Mountain Guides

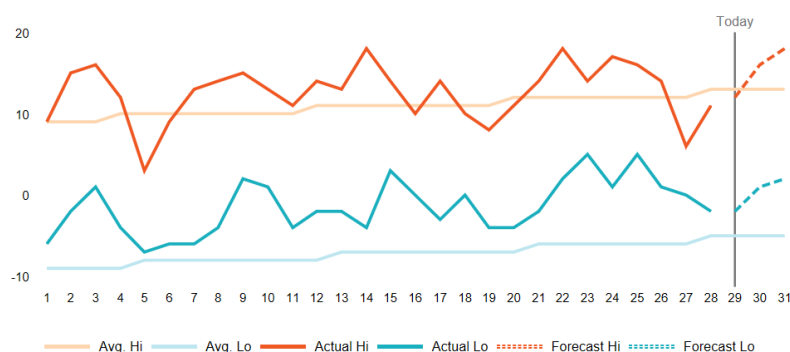
Your Mountain Guide will hold the IFMGA carnet, the highest qualification in the world for leading people in the mountains, be it skiing, climbing or mountaineering. In short, Mountain Guides are recognised internationally as mountaineering experts and your safety is paramount. All our Mountain Guides are carefully selected to ensure you have the best experience on your traverse and summit climb with a bit of humour thrown in for good measure.

### WEATHER

#### Weather

In common with other tropical countries, Ecuador does not experience the four seasons known in other parts of the world. Instead there are wet and dry seasons. The best months for climbing are from October through to April. During summer (June, July & August), the winds tend to be very strong which impacts on climbing and your expedition experience. However, conditions can change very quickly in the mountains. What can start out as a good day can soon become very poor. It is very important to be well equipped and prepared for all conditions. Please find below the temperature graph for March 2018

Temperature Graph March 2018



### Weather continued

Trekking in the mountains can be precarious and although we take important steps to manage and minimise this risk, we can never eradicate it altogether. Your Mountain Guide reserves the right to change the itinerary at any time should the conditions require it. This may be for a variety of reasons – climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

### RESPONSIBLE TOURISM

#### Responsible Travel in Ecuador

Adventurous Ewe is committed to delivering travel experiences in a responsible and ethical manner and with sustainable development at its core.

We respect and aim to operate our adventures and events to benefit local people, their cultures, economy and the environment!

Some of the responsible travel features embedded our Climb Cotopaxi Expedition are:

- Using local crew who are qualified Mountain Guides, support crew, cooks and drivers who are all extremely knowledgeable and willing to share their local way of life often with a big friendly smile
- Staying in smaller-scale locally owned accommodation
- Buying locally produced food and drink, and dining in locally owned restaurants
- Minimising plastic waste wherever possible
- Careful management of limited energy and water resources
- Offering real life experiences which promote cross-cultural understanding
- Operating with a 'leave no trace' ethos

### TRAVEL INFO

#### Money

The currency of Ecuador is the US dollar (\$US).

ATM machines can be found in Quito Airport. Most places will accept credit cards however we could recommend that you take some US dollars with you for use in the mountain huts.

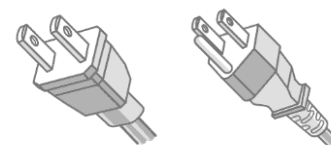
Whilst trekking we would recommend allowing \$US5 - \$US10 per day for snacks, lunches and any alcohol with your evening meal.

#### Electricity

Ecuador's electricity: the following plugs are used:

The standard voltage is 120 V and the standard frequency is 60 Hz.

Recharging is not possible in the huts. We would recommend taking your own battery charging pack if you wish to recharge cameras or phones.



### JOIN THE ADVENTUROUS EWE FLOCK

We're always keen to hear from you, help wherever we can with your trek preparations and get you bleating with your fellow flock members. You can find us on Facebook where we will set up your event so you can meet your fellow trekkers, follow us on Instagram and Youtube so you can see some great images and videos of what lies ahead in Slovenia or check out our blog for the latest write-ups on trips and top tips....

## CLIMB COTOPAXI, ECUADOR



### KIT LIST

Decent quality, durable kit could mean the difference between a fantastic expedition and an uncomfortable one. This is a list of recommended kit to take on your Climb Cotopaxi trip.

#### Clothing

- **Base layer** – preferably a synthetic wicking layer with a long sleeved top and long-johns
- **Fleece Jacket or wind-stopper**
- **Down jacket** – for use in the mountain huts
- **Trousers** - fleece or synthetic / nylon or polyester. Avoid cotton they absorb moisture easily and thereby have a cooling effect
- **Waterproofs** - breathable waterproof jacket that has a good hood. Waterproof over-trousers – it is recommended that they have a long/full length zip so you can put them on whilst still wearing boots
- **Wicking t-shirt**
- **Headwear** - warm woolly hat and cap/sunhat
- **Gloves** - a pair of thin wind stoppers plus very warm & water-proof gloves or mittens. We recommend Hestra gloves/mittens
- **Underwear** - preferably synthetic as they dry quicker
- **Buff or bandana** – for the cold and can be worn underneath your helmet for the summit climb
- **Casual warm clothes for the mountain huts**

#### Footwear

- **Boots \*** - we recommend either double mountaineering boots or insulated mountain boots designed for the conditions encountered at 6,000 metres. Examples of the latter type of boot are the Sportiva Batura 2 and the Scarpa Phantom Guide
- **Gaiters**
- **Trainers** – or approach shoes to wear in the evenings. Slippers will be provided in some mountain huts
- **Socks** – 3 pairs, ideally merino wool and liner socks

#### Bags

- **Kit bag** – must be a soft bag. This bag will remain at our base during the trek
- **Rucksack** - 50 litre rucksack to carry your own clothing, water-proofs, water, food, camera, and all personal kit required. A rucksack liner/dry bag is recommended
- **Dry bags** – a selection of dry bags to keep kit bag contents dry and organised

### Equipment

- **Crampons \***
- **Ice axe \***
- **Climbing harness with karabiner \***
- **Climbing helmet \***
- **Water bottles** - we suggest a 2-3 litre capacity. Plus a thermos for hot water
- **Head torch & spare batteries**
- **Sun glasses** – these are essential. They must have strong UVA/UVB protection
- **Ski goggles** - these are essential
- **Trekking pole(s)** - optional
- **Sleeping bag** – minimum comfort rate of -10°C for mountain huts
- **Sleeping bag liner** - optional for your sleeping bag

### Documents

- **Passport**
- **Visa** - (if required)
- **Insurance certificate / policy**
- **Cash** - the currency in Ecuador is \$US dollars
- **Debit and credit cards**

### Miscellaneous kit

- **Sun screen and lip block** – SPF30 as a minimum
- **Swimwear** - for use in thermal baths
- **Small towel**
- **Camera** – recharge facilities in the mountain huts will not be available
- **Toiletries** - Including wet-wipes (ensure these are biodegradable), toilet roll & nappy sacks (for toilet paper rubbish on the mountain)
- **Personal First Aid** - please bring any personal medication plus paracetamol, brufen, rehydration sachets, antibacterial hand gel and plasters/Compeed blister pads, zinc oxide or Rock tape, antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) and insect repellent
- **Pen-knife** - remember to pack sharp objects in hold baggage
- **Repair kit** – eg. needle, thread, duct tape

### Nice to have

- Ear plugs for the mountain huts
- Battery charging pack for camera and phone
- Favourite snacks, both sweet and savoury
- Something to flavour your drinking water ie. Robinson's squash (mini 66ml size), Zero tablets etc.
- Hand towel if you wish to wash your face in the mountain huts
- Alarm clock
- Duct tape for emergency repairs – (wrap some around your trekking pole or drink bottle rather than carrying a whole roll)
- Spare clothes for casual wear in Quito and travel clothes

**Equipment hire:** Items marked \* can be hired locally in Quito. The contract for any hire equipment will be between the hire shop and the client and not with Adventurous Ewe. However, any hire equipment required can be reserved in advance through the Adventurous Ewe office. The approximate price\*\* for hire equipment is given below.

- |                                    |        |
|------------------------------------|--------|
| • 12-point crampons:               | \$US45 |
| • Ice axe:                         | \$US30 |
| • Climbing harness with karabiner: | \$US50 |
| • Climbing helmet:                 | \$US30 |

\*\* The above prices are approximate and for guidance only. Adventurous Ewe cannot accept any responsibility for changes to the price of hire equipment.





### PACKING TIPS

Check out Outdoorhire's useful tips on how to pack your kit bag [here](#). Remember you must carry your day-pack, so don't over pack and train with the weight including 2-3 litres of water!

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

### CLOTHES

Temperatures can fluctuate enormously from day-night and between the bottom of the mountain and the summit. Lots of light layers are key, as well as a down jacket for the mountain huts. Make sure that you wear and test your kit before arrival, particularly your hiking boots. Also pack your kit in dry bags.

### SLEEPING

Bedding is not provided in the mountain huts, so you must bring your own sleeping bag. If you particularly feel the cold then ensure you have a suitable sleeping bag and bring warm thermals to sleep in. Another handy tip is to keep your camera in your sleeping liner/bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

### HYDRATION

Hydration is key when you are trekking in the mountains, as with all sports. There are several ways to get the right fluids into your body, water bottles and thermos. Water bottles are easier to fill up in mountain streams than a water bladder which will tend to freeze even with an insulated pipe. It's always handy to have a bottle which you can add flavouring too as well.

### HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide or Rock tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots.

When applying your sunscreen, make sure that you cover the backs of your hands as well as your face, neck and ears. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.

Please ensure you use your antibacterial hand gel at all times to minimise the spread of any germs throughout your fellow flock of trekkers!