



CHIMBORAZO : ECUADOR

## Mt. Chimborazo Climb For Hope Expedition

Earth Treks' Climb For Hope Ecuador 2011 expedition will be climbing the tallest volcano in Ecuador - Chimborazo (20,585 feet; 6282 meters). We will also ascend Rucu Pichincha (15,728 ft) & Iliniza Norte (16,817 ft) in preparation for Chimborazo. Due to Chimborazo's proximity to the equator, this famous peak is actually the world's tallest mountain *as measured from the center of the earth!* The views from the summit are breathtaking, overlooking the fabled town of Riobamba & the Chambo River Valley.

The climb to the summit of Chimborazo is challenging, and our itinerary is designed to maximize our chances of summiting. In addition to the acclimatization climbs, we have scheduled in rest days and have split the climb of Chimbo into two days. We will be placing a high camp at the foot of the glacier, shortening our summit day to less than 3000 feet. However the climb will still be very challenging: crevasses, steep slopes, and a long distance from camp to summit. For those of us who've climbed Cotopaxi or Kilimanjaro, Chimborazo is an excellent next step.

**Earth Treks has led well over 175 expeditions since 1990.** This expedition will be led by Chris Warner, who has summited Chimborazo more than a dozen times. He will be accompanied by a team of guides from our partner company in Ecuador. Hard skills during this expedition include: glacier travel, rope team efficiency, knots, ice axe usage, crampon technique, self-arrest on a glacier, steep ice technique, and may include lessons on glacier morphology, packing, weather and climate.

**This expedition is challenging.** Choosing to join this team requires a commitment to be in excellent physical shape, capable of carrying camping and climbing equipment to 17,500 feet. Please do not underestimate the challenge.





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It is important for you to understand that your Earth Treks guides will do everything in their power to help you get to the summit, but not without managing the inherent risks associated with climbing. By climbing in small teams led by experienced guides, we maintain the flexibility needed to maximize each person's chances of summiting. It is important to note that your guides will review each individual's skills, endurance and medical background to be certain that each person is fit and healthy enough to take on a challenge of this magnitude. We reserve the right to turn down applications based on health or fitness.

JODI'S  
**CLIMB FOR HOPE**  
STEPPING UP TO BEAT BREAST CANCER 

**Climb for Hope, Inc. (CFH)**, a not-for-profit 501(c)3 organization, was created in April 2006 to help fund the search for the next viable treatment for advanced breast cancer. CFH raises money and donates it in the most promising research trials.

In four years, they have raised over **\$450,000**, for a vaccine being developed at Johns Hopkins University. Not only does the vaccine address some of the most aggressive and lethal forms of breast cancer, but the research is expected to derive advances for many forms of cancer as well.



Climb for Hope will achieve its mission and vision through mountaineering expeditions. In these expeditions, each participant must raise a minimum amount and pay their own transportation. Our challenging climbs give participants a small taste of the suffering breast cancer patient experience. **We climb for our mothers, our sisters, our daughters and our wives – and for hope.**



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## **Daily Itinerary**

**Day 1 (Aug 8):** Depart the USA and arrive in the capital city of Quito, Ecuador in the evening. Transfer to our hotel. We stay in a small, family-run hotel that is located in the center of the city.

**Day 2 (Aug 9):** Start the day with breakfast and discussions including: introductions, itinerary overview, expectations, acclimatization, hygiene/medical, safety, do's & don'ts and amenities. In the afternoon we will take a few hours to begin our altitude training schedule by taking a tour of the cathedrals, sights and culture of the historic district of Old Town Quito (9,400 feet), gaining views of the surrounding area. We will also prepare packs and gear for Pinchincha the following morning.

**Day 3 (Aug 10):** Our first objective is Mt. Pichincha, a 15,728-foot volcano that rises above Quito. Depending on the conditions of the routes and our group, we may ascend this peak via a technical rock ridge with the colorful local name of Ventana de Morte. This is a very rewarding climb, preparing both our bodies and our minds for the Cotopaxi climb. Our climb ends with a 15-minute gondola ride from a ridge on Pichincha which will expedite our descent to the hotel in Quito.

**Day 4 (Aug 11):** The day will be spent arranging our gear for Chimborazo. Mountain boots & crampons will be fitted, backpacks adjusted, and all equipment on our list double checked to ensure no detail is overlooked prior to heading to the mountains. We will prepare travel bags & our mountain equipment as we will be on the road for the next 5 days. Quito has a wide array of specialty stores that can handle any last-minute needs. There will also be some time to shop at a local artisans market for handcrafted gifts.

**Day 5 (Aug 12):** We will travel south from Quito to ascend Illiniza Norte (16817 feet, 5126 meters). This will be a long day with an approximate 6 miles of travel miles of travel (12 roundtrip) and 3,800 feet of elevation gain to reach this amazing summit. We will spend the evening in a local inn.

**Day 6 (Aug 13):** Travel to the Chimborazo Carrel hut (15,900 feet 4850 meters).

**Day 7 (Aug 14):** Travel to Camp I to spend the night at camp at the base of the glacier (17,550 feet. 5350 meters).

**Day 8 (Aug 15):** Starting at midnight, we will climb to the summit of Chimborazo - hopefully summiting at dawn. We will be rewarded with awe-inspiring views of the surrounding peaks and valleys from the highest point from the center of the earth! We will then descend and return to Quito in the evening. The day will finish with a well deserved celebratory dinner.

**Day 9 (Aug 16):** Extra day. In case of bad weather, mountain conditions, etc.

**Day 10 (Aug 17):** Fly Home!



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## Chimborazo Expedition Equipment List

We have divided this list into several parts in order to facilitate shopping and packing. Please do not hesitate to call if you have any questions regarding the items on this list. In many cases, while shopping you will be presented with several manufacturers products to choose from. Please consult the sales staff before spending a lot of money on something that might not meet your needs.

While touring in the highlands, we can expect daytime temperatures in the 70's, evening temps in the 50's, and occasional rain showers. While in the mountains, we can expect highs in the 50's and lows of minus 10 degrees. We have not specified the number of clothing items you should bring, so please base your decision on the size of your baggage, length of your trip and your likelihood of rolling around in the mud. Laundry services are available while in the city. Some clothing/equipment will be used for several portions of the trip.

Earth Treks will supply the following: Guides, group climbing gear, group camping gear and first aid supplies. The items marked with an \* are included as part of your expedition. Please complete your application and **indicate your shoe size**.

### CITY / TRAVEL

- T-Shirts
- Shorts
- Long sleeved shirts (at least one suitable for wear in a nice restaurant)
- Long pants
- Underwear
- Socks
- Tennis shoes or walking shoes which are good for extended city walks
- Fleece jacket
- Passport style wallet (worn around neck) or waist belt style wallet
- \$350 to \$500 spending money (restaurant meals, gifts, staff/guide tips, approximately \$40 departure tax)
- Sunglasses (or glacier glasses—see below)
- Baseball hat or visor (be sure the underside of the brim isn't white)

### CLIMBING CLOTHING

- Lightweight balaclava
- Wool/Polarfleece hat
- **2 pairs** of lightweight glove liners or wind-stopper fleece gloves (that fit under the mountaineering glove/mitten—see below)
- Mountaineering gloves or mittens insulated enough for the Arctic, i.e. Gore-tex shelled with removable inner liner (**DO NOT SKIMP ON THIS ITEM**) *Example product: Outdoor Research Alti Gloves or Mitts*



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## Chimborazo Expedition Equipment List Continued

### CLIMBING CLOTHING CONT.

- Gore-tex jacket and pants
- **2 pairs** of heavy weight wool socks. *Example product: Thorlo or Smartwool brand in mountaineering weight*
- Hiking boots (light to medium weight)
- Bandanas
- Non-cotton underwear (men- capilene boxers or briefs / women- polypro sports bras, cotton or polypro briefs are ok)
- Silk-weight capilene (or other wicking synthetic) t-shirts
- Quick-dry shorts (can be same as city travel shorts)
- Long underwear (1 pair of mid-weight and 1 pair of expedition weight (100-200 weight or R2), capilene tops and bottoms). White or light colored tops are better than dark colors to reflect the sun.
- Down or synthetic filled insulated jacket (lightweight and packable) sized to fit over all of your insulation layers and Gore-tex outer shell. One with an attached hood is highly recommended. *Example products: Patagonia DAS Parka or Mountain Hardwear Sub Zero*
- Gaiters (Sized to fit over mountain boots.) *Example product: Outdoor Research Crocodiles*

### EQUIPMENT PROVIDED BY EARTH TREKS

Earth Treks will provide the following *\*asterisked\** items but feel free to bring your own if you already have them.

- \* 2 Locking carabiners
- \* Climbing harness (with belay loop and adjustable leg loops)
- \* Mountaineering boots (if you wish to purchase your own call us for details)
- \* Ice Axe (approximately 60 to 70 cm length) with a long leash
- \* Pair of crampons (step-in crampons with anti-balling plates are strongly recommended)

### GENERAL EQUIPMENT

- Passport/Visa. US citizens do not need a visa. International citizens: plan ahead - it may take 2 months to receive your visa. Make sure that your passport expiration date is at least 9 months beyond your departure date. Check with the US Department of State ([www.travel.state.gov](http://www.travel.state.gov)) for details and requirements.
- Day pack (for city, climbs and hikes; large volume 2000 cubic inch or more)
- Backpack (5,000 cubic inch or more)
- Pack Cover (Optional)
- Compact sleeping bag, with stuff sack, rated: -10 degrees to zero degrees Fahrenheit.
- Thermarest pad (72" long)
- Stuff sacks (or plastic bags to help organize your gear)
- Collapsible/Telescoping ski or trekking poles



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## Chimborazo Expedition Equipment List Continued

### GENERAL EQUIPMENT CONT.

- Headlamp with spare batteries and bulbs
- 4 Large heavy plastic garbage bags
- 6 Ziplock plastic bags (for books and organizing small items)
- Glacier glasses with strap (should have dark lenses and full side coverage)
- Ski goggles
- Sunblock and lipblock (bring SPF25 or stronger), sunscreen (SPF8 to 12)
- Toilet articles (tooth brush, Pural type handwash, biodegradable soap, wash and dry towelettes, hand towel, shampoo, tampons, multi-vitamins, moisturizing lotion, etc.)
- Personal first aid kit (including band aids, ibuprofen, Tylenol, Roloids, Pepto-Bismol tablets, Imodium A-D, moleskin and molefoam, cough drops, and personal medications including 500 mg time release Diamox capsules and one course of Ciprofloxin - see your application, general information medical section, for details.)
- Ear Plugs (a nice item for sleeping during the afternoon in huts)
- Locks for your luggage
- 6-8 zip-ties for luggage zippers
- Energy Food and Snacks (see attached Food & Hydration Recommendations list)
- Hydration System (see attached Food & Hydration Recommendations list)

### OPTIONAL ITEMS

- Camera (spare battery, extra media cards, etc)
- Journal, sketch pad, paperback books, portable music (with replaceable batteries or battery pack)
- Pocket Spanish phrase book and dictionary

### NOTES

Pack all equipment in 2 duffle bags. Make sure that you weigh your bags as most airlines are strict about a 50 lb limit (especially if you are traveling during the post December holiday season). To lock your baggage, use zip-ties or TSA approved locks. Once in the country you can lock your bags with your travel locks. For the climbing portion of the trip, you will carry your gear in your pack from the road head to the climbers' hut. One of your duffle bags will be used to store any clothing at our hotel that you will not take on the climb.

The amount of fun you will have on this trip is directly proportional to how comfortable you are. The extra dollars and time you spend acquiring quality climbing gear and warm clothing will be your guarantee of comfort.

**These items are hard to find in Quito, save yourself a lot of headaches and money, and bring them from home!**



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## Food and Hydration Recommendations

In the sport of mountaineering, providing your body with the necessary fuel to get to the summit is critical. We recommend the combined use of energy gels and bars such as GU, Clif Shots, Gu Chomps, Shot Blok, and Clif bars. These "energy foods" provide a stable release of energy unlike the sugar rush that a candy bar's will. They require very little digestive energy to metabolize, and are designed to be taken with a few sips of water.

**We recommend the following numbers as a minimum per person.**

Pichincha- 2 Bars and 2 Gels/ Chomps/ Blocks

Cotopaxi- 3 Bars and 8 Gels/ Chomps/ Blocks

**Please Note: We DO NOT recommend Power Bar brand bars since they are prone to freezing and require larger amounts of water to properly digest.** It is recommended that you sample a few different types to see how your body processes this type of food. We also recommend that you bring a variety of flavors. On summit day about the time you go for the fifth Lemon Sublime GU, your taste buds may not cooperate....

**For additional information check out:**

- GU- [www.guenergy.com](http://www.guenergy.com)
- Clif- [www.clifbar.com](http://www.clifbar.com)

**You WILL NOT find this type of product in Quito, so it is IMPERATIVE that you bring the number you think you are going to need for the expedition.**

Maintaining hydration is a difficult task in the hostile environment we will be climbing in. Consider this fact: 1% dehydration results in a 10% DECREASE in physical ability. Earth Treks has found that the use of a Hydration Pack, allowing you to drink on the go, greatly reduces the chances of becoming dehydrated. The hydration system we recommend is a 2 quart hydration pack with an insulated hose. In addition a 1 quart water bottle with an insulated water bottle parka (with a zippered lid) is required. This combination will give you 3 quarts of water, which is enough for a trip to the summit.

**Here is the hydration system we strongly recommend:**

- **Hydration Pack**- *Example product: Camelbak Zoid*
- **Quart Water Bottle** - *Example product: Nalgene 1 Qt Wide Mouth*
- **Water Bottle Parka** - Must fully enclose the water bottle, including top.  
*Example product: Outdoor Research Water Bottle Parka*

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