



Climbing-

- Climbing harness;
- 5 meters / 15 feet of 6mm climber's accessory cord
- Figure 8/Abseil belay device;
- 1 large mitten sized ascender (most members use the large petzl) and arm length leash;
- 2 locking carabiners, 1 large and 1 small;
- 4 regular carabiners;
- Ice axe w/leash;
- Crampons - must fit boots perfectly. Steel crampons with anti-balling (anti-bot) plates are the best;
- Adjustable trekking poles;
- Helmet;

Upper Body-

- 2 cotton t-shirts;
- 2 polypropylene t-shirt;
- 2 long sleeve polypropylene shirts, lightweight;
- 1 polar fleece pullovers, medium weight;
- 1 polar fleece jacket.
- Gore-Tex jacket with hood, waterproof and breathable;
- Lightweight down jacket for those chilly days in basecamp;
- For high altitude use, 1 very warm goose-down (duvet) jacket with hood, you may prefer a down/duvet suit;

Hands-

- 1 pr. lightweight poly-liner gloves. These will be worn when tying knots, but not inside your mitts;
- 1 pr. Gore-Tex Gloves
- 1 pair Down mittens or 1 over mitt matched with the very warm synthetic down mitt liner

Head-

- Warm hat wool or synthetic that covers your ears;
- Balaclava;
- Face mask;
- Ball cap or brimmed sun cap;
- Glacier sunglasses with high protection UV rating;



- 1 pair ski goggles with light and dark lens;
- Headlamp with extra batteries and bulbs;
- Bandana or head scarf/Buff, also useful for dusty conditions.

Lower Body-

- Cotton underwear briefs;
- 1 pair walking shorts;
- 1 pair walking trousers for trekking and around camp;
- 2 pair lightweight thermal bottoms;
- 1 pair medium or expedition weight thermal bottoms;
- 1 pair polar fleece trousers;
- 1 pair Gore-Tex trousers, salopettes, or bibs. Waterproof/breathable with full side zips;
- 1 pr. Goose-down (duvet) trousers, salopettes or bibs. You may prefer a down (duvet) suit.
- Your clothing should be kept dry using waterproof stuff sacks, bin-liners, or large plastic bags.

Feet-

- 1 pair Scarpa Phantom 8000, La Sportive Olympus months or Millet Everest boots or equivalent;
- 1 pair sturdy leather walking boots with good ankle support (we mean leather trekking, not climbing boots) for the walk to advanced basecamp;
- 1 pair trainers, running shoes and/or sandals for Kathmandu and in camp;
- 1 pair down booties (optional);
- 2 pair med-heavy poly or wool socks;
- 2 pair of liner socks. Polypropylene or wool;
- vapor barrier liner socks or plastic bread-bags;
- 2 pair lightweight trekking socks, poly or wool;
- Cotton socks for in town.

Sleeping-

- For high altitude, 1 down (duvet) sleeping bag (rated to – 20 Centigrade or -0 Fahrenheit). In the high camp, you can sleep in your down (duvet) clothing inside your sleeping bag;
- 1 additional sleeping bag for basecamp (good to -20 degrees C or 0 degrees F);
- At least 2 closed cell foam Kari-mats for use at high altitude; we do not recommend inflatable mats, as we have never seen one not puncture. If you want the extra comfort of an inflatable matt, make sure you have a repair kit and back up;
- 1 liter Pie Bottle, so you don't have to get up in the Night!



- Your sleeping bags should be kept dry using waterproof stuff sacks, bin-liners, or large plastic bags. back to top

Rucksack and Travel Bags-

- 1 small rucksack (25-35 liters, for the trek);
- 1 medium rucksack (50-60 liters / 3000-4500 cubic inches, for the climb);
- 2 large (120 L / 7500 cubic inch) duffel kit bags for clothing and equipment. Must be durable for use on pack animals;
- Small padlocks for duffel kit bags.

Drinking & Eating-

- 2 x 1 liter Nalgene bottles with insulation
- 1 liter Thermos (optional)
- Steripen (optional); water purification filter freeze at altitude.
- Plastic cup, spoon etc. for high camps.
- Powder Energy drinks, Iso star, Gatorade etc.

Personal Hygiene-

- female or male hygiene supplies;
- 2 tubes lip sun cream, 1 large tube skin sun cream (min.factor 15);
- 1 toothpaste/brush;
- 1 bar soap
- hand sanitizer gel
- 1 small towel;
- Baby wipes.

Medical-

Medications are inexpensive and readily available in Kathmandu with no doctor`s prescription:

- Small personal first-aid kit. (Simple and Light) Aspirin, first-aid tape, plasters (Band-Aids), personal medications, etc. The leaders will have extensive first-aid kits, so leave anything extra behind. Please let your leader know about any medical issues before the climb;
- 1 skin blister repair kit;
- 1 small bottle anti-diarrhea pills;
- 1 small bottle anti-headache pills;
- 1 small bottle cough and/or cold medicine;



- 1 small bottle anti-altitude sickness pills: Diamox, Acetylzolamide.
- 1 small bottle stomach antibiotic: Ciprofloxacin, etc.;
- Do not bring sleeping pills. They are a respiratory depressant;
- 1 set earplugs;
- Extra prescription glasses, contact lens supplies. Contact lens wearers, please bring glasses in case of emergency.