



This list has been carefully compiled by our Everest and other 6000+ expedition leaders. Please do not cut corners on the quality of your gear. The listed gears below are for mountain and himalayan peak from 4000 to 7000M.

## Equipment Checklist

### Mountain climbing Gears

- \* Helmet ( Black diamond, Petzel )
- \* Alpine Ice Axe (65-70cm)
- \* A mountaineering harness, with adjustable leg loops.
- \* Carabiners: 3 locking and 6 regular
- \* Rappel device: ATC or figure 8

### Mountaineering boots

- \* Mountaineering boots suitable for above 6000m; La Sportiva Gsm2 or equivalent
- \* Hiking shoes for the trek to base camp with ankle protection
- \* Gaiters
- \* Thermal mountaineering socks or equivalent: 6 pairs
- \* Liner socks or equivalent: 3 pairs

### Body Layers:

- \* 2 merino base layers: top / bottom set
- \* 1 mid layer top: breathable Underwear
- \* Lightweight Nylon Pants: 1 pair
- \* Hooded Soft Shell jacket To be worn over other layers
- \* Soft Shell Guide Pants: Gore Tex and breathable
- \* Hooded Hard Shell: Gore Tex and breathable
- \* Hard Shell Pants: Gore Tex and breathable, big enough to wear over your guide trousers
- \* Insulated Down Jacket with hood: North Face Himalayan parka or equivalent
- \* Insulated synthetic Pants: Worn primarily when climbing below Camp 2
- \* Long jones equivalent to Rab's Polartec or equivalent: 2 pairs

### **Headgear and Hand wear:**

- \* Wool hat (ski hat)
- \* Sunhat: To shade your face / neck from the sun on a hot day
- \* Buff: To protect your neck / face from the sun
- \* Under helmet Balaclava
- \* Glacier glasses: Full protection with side covers or wrap around
- \* Ski goggles: To be worn on summit day in the event of high winds
- \* Lightweight synthetic liner gloves: For wearing on a hot day; 2 pairs
- \* Soft shell gloves: To wear for moderate cold / wind
- \* Shell glove with insulated liner: To wear for severe cold / strong wind
- \* Expedition Mitts for bad weather

### **Personal Gear:**

- \* Expedition Backpack: 65L pack should be large enough.
- \* Trekking Backpack: To carry on the trek to base camp. Simple and light.
- \* Sleeping Bag: Rated to at least -40°F. Goose down or synthetic
- \* Compression stuff sacks: 3 large ones; for reducing volume of the sleeping bag, down parka, etc., in your pack.
- \* High Quality sleeping pad (1 for base camp and 1 for high camps): Full length is preferred.
- \* Closed cell foam pad: To be used in conjunction with the inflating pad for warmth and comfort when sleeping.
- \* Trekking poles with snow baskets: Adjustable poles
- \* Cup: Plastic insulated cup for drinking
- \* Bowl: A plastic bowl for eating dinner or breakfast
- \* Spoon: Plastic spoon
- \* Head torch: 1 normal for base camp and 1 with remote battery systems for climbing at night. This will be used whilst climbing at night
- \* Sunscreen: SPF 50 or above
- \* Lip balm with sunblock
- \* Water bottles: 2 wide mouth bottles with 1 liter capacity
- \* Water bottle parkas (2): fully insulated with zip opening
- \* Thermos: 1 litre (buy a good ones to keep your water warm for longer hours)
- \* Pee bottle: 1 litre minimum bottle for convenience at night in the tent

- \* Toiletry bag: Include toilet paper and hand sanitizer and small towel
- \* Hand warmers & toe warmers
- \* Pen Knife or multi tool (optional)
- \* Camera: bring extra batteries and memory cards
- \* Personal solar charging system (optional but recommended)
- \* Travel Clothes
- \* Duffel bags (2) with locks: To transport equipment
- \* Base Camp extra Items: Kindle, I pad, books, smart phone, etc
- \* Snack food: Please bring a few days of your favourite climbing snack food such as bars, energy gels, nuts, beef jerky, etc. A variety of salty and sweet is recommended to give you extra energy.
- \* Small personal first aid kit: Include athletic tape, Band-Aid's, Ibuprofen, blister care, personal medications, etc
- \* Medications and Prescriptions: Bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox and dexamethasone\*