

REQUIRED CLOTHING AND EQUIPMENT LIST

CLOTHING – CLIMBING

Mountaineering boots – 1 pair. Insulated boots suitable to the altitude you'll be ascending. Scarpa, Millet, La Sportiva all make different models of boot for different degrees of cold and technicality. Comfort and warmth are far more important than technical climbing ability, so steer clear of ultralight ice climbing boots. Here's a link to a retail outlet which shows the various models of boot (that they sell) for different altitudes. <https://www.adventurepeaks.com/choose-mountaineering-boot-7000m-peaks/>

Down Booties - Optional but can be very useful for keeping feet warm in your sleeping bag at altitude. As light as possible.

Socks – 4 -6 pairs. Some people like to wear two pairs of socks and that's fine. I generally don't, because I find the inner sock rides down and bunches up around my foot. So I use mid weight socks (eg [Bridgedale explorer](#)) for trekking and altitude up to 7500 metres and then combine those with thick woollen socks for high altitude (7500 metres +).

Underwear – It is vitally important that you find underwear that doesn't chafe. You shouldn't need more than 4 or 5 pairs as there'll be time in basecamp to wash clothes. Synthetics wick better, wool smells less.

Thermal Underwear – 2 – 3 sets. I prefer lightweight thermals as it can get pretty hot up on the mountains and, if needed, I can wear 2 pairs at a time, although I don't think I've ever actually done that.

Fleece or softshell pants – 1 pair. I like salopettes, as backpacks can cause your pants to ride down but pants with a soft belt will do.

Short sleeve synthetic shirt – 1 or 2. Preferably with a collar for sun protection.

Long sleeve synthetic shirt – 1 or 2. With collar for sun protection.

Fleece or softshell jacket -1. Preferably with hand warmer pockets at chest level.

Hardshell pants or salopettes -1 pair. This is your most important layer. It must be 100% waterproof and also be breathable, eg Goretex. Ideally it should have full side zips so it can be put on or removed without having to take off your boots.

Hardshell jacket- 1. This is your most important layer. It must be 100% waterproof and also be breathable, eg Goretex. Ideally, the jacket will only come halfway down your bum so it can be tucked into your climbing harness. The hood should be large enough to go over your helmet. It should have underarm ventilation zips. It should have handwarmer pockets at chest level, not down at the waist, as waist pockets are useless once the jacket is tucked inside your harness. Napoleon pockets are not useful for general mountaineering; handwarmer pockets are

what you need. Many manufacturers are using very fine zips – avoid these if you can. A chunky zip that can deal with a bit of ice build up is better.

Insulated pants - 1. Synthetic or down. These are great for cold nights at basecamp and may be needed on the summit day on 6000 metre and 7000 metre ascents. Ideally they should have full side zips like your shell pants. They should be a relaxed fit.

Insulated jacket – 1. Synthetic or down. Essential for basecamp and higher camps. Will almost certainly be needed on the summit day on 6000 and 7000 metre peaks. Ideally it will have hand warmer pockets rather than waist level pockets, a big hood and internal storage pockets for water bottles and food items. Chunky zip preferred.

Downsuit or Extreme Altitude Down jacket and pants – only if climbing above 7500 metres. There are numerous manufacturers out there. And plenty of second hand items available as well. Mountain Hardwear, The North Face, RAB, MONT all make great suits.

Beanie 2. Lightweight.

Balaclava 2 Lightweight.

Sun hat 1. Preferably with chin strap

Buff 2. Great for protecting the neck and face if the wind picks up.

Lightweight liner gloves 2 pairs, synthetic, close fitting.

Windstopper/softshell gloves: 1 pair

Shell glove with insulated liner. 1 pair

Heavy weight insulated mittens. 1 pair. Large enough to comfortably wear liner gloves inside.

Glacier Glasses 1 pair. Must be category 4.

Ski Goggles 1 pair.

CLOTHING - TREKKING

Much of your trekking clothing can be taken from your mountain clothing. However you'll need the following items as well

Walking boots - 1 pair. Medium weight. Be sure they are large enough to wear with thicker socks and for 8 or more hours per day.

Runners - 1 pair. For around town and around basecamp and as a backup in case your walking boots fail.

Shorts - 1 pair

Trousers 1 pair. I like the ones with the zip off legs.

PERSONAL CLIMBING EQUIPMENT

Backpack	1. 65 – 70 litres is ideal. Wear it before you come and be sure it will fit comfortably over your down jacket and other clothing. The lighter the better. A single compartment backpack is better than dual compartment with zippers that can fail.
Ice Axe	1. Approximately 65 – 70 cm.
Crampons	1 pair. General mountaineering crampons. Ensure they fit your boots paying particular attention to the attachment configuration. Clip on/strap on/combo. Bring a spare extension bar.
Ski poles	1 pair. With snow baskets. Adjustable length.
Helmet.	1. Must fit over your beanie/balaclava. Must have appropriate clips to hold headlamp.
Headlamp	1. Must take replaceable batteries – AAA or AA. Don't bring a rechargeable headlamp. Petzl and Black Diamond both make great headlamps. Many of the other brands fail during expeditions. Must have a headband that will fit onto your helmet. Bring at least 2 spare sets of batteries. They should be Energiser Lithium or similar which work best in the cold. (Remember that airline regulations now <u>require you to carry these batteries in your hand luggage</u> on the plane, not your main luggage.)
Ascender	1. Right or left handed. Petzl, Black Diamond etc all make excellent ascenders.)
Alpine Climbing Harness	1. Should have adjustable leg loops. Not a rock climbing 'sport' harness.
Carabiners	3 locking carabiners and 3 snap link (can be wire gate or standard)
Abseil/rappel device	1. Figure of 8 or ATC or similar. Lightweight is fine.

SLEEPING EQUIPMENT for the MOUNTAIN and the TREK

Sleeping bag.	1 rated to -20C if trekking/climbing below 7500 metres. Full zip for ventilation when needed.
Additional sleeping bag	1 rated to -40C if climbing above 7500 metres.
Closed cell foam matt	1. Expedition rated. Such as Ridgerest This is for insulation not comfort.
Self inflating mattress.	1. The lighter the better. Such as Thermarest Prolite this is for comfort not insulation.
Pee bottle	1. These are really useful in the cold, dark night at altitude. Make sure it is a different shape to your drinking bottles!! Ladies consider a SheWee or similar.

EATING & DRINKING

Bowl	1. Plastic. Large. Preferably unbreakable like lexan.
Cup	1. Plastic. Preferably unbreakable like Lexan. Bring a big one.
Spoon	2. Plastic. Preferably unbreakable like Lexan.
Waterbottles	At least 2. Plastic not metal. Preferably unbreakable like the Lexan bottles. Must have a wide mouth. Eg Nalgene . Waterbottle insulating sleeves are very useful but not essential.
Thermos	1. 1 litre. Not essential but nice to have on cold days.

GENERAL ITEMS

Toiletries -	Personal toiletries for the duration of the expedition. Include 2 or 3 small hand sanitiser tubes for the trek and on the mountain.
Sunscreen	SPF50 or better
Lipscreen	SPF30 or better
Handwarmers & toe warmers – 3 packets of each.	
Personal first aid kit	Small. Should contain Paracetamol, Ibuprofen, bandaids, blister protection, personal medications, Acetazolomide (Diamox) and some antibiotics for gut infections.
Penknife/multi tool	Lightweight is good.
Camera	Bring whatever you like for the trek but go compact on the hill. Every gram counts.
Kindle	
MP3/Ipod	unless you can sing. Ensure you have a 12 volt charging lead.
Compression stuff sacks	Bring several as these are really useful for compacting your sleeping bag, downjacket etc.
Pack liner	Essential for the trek in case of rain. Useful on the mountain also.
Duffel bags	2. Water proof and abrasion resistant. For transporting your gear to the mountain.
Garbage/Trash bags.	Bring half a dozen extra large bags for waterproofing your items inside the duffel bags in case of heavy rain.
Travel clothes	For days in Kathmandu

- Snacks Bring your favourite energy snacks for the trek and hard climbing days – gels, bars, etc. Tastes change at altitude so a variety of sweet and salty is recommended.
- Travel Clothes For pre and post expedition time in town. Don't bring too much. 1 t-shirt, 1 pair of jeans, 1 pair of shorts/skirt etc.