



# EVEREST CLIMB EQUIPMENT LIST

Having the right equipment on your Everest expedition will make almost as much difference to your success, safety, comfort, and enjoyment as any physical training you do. It is essential that you take the time to acquire the correct gear; don't wait for the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online and at your local gear store. The purpose of this gear list is to help guide your purchases. Often salespeople in your local shop do not have first hand knowledge of high-altitude climbing, so be sure to balance their advice with what you read here. And do not hesitate to call us Damian, Willie, or Georgie, for more information on any of these items. We have strived to create a list heavy on detail, but there are always further questions!

This list is a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our current suggested brand list we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you.

During your time in the Khumbu you will encounter a very wide range of temperatures and weather conditions. At one end of this range is the pleasantly warm and beautiful low land, while at the other end of the spectrum is found the cold and often windy weather of the highest peaks in the world. The equipment you bring must function well in a wide variety of conditions. Your clothing should be warm, lightweight, dry quickly, and allow good freedom of movement. The layering principle, based on several thin layers of insulation (rather than one thick one), covered with an outer weatherproof shell, meets these needs well.

Finally, a note on our recommendations: these are products, which our guides have used extensively and been happy with. Purchasing the specific items listed below will ensure you have the right tool for the job, but there are other options on the market.

**If you have questions please give us a call: (801) 783-3216**

## **A NOTE ON PACKING**

For your international flights we recommend that you pack all your equipment in your two duffel bags. Do not simply pack your backpack (since the straps can be damaged by the baggage handling machines). It is important to lock these bags for their trip. Depending on the airport, you may be able to put your travel locks on after TSA has searched the bags. If not, Lock the bags with Zip Ties. If the TSA cuts off the zip-tie to search your bag, they will replace it. You will still need the travel locks to lock your bags in the hotel and during the expedition.

Generally, you will take two duffels up to Base Camp, and leave one in the hotel in Kathmandu with your belongings for your time in the city. Your trek in duffel will only be accessible in the evenings (with items such as changes of clothing, sleeping bag), and your day pack will hold vitals such a water, layering, blister kit and camera. Your climbing gear can be sent on up to Base Camp in a third duffel.



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Pack & Bags	Guide's Choices
2 Duffle Bags- At least one bag should be extremely durable, waterproof, and big! You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own, plus what you anticipate buying.	The North Face Base Camp Duffel Bag XXL
1 Small duffle bag *please see <a href="#">A NOTE ON PACKING</a> on page 1 (bag stays in Kathmandu locked away with city clothes)	The North Face Base Camp Duffel Bag Small.
Trekking or Day Pack. (Optional but recommended). Small pack approx. 25 to 35 liters for trek in with water bag included. Camel bag, type hydration bag	The North Face Angstrom 30 pack The North Face Prophet 45L
Expedition Backpack. Internal frame pack expandable to 65 to 75 liters Keep it simple and light; avoid unnecessary zippers, etc., which add weight.	Men's: The North Face Prophet 65L. Women: The North Face Crestone 60
Hydration System- Must have shoulder straps + be insulated. Should carry 70-100 ounces. This will be worn under your gore- tex layer (not in your pack) on summit days, so choose the lowest profile model you can find.	CamelBak Hydrobak Hydration Pack

Sleeping	Guide's Choices
Sleeping bag: Expedition quality rated to a least - 20F. Goose down preferred over synthetic for bulk& weight. Your bags needs to be long enough that your feet are not pressing out the foot box which will make you colder	The North Face Solar Flare Sleeping Bag: -20
Second, Sleeping Bag. (Expedition quality rated to a least -40F. Goose down preferred over synthetic for bulk and weight. This heavier bag stays in for Base Camp, to avoid the need of carrying the bag up and down the mountain after the higher camps are established	The North Face Inferno Sleeping Bag : -40 Degree
Sleeping pad: Closed foam: full length	Cascade Designs Ridgerest
2 x Sleeping Pad: 72 inch long self inflatable pad 1 base camp and 1 for high camps. Make sure you also purchase and bring a repair kit + bag for the sleeping pad.	Therm-a-Rest ProLite Plus
Compression Stuff Sacks: Work very well for reducing volume of sleeping bags and bulky down clothing	Sea to Summit eVent Compression Dry Sack



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Technical Equipment	Guide's Choices
Ice Axe: w/Leash. General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"- 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long) Make sure that you have a leash that is designed for use on a glacier axe. Please no technical leashes designed for technical ice climbing-they are too short, heavy and not versatile	The Black Diamond Raven Pro Ice Axe is the lightest, full-service piolet available, period. It has a super clean and simple design for the high-end user who refuses to sacrifice performance for less weight.
Crampons: The 12 point adjustable crampons designed for general mountaineering are ideal. Rigid frame crampons designed for technical ice climbing are not recommended. Carry any repair kit/ replacement parts and adjusting tools which are specific to your crampons.	Black Diamond Contact Strap
Harness: Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight + comfortable.	The Black Diamond Couloir Harness provides full security for a scant eight ounces.
Helmet: A lightweight climbing helmet. Must be UIAA approve	Petzl Elios or Black Diamond Half Dome
Carabineers (3 locking carabineers and 3 non-locking carabineers) Lightweight small carabineers are best. Non-lockers can be wire gates.	Black Diamond Rocklock Carabiner Black Diamond OvalWire Carabiner
Belay device: Light, easy to use + simple.	Petzl- VERSO Black Diamond- ATC-XP
Mechanical Ascender: for traveling on fixed ropes, right and left hands	Peltz Jumar or Black Diamond Ascender.
PERLON (40 feet of 6mm and 6 feet of 3mm) - Will be used to make prussiks, "Texas hitch systems", and "dummy" straps. This cord should be uncut and not Kevlar.	Sterling Power Cord Cordelette - 6mm
Ski /trekking poles: Adjustable, 3 section. Shock absorbers are not recommended.	Black Diamond Contour Elliptic Compact
2 headlamps- L.E.D; headlamps are recommended. Make sure they have 3+ bulbs. Bring extra batteries. We highly recommend a tilting lamp	Petzl- Tikka® XP headlamp Black Diamond- Spot LED Headlamp
GLACIER GLASSES- Should have very dark lenses (85%+ visible light blocked). Minimal light should come in below, above, or around the sides of the lenses. Glasses with leather/plastic side shields or "bug- style" wraps are best. Ventilation is also important. Be sure to have a retainer strap (Chums or Croakies).	Kaenon- Rhino, Lewi Julbo- Nomad, Explore
GOGGLES- These will only be worn during extreme weather conditions. Make sure you are getting a snug fit with light color lenses. 100% UV & IR protection Ventilation + anti-fog features are recommended	Julbo- Apollo Smith- Regulator Fuse
Spare sunglasses	



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Footwear	Guide's Choices
3 Pairs trekking socks: Lightweight-hiking socks for the trek to Basecamp.	SmartWool Hiking Medium Crew Sock Bridgedale- Endurance Trekker
3 Pairs warm socks -- A wool synthetic blend. Pure rag wool socks are not nearly as effective in wicking moisture or retaining their shape and reducing blisters. NO COTTON	
Light hiking boots or trekking shoes. For day hikes and trek to Base Camp. The trail to Base Camp is rocky and rough. Light weight, high comfort, plenty of room in the toe bed, and good support should be stressed here.	Men's: La Sportiva Onix GTX--_XCR Hiking Boot. Women's: La Sportiva Fc Eco 2.0 GTX Hiking Shoe
Mountaineering Boots: Select a brand's "top of the line" model. The boot needs to be roomy enough to allow for good circulation . Anticipate a shock combination when sizing them ( single sock, liner and heavy sock, or two two heavy socks on each foot). Wear the boots as often as possible before the climb, to determine proper fit, comfort and performance.	La Sportiva The Olympus Mons is the perfect choice for 8000-meter peaks. This super lightweight double boot has a PE thermal insulating inner boot that is coupled with a thermo-reflective outer boot with an integrated gaiter. We used a super insulating lightweight PE outsole to keep the weight down and the TPU midsole is excellent for crampon compatibility and stability on steep terrain.
MOUNTAINEERING BOOTS: Hybrid boots are the preferred choice They provide the best insulation as well as a more rigid sole for kicking steps and holding crampons. Leather mountaineering boots that have completely rigid soles are also adequate, but they will need to be insulated.	La Sportiva Spantik La Sportiva Baruntse
Down booties.	The North Face Nuptse Bootie III warms your foot and adds traction to your step either way.
Base Camp winter boots: insulated boot for base camp	The North Face Men's Baltoro 400 II Winter Boot offers full protection from truly extreme winter conditions.



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<b>Head</b>	<b>Guide's Choices</b>
Baseball Cap Bring your favorite baseball cap for shelter from the blazing sun.	The Benegas Brothers Cap
Polar fleece or wool hat: A comfortable, warm hat that covers your ears. Make sure that it fits well, and that one of your hats fits under a helmet.	Mountain Hardwear AirShield MicroDome Smart-wool Cuffed Beanie
Balaclava: 1 lightweight 1 heavyweight	Outdoor Research Option Balaclava
Buff: Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty conditions.	Original UV Buff

<b>Hands</b>	<b>Guide's Choices</b>
Lightweight Synthetic gloves: Should fit comfortably inside mitts or gloves . Lither Capilene preferred	The North Face Bambu Liners Glove
Windstopper® Glove: You will rarely take these gloves off. They should be snug-fitting, made of Windstopper® fleece, and have some sort of reinforced palm. We also recommend (additionally) a thinner liner glove for optimum dexterity	Black Diamond Storm Weight Glove
Big Mountain Gloves: Wind/water resistant, insulated gloves for protection against wind, snow and cold. These also serve as emergency back-ups if you drop or lose a glove.	
Expedition Down shell Mitts: should be big enough so that synthetic gloves fit inside.	The North Face Himalayan Expedition Mitt.
Work Leather Gloves--- contact Willie for Advice!!	



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<b>Upper Body</b>	<b>Guide's Choices</b>
Silk weight: Ultra-light base layer that effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days	Men's: TNF Boulder Gorge Shirt Long--Sleeve Women's: TNF Boulder Utility Woven Shirt, Long- Sleeve
Mid-weight (2) - A polypro mid-layer that you will never take off. Fitted, lightweight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation	Men's: The North Face Flux power Stretch 1/4 Zip
Light insulated layer: A fleece or other insulation layer.	Men's: TNF TKA 100 Texture Full Zip Women's: The North Face Shiso Jacket
Soft shell layer: A windproof, water--_resistant and highly breathable layer.	Men's: The North Face Pitaya Jacket Women's: TNF Pitaya Jacket
Hard Shell Jacket: A jacket made of rain/wind--_ proof material with an attached hood.	
Insulated parka with a hood: Extremely important in poor weather! This should be an expeditionary--_type heavy parka that extends well below the waist and above the knees. Goose down is recommended versus synthetic fill. The parka is worn primarily in camp, at rest breaks. When sizing a parka, allow for several layers to be worn underneath; buy it large. The parka must have an insulated hood.	The North Face Prims Optimus Jacket The North Face Red Point Jacket.
Down Suit- Himalayan Style.	The North Face Himalayan suit



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<b>Lower Body</b>	<b>Guide's Choices</b>
1 - 3 underwear: Non-cotton	
Quick dry shorts. Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON.	The North Face Class V Trunk
Light to medium weight: Light to medium weight wool or synthetic bottoms.	TNF Stretch Softwood Bottom. Women's: TNF Stretch Soft-wool Bottom
Expedition weight bottoms. Fitted, lightweight and quick drying. The mid-weight will be a base layer that will get you through a wide range of temperatures	The North Face Soft-wool Pant
Climb Pant: Synthetic climbing pants offer a wide range of versatility. You can wear them alone on hot days, or in combination with the base layer on cold days.	Men's: Outdoor Research Exos Soft-shell Pant. Women's: Mountain Hardware Teralyn Pant.
Gore-Tex® HARD SHELL PANT: A pant made of breathable rain and windproof material will be needed. Full-length side zippers are required for facilitating quick clothing adjustments over boots and crampons in cold, inclement weather.	The North Face Mountain Pant -- Men's Women's: The North Face
Down or synthetic insulated pant: a synthetic primaloft pant, for base evening and cold days	Marmot Flurry Insulated Pant – The North Face Red point pants.
Lightweight trekking pant: synthetic pair of pants for approach treks to base camp.	The North Face Paramount Peak Convertible Pant



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## Miscellaneous Items

Suncream SPF 50+: or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating; make sure that you have new sunscreen.

Lips cream SPF 30+: at least 2 stick. Make sure your lips cream is new.

Food: We bring a lot of candy bars, granola bars, dried fruit for hiking and climbing days; however, you may have personal favorites or things that work well for you such as Power Bars, beef jerky, or Guu packets, so please feel free to bring some with you (around 4 pound).

Extra batteries for hedlamp: Lithium batteries perform best in cold environments.

8 to 12 - Chemical Hand and Toe Warmers

2 - Water bottles: One-quart water bottles are required. Wide mouth bottles are ideal since their opening is less likely to freeze.

Insulated water bottle covers: These help prevent liquids from freezing. It should completely cover the bottle.

Thermos Bottle: high quality, lightweight, unbreakable 1/2 to 1 quart

Potable Aqua: Water purification for 50 quarts. Or water purification system.

3- Luggage Locks: For your duffel bags. Must be TSA approved.

Camera

2 x USB Cards: A large capacity memory card for picture and video sharing

Small alarm clock or watch: Altimeter models are popular

Plastic Bowl, Spoon + Coffee Mug: good insulation please.

Stuff Sacks

Pocketknife

4-Heavy-duty garbage bags

Ziplock bags: (large size, for organizing small items and waterproofing)

Repair Kit: Please bring a small repairs kit

Travel Clothes - trekking pants are nice for the acclimatization hike. We stay in Hotels after the climbs. Having a couple of changes of cotton clothes is encouraged for those times. (NB the Yak and Yeti Hotel has a swimming pool!)

Sandals: (flip-flops, chacos or tevas)

NEPALI RUPEES for extras on the trail, eg battery charging, shower

Reading material (books can be swapped amongst the group)





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## Toiletry Items and Personal First Aid Kit

Toiletries: Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Quick Dry Towel, Moisturizer, Purel Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)

Drugs/Medications/Prescriptions: Climbers should bring PLENTY of cough drops, and Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets for travelers diarrhea and for urinary tract infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity.

Personal First Aid Kit: (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.

Pee-Bottle: 1 to 1/2 quart size. For female it's a female urination device (sometimes called a FUD) that allows you to pee while standing up. It's neat. It's discreet. It's hygienic. Sani-Fem Freshette Feminine Urinary Director

## Travel Documents

Passport: Valid for six months beyond your return date

Photocopy of Passport: The first two pages of your passport

COPY OF FLIGHT ITINERARY

2 EXTRA PASSPORT PHOTOS - one will be needed for you to purchase your entry visa upon arrival at KTM airport, please have dollars to pay for your visa to hand as well as your one of your photos

COPY OF PASSPORT NEPAL VISA PAGE - Once you have it upon arrival - vital in case of lost passport

## Final Pre Trip Check List

- Purchase travel insurance
- Return the Participant Information Form to the BBE Office
- Purchase airplane tickets
- Reserve rental equipment