



MERA PEAK EQUIPMENT LIST

Having the right equipment on your expedition will make almost as much difference to your 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 for more information on any of these items. We have strived to create a list heavy on detail, but there are always further questions!

During your expedition in Nepal you will encounter a very wide range of temperatures and weather conditions. At one end of this range is the warm and humid City of Kathmandu, while at the other end of the spectrum is found the dry-cold and sometimes windy weather on the summits and high passes of Khumbu. 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. Adhere to the layering principle: several thin layers of insulation (rather than one thick one).

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, even borrow, and use your experience with our list to find the best gear for you.

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 to the mountains, and share or leave a third in the hotel in Kathmandu with your belongings for time in the city. ONE of the duffels going up to Base Camp can be sent on ahead (with items not needed for the trek in, such as climbing gear) and this bag will not be seen until we arrive at Mera Peak Base Camp. The other will be accessible during the trek in the evenings (with items that needed for the trek in such as changes of clothing, sleeping bag). SO it's easy - 1st bag is with you, the 2nd is ahead going up to BC and the 3rd is left behind for afterwards - 3 duffels!

FINAL PRE TRIP CHECK LIST

- Purchase travel insurance
- Return the Participant Application Forms to the BBE Office
- Send Passport and Bio Scan to Office for Nepali permits
- Purchase airplane tickets

PACKS & 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	<input type="checkbox"/>
1 Small Duffle Bag: *Please see A NOTE ON PACKING on Page 1 (this bag stays in Kathmandu with city clothes)	The North Face Base Camp Duffel Bag Small	<input type="checkbox"/>
Alpine Pack: Large (not expedition) size summit pack for day climbs and trekking. Streamlined, neat and lightweight (40-55 liters)	Black Diamond Speed 50	<input type="checkbox"/>
Hydration System: Should be insulated and carry 70-100 ounces. This will be worn in your pack for trekking and approaches	Hydrapak Shape-Shift Reservoir	<input type="checkbox"/>

SLEEPING	GUIDE'S CHOICES	✓
Sleeping bag: Expedition quality rated to a least - 20F. Goose down preferred over synthetic for bulk and 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 Inferno Sleeping Bag: -20 F / -29 °C	<input type="checkbox"/>
Sleeping pad: Closed foam: full length	Cascade Designs Ridgerest	<input type="checkbox"/>
Sleeping Pad: 72 inch long inflatable pad required. Make sure you also purchase and bring a repair kit + bag for the sleeping pad	Therm-a-Rest ProLite Plus	<input type="checkbox"/>
Compression Stuff Sacks: Work very well for reducing volume of sleeping bags and bulky down clothing	Sea to Summit eVent Compression Dry Sack	<input type="checkbox"/>

FOOTWEAR	GUIDE'S CHOICES	✓
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 or La Sportiva G2 SM Mountaineering Boot or Scarpa Phantom 6000 Mountaineering Boot	<input type="checkbox"/>
Hiking shoes: These light to mid-weight shoes are for every day use. The ideal shoe is comfortable enough to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe often stays drier when hiking in rain or snow	The North Face Ultra 109 GTX Keen Targhee II Mid	<input type="checkbox"/>
Liner Socks (3 pairs): A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene® NO COTTON!	Bridgedale CoolMax Liner Sock	<input type="checkbox"/>
Hiking Socks (3 pairs): Your everyday sock, good for day hikes, trekking, and in town. NO COTTON!	SmartWool Hiking Medium Crew Sock Bridgedale Endurance Trekker	<input type="checkbox"/>
Warm Socks (3 pairs): 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!	Smartwool Mountaineering Extra Heavy Crew Socks	<input type="checkbox"/>
Down Booties: for high camps and upper Khumbu lodges	The North Face Thermoball Traction Slipper	<input type="checkbox"/>



TECHNICAL EQUIPMENT	GUIDE'S CHOICES	✓
<p>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</p>	<p>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</p>	<input type="checkbox"/>
<p>Helmet: A lightweight climbing helmet. Must be UIAA approved</p>	<p>Petzl Elios or Black Diamond Half Dome</p>	<input type="checkbox"/>
<p>Ski/ Pole: Adjustable with snow baskets. Shock absorbers are not recommended</p>	<p>Black Diamond Contour Elliptic Compact</p>	<input type="checkbox"/>
<p>Climbing Harness: Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight and comfortable</p>	<p>Petzl Altitude Harness or CAMP USA Blitz Harnes or Black Diamond Alpine Bod Harness</p>	<input type="checkbox"/>
<p>Crampons: With flat rather than 'cookie cutter' frame rails. Your crampons should be steel, not aluminum for strength and durability. A combination heel bail/toe strap is a more universal system than a heel and toe bail system</p>	<p>Black Diamond Serac Crampon</p>	<input type="checkbox"/>
<p>Carabiners: 3 locking carabiners, 3 non- locking carabiners lightweight small carabiners are best</p>	<p>Black Diamond Rocklock Carabiner Black Diamond Overwire Carabiner</p>	<input type="checkbox"/>
<p>Belay device: light and easy to use</p>	<p>Black Diamond ATC-XP</p>	<input type="checkbox"/>
<p>Mechanical Ascender: for fixed rope travel - be sure to purchase the left or right handed version according to your dominant hand</p>	<p>Black Diamond Ascender Petzl Jumar</p>	<input type="checkbox"/>
<p>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</p>	<p>Sterling Power Cord Cordelette - 6mm</p>	<input type="checkbox"/>
<p>Headlamp: L.E.D. headlamps are recommended. Bring extra batteries, lithium</p>	<p>Black Diamond ReVolt</p>	<input type="checkbox"/>
<p>Glacier Glasses: Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers and leashes. No more than 10% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses - it is a good idea to have these with "photo-gray" or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber)</p>	<p>Julbo Explorer</p>	<input type="checkbox"/>
<p>Goggles: Amber or rose-tinted goggles for adverse weather, can be ski goggles if the right tint. On windy days, climbers, especially contact lens wearers, may find photo-chromatic lenses the most versatile in a variety of light conditions</p>	<p>Oakley Airbrake Prizm</p>	<input type="checkbox"/>
<p>Spare Sunglasses</p>	<p>See Glacier Glasses</p>	<input type="checkbox"/>

HEAD	GUIDE'S CHOICES	✓
<p>Baseball Cap: Bring your favorite baseball cap for shelter from the blazing sun</p>	<p>The Benegas Brothers Cap</p>	<input type="checkbox"/>
<p>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</p>	<p>Mountain Hardwear AirShield MicroDome Smart-wool Cuffed Beanie</p>	<input type="checkbox"/>
<p>Balaclavas: We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours</p>	<p>Outdoor Research Option Balaclava</p>	<input type="checkbox"/>
<p>Buff: Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty and dry conditions</p>	<p>Buff brand</p>	<input type="checkbox"/>

HANDS	GUIDE'S CHOICES	✓
Lightweight Synthetic gloves (2 pairs): Should fit comfortably inside mitts or gloves . Lither Capilene preferred	Outdoor Research Catalyzer Glove Liner	<input type="checkbox"/>
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 Arc Glove	<input type="checkbox"/>
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	Black Diamond Guide Glove	<input type="checkbox"/>
Mitten: Down or Synthetic, Gore tex	Black Diamond Mercury Mitt or The North Face Himalayan Mitten	<input type="checkbox"/>

UPPER BODY	GUIDE'S CHOICES	✓
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. The new wool blends are also an option	Patagonia Capilene Lightweight Crew	<input type="checkbox"/>
Long sleeve sun shirt: 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	Patagonia Capilene Lightweight Zip-Neck Crew	<input type="checkbox"/>
Mid-weight (2): A Synthetic 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	SmartWool NTS Mid 250 Patagonia Capilene® Midweight Zip-Neck	<input type="checkbox"/>
Expedition-weight top: Warmer than your mid-weight, but still breathable and lightweight	Patagonia R1 Hoody Patagonia R2 Jacket	<input type="checkbox"/>
Soft-shell Jacket: These jackets are much more breathable than Gore-tex, but still effectively block wind and light precipitation. A windshirt is also an effective option for this optional layer	Outdoor Research Ferrosi Hoody Rab Latok Alpine Jacket Mountain Hardwear Alchemy Hooded Jacket - Women's	<input type="checkbox"/>
Hard Shell Jacket: A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it	The North Face Alpine Project Jacket	<input type="checkbox"/>
1 LIGHTWEIGHT down jacket: We recommend a lightweight down jacket to serve either as a layering piece or as stand-alone insulation when appropriate	Rab Xenon X Hoodie Mens/Womens Patagonia Nano Air Hoody Mens/Womens	<input type="checkbox"/>
1 EXPEDITION WEIGHT down parker: An 8000-meter rated, expedition ready parka. This parka must be in excellent condition	Mountain Hardwear Glacier Guide Down Parka Marmot Mountain Down Jacket Patagonia M's Grade VII Down Parka	<input type="checkbox"/>



LOWER BODY	GUIDE'S CHOICES	✓
1 - 3 underwear: Non-cotton!		<input type="checkbox"/>
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!	Patagonia Men's Quandary Shorts Women's Away From Home Shorts	<input type="checkbox"/>
Mid-weight base layer: Fitted, light-weight and quick drying. The mid-weight will be a base layer that will get you through a wide range of temperatures	Patagonia Capilene® Lightweight Bottoms	<input type="checkbox"/>
Expedition-weight bottoms: Warmer than your mid-weight, but still breathable and lightweight. These will be worn around camp and on summit day	Patagonia Capilene® Thermal Weight Bottoms	<input type="checkbox"/>
Soft Shell pants: You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable and water-resistant	Patagonia Simul Alpine Pants	<input type="checkbox"/>
Hard Shell Pant: Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants. No short 1/2 length, or short lower leg zippers allowed as it is difficult to put pants on when crampons are already on	Patagonia Men's Triolet Pants Women's Simul Alpine Pants	<input type="checkbox"/>
Lightweight trekking pant: synthetic pair of pants for approach treks to base camp	The North Face Paramount Peak Convertible Pant	<input type="checkbox"/>
Down or synthetic insulated pant: base camp evenings and cold days	Rab Argon Pants	<input type="checkbox"/>

MISCELLANEOUS ITEMS	✓
SteriPEN: for sterilizing water in your water bottle when necessary with a spare battery (this is a very specific sized battery)	<input type="checkbox"/>
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	<input type="checkbox"/>
Lips cream SPF 30+: at least 2 sticks. Make sure your lips cream is also new	<input type="checkbox"/>
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 Gu/ClifShot packets, so please feel free to bring some with you (around 4 pounds)	<input type="checkbox"/>
Extra batteries for headlamp: Lithium batteries perform best in cold environments	<input type="checkbox"/>
Chemical Hand and Toe Warmers (12 sets)	<input type="checkbox"/>
Water bottles - x2: Two one-quart water bottles. Wide mouthed are ideal as opening is less likely to freeze, e.g. Nalgene	<input type="checkbox"/>
Insulated water bottle covers: These help prevent liquids from freezing. It should completely cover the bottle	<input type="checkbox"/>
Thermos Bottle: high quality, lightweight, unbreakable 1/2 to 1 quart	<input type="checkbox"/>
Luggage Locks x 2: For your duffel bags. Must be TSA approved	<input type="checkbox"/>
Camera and spare USB Card: A large capacity memory card for picture and video sharing	<input type="checkbox"/>
Small alarm clock or watch: Altimeter models are popular	<input type="checkbox"/>
Plastic Bowl, Spoon + Coffee Mug: good insulation please	<input type="checkbox"/>
Heavy-duty garbage bags x 4	<input type="checkbox"/>
Pocketknife and repair kit: Please bring a small repairs kit - small GoreTex patches, mattress repair, superglue	<input type="checkbox"/>
Ziplock bags: (large size, for organizing small items and waterproofing)	<input type="checkbox"/>
Travel Clothes: For hotel dinners and while traveling - include a pair of conformable shoes	<input type="checkbox"/>
Sandals: (flip-flops, chacos or tevas)	<input type="checkbox"/>

TOILETRY ITEMS AND PERSONAL FIRST AID KIT	√
Toiletries: Toothbrush, toothpaste, bio-degradable soap/shampoo (Dr. Bronners), quick dry towel, moisturizer, Pirel and Sanitizer, antiseptic hand towelettes, toilet paper (a small emergency stash)	<input type="checkbox"/>
Drugs/Medications/Prescriptions: Climbers should bring enough Pepto Bismol for more than one episode of diarrhea . Ciprofloxin (Cipro) 500mg tablets for travelers diarrhea and for urinary tract infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen x 30 (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg, tablets for stomach sensitivity or acidity, and PLENTY of cough drops e.g. Fisherman's Friend	<input type="checkbox"/>
Personal First Aid Kit: (Simple and Light) medications above, 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	<input type="checkbox"/>
Pee-Bottle: 1 to 1/2quart size, e.g. another Nalgene bottle. 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	<input type="checkbox"/>

TRAVEL DOCUMENTS	√
Passport: Valid for six months beyond your return date	<input type="checkbox"/>
Photocopy of Passport: The first two pages of your passport	<input type="checkbox"/>
Once in Nepal: Picture or photocopy of Nepali visa in your passport	<input type="checkbox"/>

QUESTIONS?!

Call the office on +1 801 783 3216

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