



# MOUNT EVEREST 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 are the pleasantly warm and beautiful lowlands around Lukla, while at the other end of the spectrum is the cold and often windy weather up amongst the glaciers and the highest peaks in the world, before summit day itself. 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 larger 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 the 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 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
- Purchase airplane tickets

PACKS & BAGS	GUIDE'S CHOICES	✓
<b>2 Duffel Bags:</b> 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"/>
<b>1 Small Duffel Bag:</b> *Please see <b>A NOTE ON PACKING</b> on Page 1 (this bag stays in Kathmnadu with city clothes)	The North Face Base Camp Duffel Bag Small	<input type="checkbox"/>
<b>Alpine Pack:</b> Mid-size summit pack for day climbs, city days and trekking. Streamlined, neat and lightweight (35-45 liters).	The North Face Prophet 45L	<input type="checkbox"/>
<b>Expedition Backpack:</b> Internal frame pack expandable to 65 to 75 liters Keep it simple and light; avoid unnecessary zippers, etc., which add weight	Black Diamond: Mission 75 Pack	<input type="checkbox"/>
<b>Hydration System:</b> Must have shoulder straps and 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 Marathoner or Bootlegger Hydration Packs	<input type="checkbox"/>

FOOTWEAR	GUIDE'S CHOICES	✓
<b>Mountaineering Boots SUMMIT:</b> Select a brand's 'top of the line' model. The boot needs to be roomy enough to allow for good circulation. Anticipate a sock 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	<input type="checkbox"/>
<b>Mountaineering Boots LOWER MOUNTAIN:</b> 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 G2 Mountaineering Boot or G5	<input type="checkbox"/>
<b>Down booties</b>	Baffin Base Camp Slippers	<input type="checkbox"/>
<b>Base Camp winter boots:</b> insulated boot for base camp	The North Face Men's Chilkat Pull- On Boot Sorel Caribou Wool Boot's	<input type="checkbox"/>
<b>Hiking shoes:</b> 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	Sportiva Raptor Ridge Sportiva Delta GTX™ *For those who need more ankle support, a high-top lightweight boot is also appropriate.	<input type="checkbox"/>
<b>Liner Socks (2 pairs):</b> 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"/>
<b>Hiking Socks (3 pairs):</b> Your everyday sock, good for day hikes, trekking, and in town. NO COTTON!	SmartWool Hiking Medium Crew Sock Bridgedale Endurance Trekker	<input type="checkbox"/>
<b>Warm Socks (3 pairs):</b> 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"/>

<b>SLEEPING</b>	<b>GUIDE'S CHOICES</b>	✓
<b>Sleeping bag:</b> 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"/>
<b>Second, Sleeping Bag for Base Camp:</b> Expedition quality rated to a least -40F. 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. This second bag avoids the need of carrying your sleeping bag up and down the mountain after our higher camps are established	The North Face Inferno Sleeping Bag: -40 Degree	<input type="checkbox"/>
<b>Sleeping pad:</b> Closed foam: full length	Cascade Designs Ridgerest	<input type="checkbox"/>
<b>Sleeping Pad:</b> 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"/>
<b>Compression Stuff Sacks:</b> Work very well for reducing volume of sleeping bags and bulky down clothing	Sea to Summit eVent Compression Dry Sack	<input type="checkbox"/>
<b>Heavy-duty garbage bags x 4</b>		<input type="checkbox"/>

<b>TECHNICAL EQUIPMENT</b>	<b>GUIDE'S CHOICES</b>	✓
<b>Ice Axe:</b> 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	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	<input type="checkbox"/>
<b>Helmet:</b> A lightweight climbing helmet. Must be UIAA approved	Petzl Elios or Black Diamond Half Dome	<input type="checkbox"/>
<b>Ski/ Pole:</b> Adjustable with snow baskets. Shock absorbers are not recommended	Black Diamond Contour Elliptic Compact	<input type="checkbox"/>
<b>Climbing Harness:</b> Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight and comfortable	Petzl Altitude Harness or CAMP USA Blitz Harnes or Black Diamond Alpine Bod Harness	<input type="checkbox"/>
<b>Crampons:</b> 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	Black Diamond Serac Crampon	<input type="checkbox"/>
<b>Carabineers</b> (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	<input type="checkbox"/>
<b>Belay device:</b> Light, easy to use + simple.	Petzl- VERSO Black Diamond- ATC-XP	<input type="checkbox"/>
<b>Mechanical Ascender:</b> for traveling on fixed ropes, right and left hand	Peltz Jumar or Black Diamond Ascender	<input type="checkbox"/>
<b>PERLON</b> (40 feet of 6mm and 6 feet of 3mm): used to make prussiks, "Texas hitch systems", and "dummy" straps. This cord should be uncut and not Kevlar	Sterling Power Cord Cordelette - 6mm	<input type="checkbox"/>
2 x <b>Headlamps:</b> 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	<input type="checkbox"/>
<b>Glacier Glasses PLUS A SPARE PAIR:</b> 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). Bring a spare!	Julbo Explorer	<input type="checkbox"/>
<b>Goggles:</b> 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	Julbo Revolution	<input type="checkbox"/>

HEAD	GUIDE'S CHOICES	✓
<b>Baseball Cap:</b> Bring your favorite baseball cap for shelter from the blazing sun	The Benegas Brothers Cap	<input type="checkbox"/>
<b>Polar fleece or wool hat:</b> 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	<input type="checkbox"/>
<b>Balaclava:</b> 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	Outdoor Research Option Balaclava	<input type="checkbox"/>
<b>Buff:</b> Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty and dry conditions	Buff brand	<input type="checkbox"/>

HANDS	GUIDE'S CHOICES	✓
<b>Lightweight Synthetic gloves:</b> Should fit comfortably inside mitts or gloves . Lither Capilene preferred	The North Face Bambu Liners Glove	<input type="checkbox"/>
<b>Windstopper® Glove:</b> 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	<input type="checkbox"/>
<b>Big Mountain Gloves:</b> 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 or The North Face Kelvin Glove	<input type="checkbox"/>
<b>Expedition Down Shell Mitts:</b> should be big enough so that synthetic gloves fit inside	The North Face Himalayan Expedition Mitt	<input type="checkbox"/>
<b>Working Leather Gloves</b>	Contact Willie for Advice!	<input type="checkbox"/>
<b>Mitten:</b> Down or Synthetic, Gore tex	Black Diamond Mercury Mitt or The North Face Himalayan Mitten	<input type="checkbox"/>

UPPER BODY	GUIDE'S CHOICES	✓
<b>Ultra-light base layer:</b> 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	The North Face Vitesse T-Shirt - Short-Sleeve The North Face Hybrid Zip Neck Top	<input type="checkbox"/>
<b>Mid-weight (2):</b> 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	The North Face Impulse 1/4-Zip Top Patagonia- Capilene® 2 Zip Neck	<input type="checkbox"/>
<b>Sun Hoodie:</b> Quick-dry with hood to protect from strong sun in the Western Cwm	Black Diamond Alpenglow Sun Hoody	<input type="checkbox"/>
<b>Expedition-weight top:</b> Warmer than your mid-weight, but still breathable and lightweight	The North Face Impulse 1/4-Zip Top Patagonia- Capilene® 2 Zip Neck Patagonia R2 Jacket	<input type="checkbox"/>
<b>Soft-shell Jacket:</b> 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	The North Face V10 Soft shell Hoodie Patagonia- Guide Jacket	<input type="checkbox"/>
<b>Hard Shell Jacket:</b> 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"/>
<b>1 LIGHTWEIGHT down jacket:</b> We recommend a lightweight down jacket to serve either as a layering piece or as stand-alone insulation when appropriate	Black Diamond Stance Belay Insulated Parka	<input type="checkbox"/>
<b>1 EXPEDITION WEIGHT down parker:</b> An 8000-meter rated, expedition ready parka. This parka must be in excellent condition	The North Face Himalayan Down Parka	<input type="checkbox"/>
<b>Down Suit:</b> Himalayan Style	The North Face Himalayan Suit	<input type="checkbox"/>

LOWER BODY	GUIDE'S CHOICES	✓
<b>1 - 3 underwear:</b> Non-cotton!		<input type="checkbox"/>
<b>Quick-dry shorts:</b> 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	<input type="checkbox"/>
<b>Light to mid-weight base layer:</b> Fitted, light-weight and quick drying, this will be a base layer that will get you through a wide range of temperatures. Light to medium weight wool or synthetic	Patagonia Merino 3 Mid-weight Bottoms	<input type="checkbox"/>
<b>Expedition-weight bottoms:</b> Warmer than your mid-weight, but still breathable and lightweight. These will be worn around camp and on summit day	Mountain Hardwear Power Stretch Tights	<input type="checkbox"/>
<b>Soft Shell pants:</b> You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable and water-resistant	Black Diamond B.C.V Pants La Sportiva Titan Soft Shell Pants	<input type="checkbox"/>
<b>Hard Shell Pant:</b> 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	La Sportiva Storm Fighter Evo GTX Pants	<input type="checkbox"/>
<b>Lightweight trekking pant:</b> synthetic pair of pants for approach treks to base camp	The North Face Paramount Peak Convertible Pant	<input type="checkbox"/>
<b>Down or synthetic insulated pant:</b> a down or synthetic Primaloft pant, for base evening and cold days	Marmot Flurry Insulated Pant The North Face Red Point Pants Black Diamond: Stance Belay Pants	<input type="checkbox"/>

MISCELLANEOUS ITEMS	✓
<b>NEW sunscreen SPF 50+:</b> or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating	<input type="checkbox"/>
<b>Lips cream SPF 30+:</b> at least 2 sticks. Make sure your lips cream is also new	<input type="checkbox"/>
<b>Food:</b> 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"/>
<b>Extra batteries for headlamp:</b> Lithium batteries perform best in cold environments	<input type="checkbox"/>
<b>Chemical Hand and Toe Warmers (8 sets)</b>	<input type="checkbox"/>
<b>Water bottles - x2:</b> Two one-quart water bottles. Wide mouthed are ideal as opening is less likely to freeze, e.g. Nalgene	<input type="checkbox"/>
<b>Insulated water bottle covers:</b> These help prevent liquids from freezing. It should completely cover the bottle	<input type="checkbox"/>
<b>Thermos Bottle:</b> high quality, lightweight, unbreakable 1/2 to 1 quart	<input type="checkbox"/>
<b>Luggage Locks x 2:</b> For your duffel bags. Must be TSA approved.	<input type="checkbox"/>
<b>Camera and spare USB Card:</b> A large capacity memory card for picture and video sharing	<input type="checkbox"/>
<b>Small alarm clock or watch:</b> Altimeter models are popular	<input type="checkbox"/>
<b>Cough Drops:</b> plenty of them	<input type="checkbox"/>
<b>Ear plugs:</b> for thin walls or snorers	<input type="checkbox"/>
<b>Plastic Bowl, Spoon + Coffee Mug:</b> good insulation please.	<input type="checkbox"/>
<b>Pocketknife and repair kit:</b> Please bring a small repairs kit - small GoreTex patches, mattress repair, superglue	<input type="checkbox"/>
<b>USB Battery Pack:</b> for charging small items in camps	<input type="checkbox"/>
<b>Ziplock bags:</b> (large size, for organizing small items and waterproofing)	<input type="checkbox"/>
<b>Travel Clothes:</b> For hotel dinners and while traveling - include a pair of conformable shoes	<input type="checkbox"/>
<b>Sandals:</b> (flip-flops, chacos or tevas)	<input type="checkbox"/>
<b>NEPALI RUPEES:</b> for extras on the trail, eg battery charging, shower, blessings, trail donations, puja, porter tips	<input type="checkbox"/>
<b>Movies and reading material:</b> books can be swapped, movies can play from your device on our projector	<input type="checkbox"/>



<b>TOILETRY ITEMS AND PERSONAL FIRST AID KIT</b>	√
<b>Toiletries:</b> Toothbrush, toothpaste, bio-degradable soap/shampoo (Dr. Bronners), quick dry towel, moisturizer, Pural and Sanitizer, antiseptic hand towelettes, toilet paper (a small emergency stash)	<input type="checkbox"/>
<b>Drugs/Medications/Prescriptions:</b> 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. Plenty of 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. Strepsil (in KTM), Fisherman's Friend (not in KTM)	<input type="checkbox"/>
<b>Personal First Aid Kit:</b> (Simple and Light) <b><i>ALL</i></b> 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 bulky which you feel is extra behind. Please let your guide know about any medical issues before the climb	<input type="checkbox"/>
<b>Pee-Bottle:</b> 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"/>

<b>TRAVEL DOCUMENTS</b>	√
<b>Passport:</b> Valid for six months beyond your return date	<input type="checkbox"/>
<b>Visa Photocopy / Photo:</b> Take a picture once you get this on arrival	<input type="checkbox"/>
<b>Photocopy of Passport / Photo:</b> The first two pages of your passport	<input type="checkbox"/>

**QUESTIONS?!**

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