

Ama Dablam Climb Equipment List

Having the right equipment on your expedition will make almost as much difference to your safety, comfort, and enjoyment. 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. 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!

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. Again, if you have any questions please don't hesitate to call us.

Bags and Backpacks		Guide Choices
<input type="checkbox"/>	2 Large Duffel Bags: 120+ liter bags made out of tough material with rugged zippers	The North Face Base Camp Duffel Bag XXL
<input type="checkbox"/>	1 small duffel Bag: to leave at the hotel with spare city clothes	
<input type="checkbox"/>	Expedition Backpack: Internal frame pack that is expandable somewhere from 65 to 75 liters. Keep it simple and light; avoid unnecessary accessories	Black Diamond Mission 75
<input type="checkbox"/>	Day Pack: (Optional but recommended) Small pack approximately 25-35 liters for trek in. Can have included Camelbak hydration system for those interested	The North Face Angstrom 28 Black Diamond Speed 30
Sleeping Gear		
<input type="checkbox"/>	Sleeping Bag: We recommend an expedition quality bag rated to around -20°F. Goose down is highly preferred over synthetic for bulk and weight. Your bag needs to be long enough that your feet are not pressing out the foot box.	Feathered Friends Ptarmigan -25 EX Marmot Col Membrain -20
<input type="checkbox"/>	Compression Sacks: These bags work very well for reducing the volume of sleeping bags or other bulky clothing	Sea to Summit eVent Compression Dry Sack
<input type="checkbox"/>	Self-Inflating Pad: This should be a full length sleeping pad with an extra valve stem and patch repair kit. This will supplement base camp pads provided by BBE	Therm-a-Rest ProLite Plus
<input type="checkbox"/>	Closed Cell Sleeping Pad: Full length for use above Base Camp	Therm-a-Rest Z Lite SOL Sleeping Pad
Clothing: Head		
<input type="checkbox"/>	Baseball cap: Bring your favorite baseball hat for shelter from the blazing sun	The Benegas Brothers Baseball hat!
<input type="checkbox"/>	Warm Hat: Wool or synthetic. It should be warm and thin enough to fit underneath a climbing helmet	Personal Choice
<input type="checkbox"/>	Buff or Bandana: A bandana or buff will provide good protection from sun and dust	Original UV Buff
<input type="checkbox"/>	Balaclava: 1 heavyweight and 1 lightweight	Outdoor Research Option Balaclava
Clothing: Hands		
<input type="checkbox"/>	2 Lightweight Synthetic Gloves: Should fit comfortably inside mitts or gloves. Light capilene preferred	Mountain Hardware Power Stretch glove
<input type="checkbox"/>	Windstopper Gloves: 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 being able to pair with a thin liner glove for optimum dexterity	Black Diamond Windweight glove
<input type="checkbox"/>	Big Mountain Gloves: These gloves should be full Gore-Tex. The warmer the liner the better	Black Diamond Guide Glove
<input type="checkbox"/>	Expedition Down shell mitts: These should be big enough that synthetic gloves fit inside	Outdoor Research Alti Mitt
<input type="checkbox"/>	Leather Work Gloves- These should be a cheap mid-weight pair of gloves that withstand abrasion well and can get a little beat up	Kinco insulated gloves are among the best
Clothing: Upper Body		Guide Choices
<input type="checkbox"/>	Silk Weight: Ultra light base layer that effectively wicks moisture away from your body and is breathable. Quick dry is important, as well as a light colored material. As always ensure none of your layers are cotton!	Patagonia Sunshade Technical Hoodie

<input type="checkbox"/>	Mid-Weight (2 pairs): A polypro mid-layer that you will leave on most of the time. Fitted, lightweight, and quick drying. Make sure it is long enough to tuck-in and we recommend zippers for added ventilation	Patagonia R1
<input type="checkbox"/>	Light insulated layer: A fleece or other insulation layer	Patagonia Nano Puff
<input type="checkbox"/>	Soft Shell: A windproof, water-resistant and highly breathable layer	Patagonia Piton
<input type="checkbox"/>	Hard Shell Jacket: A jacket made of rain/wind proof material with an attached hood. Gore-Tex Pro is required	Patagonia Super Alpine Jacket
<input type="checkbox"/>	Insulated Parka with 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 at camp and at rest breaks. When sizing a parka, allow for several layers to be worn underneath. The parka must have an insulated hood.	La Sportiva Pegasus 2.0 Mountain Harwear Men's Absolute Zero Parka

Clothing: Legs

<input type="checkbox"/>	Underwear: 2-3 pairs, non cotton	Patagonia Capilene Boxer
<input type="checkbox"/>	Quick Dry Shorts: Throw these on under other layers for when the sun begins to beat down, or you have a sudden urge to jump in a glacial lake. Lightweight, durable, and comfortable	Patagonia Baggies
<input type="checkbox"/>	Light/Medium weight bottoms: Light to medium weight wool or synthetic bottoms	Patagonia capilene lightweight bottoms
<input type="checkbox"/>	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	
<input type="checkbox"/>	Climbing Pant: Synthetic climbing pants offer a wide range of versatility. You can wear them alone on hot days, or in combination with your base layer on cold days	Patagonia Dual Point Alpine Pants
<input type="checkbox"/>	Gore-Tex Hard Shell Pants: A pant made of breathable rain and wind proof material will be needed. Full length side zippers are required for facilitating quick clothing adjustments over boots and crampons in cold, inclement weather	Marmot Speed Light Pant
<input type="checkbox"/>	Insulated Pants: A synthetic primaloft or down pant, for camp in the evenings and cold days	Patagonia Nano Puff Pants Patagonia DAS pant
<input type="checkbox"/>	Lightweight Trekking Pant: A synthetic pair of pants for approach treks to base camp	Prana stretch zion convertible pant

Clothing: Feet

		Guide Choices
<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 capliene. NO COTTON	Smartwool Hike Liner Crew Socks
<input type="checkbox"/>	Trekking Socks (3 pairs): Lightweight hiking socks for the trek to basecamp	Smartwool Hike Light Crew Socks
<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 Heavy crew socks or Extra Heavy crew socks
<input type="checkbox"/>	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 box, and good support should be stressed here	Zamberlain SH Crosser Plus
<input type="checkbox"/>	Mountaineering Boots: Select a double boot at minimum. This will usually be one step below the brands "top of the line boot." 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 heavy socks on each foot) Wear the boots as often as possibly before the climb to determine proper fit, comfort, and performance	La Sportiva Spantik Scarpa Phantom 6000
<input type="checkbox"/>	Down Booties	The North Face ThermoBall Bootie II

Technical Gear

		Guide Choices
<input type="checkbox"/>	Ice Axe w/ leash: General mountaineering tool. Sizing is important: Under 5'7" use a 60 cm tool; 5'7"-6'1" use a 65cm tool; over 6'1" use a 70 cm 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 ice climbing-they are too short, heavy, and not versatile	Black Diamond Raven Ice Axe
<input type="checkbox"/>	Crampons: The 12 point adjustable crampons designed for general mountaineering are ideal. Rigid frame crampons designed for technical ice climbing are not recommended. Carry and repair kit/replacement parts and adjusting tools which are specific to your crampons	Black Diamond Contact Strap
<input type="checkbox"/>	Harness: Must have a belay loop, gear loops, and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight + comfortable	Black Diamond Couloir Harness
<input type="checkbox"/>	Helmet: A lightweight climbing helmet. Must be UIAA approved	Petal Elios or Black Diamond Vector
<input type="checkbox"/>	Carabiners: 4 locking and 6 non locking carabiners. Lightweight carabiners are best. Non-lockers can be wire gates.	Black Diamond OvalWire Black Diamond Rocklock
<input type="checkbox"/>	Belay Device: Light, easy to use + simple	Black Diamond ATC-XP

<input type="checkbox"/>	Mechanical Ascender: For travel on fixed ropes, right and left hand	Black Diamond Ascender Petzl Jumar
<input type="checkbox"/>	Perlon: 40 feet of 6mm and 6 feet of 3mm. This will be used to make prussiks, "Texas hitch" systems, and "dummy" straps. This cord should be uncut and not kevlar	
<input type="checkbox"/>	Ski/Trekking poles: Adjustable, 3 section. Shock absorbers are not recommended	Black Diamond Distance Z Trekking Poles
<input type="checkbox"/>	Headlamp: LED headlamps are recommended. Make sure it has at least 3+ bulbs. Bring extra batteries. We highly recommend a tilting lamp	Petzl Tikka XP headlamp

Eye Protection		Guide Choices
<input type="checkbox"/>	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)	Julbo Explorer
<input type="checkbox"/>	Goggles: These will only be worn during extreme weather conditions. Make sure you are getting a snug fit, with a <u>light colored lens</u> . 100% UV & IR protection, ventilation, and anti-fog features are recommended	Smith Vice Goggle
<input type="checkbox"/>	Spare sunglasses: A pair of sunglasses incase something were to happen to your main pair	Julbo Tensing

Miscellaneous Items 33

<input type="checkbox"/>	SUNCREAM. SPF 40 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"/>	LIP CREAM. SPF 30 , at least 2 sticks. Make sure your lips cream is new.
<input type="checkbox"/>	FOOD- We can get 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. You will not be able to purchase these specialty items in South America, so please feel free to bring some with you (around one pound).
<input type="checkbox"/>	EXTRA BATTERIES FOR HEADLAMP- Lithium batteries perform best in cold environments.
<input type="checkbox"/>	CHEMICAL HAND and TOE WARMERS: 4 of each
<input type="checkbox"/>	2 - 3 WATER BOTTLES- One-quart water bottles are required. Wide mouth bottles are ideal since their opening is less likely to freeze.
<input type="checkbox"/>	Water Purification tablets: 1 bottle. Water filters are too heavy and clog quickly with silt. Steri-Pen also acceptable.
<input type="checkbox"/>	INSULATED WATER BOTTLE COVERS- These help prevent liquids from freezing. It should completely cover the bottle.
<input type="checkbox"/>	2 LUGGAGE LOCKS- For your duffel bags. Must be TSA approved.
<input type="checkbox"/>	CAMERA
<input type="checkbox"/>	STUFF SACKS
<input type="checkbox"/>	PLASTIC BOWL, SPOON + MUG
<input type="checkbox"/>	POCKETKNIFE
<input type="checkbox"/>	PEE BOTTLE (PEE FUNNEL FOR WOMEN): 96 oz foldable nalgene is a good choice to ensure you don't have to empty your
<input type="checkbox"/>	4 HEAVY DUTY GARBAGE BAGS
<input type="checkbox"/>	ZIP LOCK BAGS (large size, for organizing small items and waterproofing)
<input type="checkbox"/>	READING MATERIAL / JOURNAL
<input type="checkbox"/>	EAR PLUGS
<input type="checkbox"/>	LANGUAGE PHRASE BOOK
<input type="checkbox"/>	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.

Toiletry Articles Personal First Aid Kit

<input type="checkbox"/>	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)
<input type="checkbox"/>	Cough Drops
<input type="checkbox"/>	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.
<input type="checkbox"/>	Drugs/Medications/Prescriptions- Climbers should bring 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.

Travel Documents	
<input type="checkbox"/>	PASSPORT- Valid for six months beyond your return date
<input type="checkbox"/>	COPY OF PASSPORT- The first two pages of your passport
<input type="checkbox"/>	COPY OF FLIGHT ITINERARY
<input type="checkbox"/>	2 EXTRA PASSPORT PHOTOS
Pre Trip Check List	
<input type="checkbox"/>	Purchase travel insurance.
<input type="checkbox"/>	Return the Participant Information Form to the BBE Office.
<input type="checkbox"/>	Purchase airplane tickets
<input type="checkbox"/>	Reserve rental equipment

This list is only 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. If you have questions please give us a call
Phone: (801) 378-1927

A NOTE ON PACKING

For your international flights we recommend that you pack all your equipment in your two duffle 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.