



2018 KHUMBU TREK EQUIPMENT LIST

Equipment Checklist

1.0 Body Wear

- Waterproof shell jacket
- Waterproof shell pants
- Down jacket
- Midweight insulated jacket
- Lightweight fleece top
- Lightweight fleece pants
- Long sleeved trekking shirt
- Trekking pants
- Base layer top and leggings x 2 sets
- Casual wear
- Underwear

2.0 Head Wear

- Warm hat
- Sun hat
- Bandana or Buff
- Sunglasses

3.0 Hand Wear

- Fleece gloves x 2 pairs

4.0 Foot Wear

- Socks x 3 pairs
- Lightweight shoes/sandals
- Trekking boots
- Snow gaiters

5.0 Packs & Bags

- Lockable duffel bag (30-40 litres)
- Lockable duffel bag (95-132 litres)
- Daypack (30-45 litres)

6.0 Camping Gear

- Sleeping bag (-10C/14F)

7.0 Accessories

- Headlamp and spare lithium batteries
- Water bottles x 2
- Personal toiletries
- Personal first aid kit and medication
- Moist wipes
- Sun cream and lip balm
- Pee bottle (Optional)
- Ear plugs (Optional)
- Camera
- Stuff sacks
- Camping towel
- Personal entertainment (Optional)
- Electrical chargers
- Trekking poles (Optional)

8.0 Other

- Copy of passport, travel agent contact and insurance policy details

Packing Lists

Pack the above items into the following bags ready for your flight to Lukla, trekking and in the lodges each night.

1. Kathmandu Duffel Bag

This will be left in Kathmandu and contains everything that you will not need during the expedition.

- Small duffel bag (30-40 litres)
- Casual wear

2. Trek Daypack/Daywear

This will be the pack that you carry with you on the plane to Lukla and while on the trek.

- Daypack (30-45 litres)
- Waterproof shell jacket
- Waterproof shell pants
- Midweight insulated jacket
- Warm hat
- Sun hat
- Sunglasses
- Bandana or Buff
- Water bottle
- Personal first aid kit and medication
- Sun cream and lip balm
- Camera
- Trekking poles (Optional)
- Personal entertainment (Optional)
- Fleece gloves x 1 pair

Wear your trekking clothes (trekking pants, shirt or long sleeved top and fleece jacket) and boots; pack any spares in your trek duffel. Make sure that you have enough clothes with you to keep warm, in case you get to the lodge before your porter and trek duffel.

3. Trek Duffel Bag

This bag contains the items you will need during the trek and will be carried by porters to the lodge each night. You will not have access to this bag during the day.

- Lockable duffel bag (95-132 litres)
- Down jacket
- Lightweight fleece top
- Lightweight fleece pants
- Trekking shirt
- Base layer top and leggings x 2
- Underwear
- Socks x 2 pairs
- Fleece gloves x 1 pair
- Lightweight shoes/sandals
- Spare casual/trekking clothes
- Down sleeping bag (-10C/14F)
- Headlamp and spare lithium batteries
- Personal toiletries
- Moist wipes
- Pee bottle (Optional)
- Camping towel
- Stuff sacks
- Ear plugs (Optional)
- Personal entertainment (Optional)
- Any spare medication
- Electrical chargers
- Snow gaiters

Clothing and Equipment Information Guide

The following information is a guide to assist you in securing the required clothing and equipment for trekking in Nepal, along with recommended brands. You may have equipment you have used which is different to what is on the list, so please read thoroughly and get back to us with any questions.

Fabrics/Garment Designs/Garment Selection

Today there is a bewildering and everchanging array of modern technical fabrics and garments on the market. Accordingly, suitable mountain attire can be derived from a wide variety of garments utilised in varying combinations. The clothing on our gear list can be creatively substituted according to your preferences but ensure your choices are functional and adequate. For example, a functional and often utilised garment that does not appear on our list is a vest.

A basic principle in selecting clothing and equipment is to minimise weight and bulk, while still ensuring adequate warmth and functionality. It can be difficult to find a brand that has all the features you prefer which means you have to make prudent compromises. In the description below and for certain items, we suggest brands and specific products that we have found to be suitable; this is by no means definitive. In some case's, there are multiple suitable brands on the market and hence we do not make specific suggestions.

Appropriate fabrics used in thermal underwear include polypropylene, silk and merino wool. The only cotton garment worn during the trek is your trekking shirt. Warmer insulating materials can be made from fleece, softshell or Primaloft®. Varieties of fleece include Windstopper, Wind Pro, Power Shield, Windbloc, Power Dry and Power Stretch. Be aware that fleece garments that incorporate stretch fabric take longer to dry. Softshell garments integrate stretchy nylon fabrics to increase freedom of movement while also providing various degrees of wind and water resistance in a 'softshell'. They are often lined with a microfleece for increased insulation. Synthetic insulation materials such as Primaloft® are advantageous as they are warm even when damp, and are water-resistant and quick-drying.

You can read Guy Cotter's thoughts on the ultimate lightweight layering system at <http://www.adventureconsultants.com/adventure/LightweightGear/>

1.0 Body Wear

Waterproof Shell Jacket

There are numerous fabrics which are both water-resistant and breathable such as Gore-Tex, eVent, MemBrain and Entrant, etc. These fabrics are expensive but can last for years, when well looked after. Shell clothing should be seam sealed during the manufacturing process (tape sealed on the seams) or it will leak through the stitching. The jacket should be easy to move in, as well as being easy to put on and take off when wearing gloves or mitts. Shell clothing made of PVC or similar totally waterproof but non-breathable material is not suitable, as moisture cannot escape when you are exerting energy and you become damp from the inside out! So fabric 'breathability' is very important when you are trekking in a mountainous environment. A versatile model with a full front zipper and an attached hood is ideal.

We recommend The North Face Dryzzle, Marmot Precip, Rab Bergen or the Montane Surge Waterproof Shell Jackets.

Waterproof Shell Pants

Waterproof shell pants should have sufficient movement to enable you to lift your legs easily, when worn with your fleece pants during inclement weather. They should also have full length zips down each leg to enable you to put them on and take them off, while wearing your boots.

We recommend The North Face Venture Side-Zip, Rab Bergen or the Marmot Precip Full Zip Hardshell Pants.

Midweight Down Jacket

Midweight down jacket for sitting around while in camp and for evenings, when in the lodges. A 650-800 fill Goose Down model is required and a hooded model is optional, but recommended.

We recommend The North Face Nuptse, Rab Electron or the Marmot Guides Down Jackets.

Midweight Insulated Jacket

This can be a synthetic insulated jacket (Primaloft, etc.), insulated softshell or thick fleece with a full front zip for ventilation. Zip up pockets help avoid losing items which are stored there and a hood is also a bonus.

We recommend The North Face Thermoball Hoody, Rab Xenon X, Montane Prism or the Arc'Teryx Proton LT Jackets.

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| The North Face Dryzzle Jacket | Rab Xenon X Jacket | Marmot Rocklin Half Zip Fleece Top |

Lightweight Fleece Top and Pants

A lightweight (100 weight or microfleece) fleece top and pants are a good addition. The top can be worn as your outer layer when it is not too cold; you can then add your fleece jacket when the temperature drops. Fleece pants are great to wear around the lodges at night.

We recommend The North Face TKA 100 Glacier ¼ Zip, Marmot Rocklin Half Zip or Rab Power Stretch Pull-on Tops, and The North Face Glacier or the Rab Power Stretch Pro Fleece Pants.

Long Sleeved Trekking Shirt

Even though most of the clothes on the packing list are required because it can be very cold during the trek, it will be rather HOT when trekking lower down in the valley. A lightweight, long sleeved trekking shirt with a collar to protect your neck from the sun is thus very useful. A shirt made of a modern quick drying fabric can be nice but otherwise, an old office shirt is fine.

We recommend the Adventure Consultants Branded Glacier Shirt, available from our office.

Trekking Pants

A lightweight pair of quick drying trekking pants is ideal.

We recommend The North Face Range of Trekking Clothing.

Base Layer Top and Leggings x 2 Sets

We recommend you bring one set of lighter weight thermals and one set of medium or expedition weight thermals. It is recommended the lightweight set has a white or light coloured top for sunny days. Shirts should have long sleeves and we recommend a high neck with a zip to allow some ventilation. Long underwear can be worn as a single layer on hot days and is used under your Gore-Tex or fleece pants, when additional warmth is required.

We recommend The North Face Warm, Rab Merino+, Montane Primino or the Smartwool Ranges.

Casual Wear




A selection of casual clothing for wearing in Kathmandu prior to/after the trek and also, for when trekking. Items such as lightweight trousers, shirts, t-shirts and shorts are useful; although please do not bring "short" shorts in respect of the local customs.

We recommend The North Face Range of Trekking Clothing.

Underwear

Sufficient changes of underwear for the trip. It is generally possible to wash small items even when in the mountains, although do consider drying time when packing. You can now get some items in fast drying polypropylene, silk or wool that can be much nicer in cold and wet conditions, whereas cotton can leave you cold and damp and in risk of chafing.

We recommend the Smartwool, Montane Primino or the Rab Merino+ Underwear Ranges.

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| The North Face Paramount Peak II Convertible Pants | Rab Merino+ 165 Long Sleeved Zip Tee | The North Face Breeze Brimmer Sun Hat |

2.0 Head Wear

Warm Hat

This hat can be wool, merino, windstopper or fleece. It should extend over the ears and be snug enough not to fly off in a strong wind

We recommend The North Face Bones Beanie or a locally made Yak Wool Hat, readily available in Kathmandu.

Sun Hat

A wide brim, soft hat or baseball cap with a bandana will protect you from the sun. The sun is extremely strong at altitude, especially as there is less pollution in the air.

We recommend The North Face Horizon Breeze Brimmer Sun Hat, available from our office.

Bandana/Buff

A lightweight cotton buff and/or bandana are a highly versatile addition to your sun hat to protect the back of your neck from the sun. This should also be thin enough to breathe through on dusty days when trekking, thus reducing your likelihood of contracting the infamous 'Khumbu Cough'.

We recommend the Adventure Consultants Branded Buff, available from our office.

Sunglasses

Preferably a "glacier" style with side protection, although some wraparound glasses provide enough protection from reflected light. The lens should be dark enough to withstand the intense reflection from the snow and MUST filter 100% of UVA, B and C radiation. Snow reflects up to 85% of solar radiation and the UV index increases 10% with every 1,000m gain in altitude, so it is of utmost importance that you protect your eyes. A Category 3 or 4 polarised lenses with an anti-fog coating is ideal. If you wear prescription glasses, we recommend you get grey or amber prescription glasses. If you wear contact lenses, it is advisable to bring a pair of prescription glacier glasses as a back-up. Leashes and nose guards can be used.

We recommend Julbo, Oakley, Adidas and Smith Sunglasses.

3.0 Hand Wear

Fleece Gloves x 2 Pairs

Fleece finger gloves are very useful and used most of the time for protection against the cold. They can also be useful to protect your hands from sunburn on a hot day.

We recommend The North Face Power Stretch, Rab Power Stretch Pro or the Black Diamond Midweight Fleece Gloves.

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| Julbo Monte Bianco Sunglasses | Black Diamond Midweight Gloves | La Sportiva Trango TRK GTX Trekking Boots |

4.0 Foot Wear

Socks x 3 Pairs

Various combinations suit different people. You need at least 3 complete sets of your personal preference. Some people prefer to wear just one pair of socks in their boots, while others wear two; a thicker pair over a thinner one.

We recommend Smartwool, Bridgedale and Thorlo Sock Ranges.

Lightweight Shoes/Sandals

Take a pair of lightweight shoes or sandals, which have a good sole and can be worn when in the lodges, in Base Camp and when travelling. It is nice to put your feet in comfortable shoes after a long day in your (sometimes smelly) trekking boots! Sandals or Crocs are useful to keep your feet off cold floors in the evening and for use while showering in the lodges.

We recommend the Salomon XA Pro 3D Ultra 2, Salewa Firetail 3 or the La Sportiva TX4 Shoes.

Trekking Boots

You want a soft, lightweight, comfortable pair of with good ankle support and a reasonable sole for traction such as Vibram. Some people prefer a trekking shoe because they are lighter, but a boot offers superior ankle support.

We recommend La Sportiva Trango TRK GTX, Salomon Quest 4D GTX and the Scarpa Kailash Trekking Boots.

Snow Gaiters

These should be a Canvas/Cordura or Gore-Tex combination covering the top of your boots and extending to the top of your calf. Gaiters are used to keep snow and small rocks out of your boots. They need a good tie down under the boot to stop them creeping up at the heel, when walking in soft snow. Generally there is not much snow on the track, but it sometimes snows in the afternoons (melting off quickly the next morning). Gaiters increase the warmth of your feet by keeping your socks and boots dry.

We recommend Sea to Summit Alpine or the Rab Latok Alpine Gaiters.

5.0 Packs & Bags

Small Lockable Duffel Bag x 1 (30-40 Litres)

A small sized duffel bag for storing clothing and items left in Kathmandu, while on the trek. Bring a lock for the duffel and if you're particularly adept at losing keys, please make sure to buy combination locks and set them to an easy to remember number!

We recommend The North Face Base Camp Duffel Range.

Lockable Duffel Bag x 1 (95-132 Litres)



Take along a large duffel bag for daily transportation of any gear that is not being carried in your daypack (see packing list above for guidelines). Bring a lock for the duffel and if you're good at losing keys, please make sure to buy combination locks and set them to an easy to remember number!

We recommend The North Face Base Camp Duffel Range.

Daypack (30-45 Litres)

Bring a comfortable daypack with the capacity of 30-45 litres in which to carry items such as a jacket, camera, water bottle and snack food.

We recommend Lowe Alpine Airzone Trail 35, Montane Medusa 32 or Osprey Talon/Tempest 33 Daypacks.

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| Osprey Talon 33 Daypack | The North Face Base Camp Duffel | Mountain Equipment Glacier 700 Down Sleeping Bag |

6.0 Camping Gear

Sleeping Bag (-10C/14F)

A down bag rated to -10C/14F or better and the down bag should have 700g or more of down fill. The bag should be long enough so that your feet do not press hard against the foot of the bag, as this will cause the insulation to be compressed and lose heat. Ensure it has a long zipper to allow for ventilation in the lower, warmer lodges. A liner can add extra warmth and help to keep your bag clean. Synthetic bags are too heavy and bulky.

We recommend The North Face Blue Kazoo, Mountain Equipment Glacier 700 and Rab Summit 800 Sleeping Bags.

7.0 Accessories

Headlamp and Spare Lithium Batteries

Headlamps may be needed for visits to the toilet and/or reading. Headlamps are more versatile than hand torches as they allow you to keep your hands free. Bring lithium batteries as they perform better in colder conditions.

We recommend the Petzl Actik, LED Lenser SEO 7R and Black Diamond Storm or Spot Headlamps.

Water Bottles x 2

Two plastic bottles with heat resistant qualities and a wide top of at least a 1 litre capacity are required. A "Camelbak" type water carrying system is useful in theory but may freeze on cold mornings, even with an insulation sleeve on the tube and they are prone to damage as well as being difficult to keep clean. Metal bottles are not suitable due to the extreme temperatures experienced (cold air temperatures and hot liquids) and narrow-mouthed bottles are difficult to fill and clean.

We recommend the Adventure Consultants Branded Nalgene Wide Mouth 1 Litre Bottle, available from our office.

Personal Toiletries

Personal hygiene - toothbrush, baby wipes and deodorant, etc. Make sure everything liquid is in containers that don't leak or break. A personal roll of toilet paper and hand sanitiser is essential to carry in your daypack for impromptu toilet visits.

Personal First Aid Kit

It is great to carry a basic first aid kit that includes items such as blister tape, gauze pads, crepe bandage, throat lozenges and painkillers. Do not forget to include any personal medication required (please remember to inform your guide, if you are on prescription medicine). Store your first aid kit in a waterproof container if possible, but a plastic bag inside a nylon stuff sack is usually adequate.

Moist Wipes

"Baby Wipes" or similar pre-moistened cloth wipes for personal hygiene. These antibacterial wipes are excellent for cleaning hands and other hygiene issues during the trek.

Sun Cream and Lip Balm

This should be SPF 30 or higher, and waterproof sports versions will last longer as you perspire. Small tubes for the face and sticks for lips that can be carried in a pocket for fast application are best.

Pee Bottle (Optional)

This is just a water bottle with a different job. It is obviously a good idea to have a different colour and shape, so that you do not confuse them in the dark. Pee funnels are available for women to allow you to pee without exposing any bare skin to the elements, but require some practice to use successfully.

We recommend the Nalgene HDPE Wide Mouth 1.5 Litre Bottle and the Sports and Travel Freshette for Women.

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| Petzl Actik Headlamp | Sea to Summit Stuff Sacks | Black Diamond Alpine Carbon Cork Trekking Poles |

Earplugs (Optional)

These are essential for blocking out the noise of a noisy snorer or a flapping tent.

Camera

Bring your choice of SLR or fully automatic cameras. Be aware that batteries can be a problem with cold temperatures so it is a good idea to bring a spare set.

Stuff Sacks

Lightweight coloured nylon stuff sacks are good for sorting and storing gear. Stuff sacks can be lined with plastic bags to keep gear dry during the trek. Also during the trek, place clothing, sleeping bags and other non-hardware items in large tough plastic bags for waterproofing.

We recommend the Sea to Summit Ultrasil Dry Sacks, Compression Sacks and Pack Liners.

Camping Towel

Many of the lodges enroute have showers. You can bring a small camping towel or a small normal towel.

We recommend the Sea to Summit Tek and Drilite Camping Towels.

Personal Entertainment (Optional)

A good book (can be bought cheaply in KTM), MP3 player (note that iPod Nanos are the most reliable at high altitude), writing paper, diary and card games etc. Keep weight in mind when choosing items and remember it is often possible to swap books and music with others on the team.

Electrical Chargers

Most lodges will recharge camera, phone and iPod batteries for a fee so bring along the relevant chargers/travel adaptors.

Trekking Poles (Optional)

Collapsible trekking poles can be very useful on the trek, especially if you get sore knees on the downhill sections.

We recommend Leki or Black Diamond Trekking Poles.

Note: If you realise you have forgotten something do not fret, you can buy almost anything in Kathmandu. We will go over these points during our briefings in Kathmandu, and your guides will be able to answer any of your questions and sort out gear with you then.

Adventure Consultants provide a facility for the purchase of recommended clothing and trekking/climbing equipment through our office. Please enquire for catalogue and prices.
