



2018 THREE PEAKS EQUIPMENT LIST

Equipment Checklist

1.0 Body Wear

- Waterproof shell jacket
- Waterproof shell pants
- Down parka
- Insulated pants
- Midweight insulated jacket
- Lightweight fleece top
- Windshirt (*Optional but a guide's favourite*)
- Softshell climbing pants
- Glacier shirt
- Base layer top and leggings x 2 sets
- Casual/trekking clothes
- Underwear

2.0 Headwear

- Warm hat
- Sun hat
- Balaclava
- Sunglasses
- Ski goggles
- Bandana or Buff
- Neck gaiter (*Optional*)

3.0 Handwear

- Liner gloves x 2 pairs
- Fleece gloves
- Mountaineering gloves
- Expedition mittens (*Optional*)

4.0 Footwear

- Socks x 3-5 pairs
- Lightweight shoes/sandals
- Trekking boots
- 6000m mountaineering boots
- Snow gaiters (*only required if your mountaineering boots do not have integrated gaiters*)
- Bivvy boots (*Optional*)

5.0 Packs & Bags

- Small lockable duffel bag x 1 (*30+ litres*)
- Large lockable duffel bags x 1 (*95-132 litres*)
- Mountaineering pack (*45-60 litres*)

5.0 Camping Gear

- Down sleeping bag (*-20C/-4F*)
- Foam sleeping mat
- Inflatable sleeping mat
- Camping pillow (*Optional*)
- Water bottles x 2
- Water bottle covers x 2
- Cup, bowl and spoon
- Pee bottle

6.0 Accessories

- Headlamps x 2 plus spare lithium batteries
- Personal first aid kit and medication, plus spare
- Personal toiletries
- Sun cream and lip balm
- Wet wipes
- Personal entertainment (*Optional*)
- Pocket knife/Leatherman/tool kit
- Camera (*Optional*)
- Camping towel
- Stuff sacks
- Chemical hand and toe warmers (*Optional*)
- Ear plugs (*Optional*)
- Collapsible trekking poles (*Optional*)

7.0 Climbing Equipment

- Ice axe
- Crampons
- Climbing helmet
- Climbing harness
- Belay/rappel device
- Locking carabiners x 2
- Non-locking carabiners x 3
- Mechanical ascender
- 4m of 16mm tape or 8mm cord
- Long and short prusiks

8.0 Other

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

Packing Lists

Pack the above items into the following bags ready for your flight to Lukla and the trek.

1. Kathmandu Duffel Bag

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

- Small duffel bag (30+ 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.

- Mountaineering pack (45-60 litres)
- Waterproof shell jacket
- Waterproof shell pants
- Midweight insulated jacket
- Warm hat
- Sun hat
- Sunglasses
- Bandana or Buff
- Water bottle x 1
- Water bottle cover x 1
- Personal first aid kit and medications
- Sun cream and lip balm
- Camera (Optional)
- Collapsible trekking poles (Optional)
- Personal entertainment (Optional) in case of flight delays to Lukla
- Windshirt (Optional)
- Liner gloves

Wear your trekking clothes (trekking pants, shirt or long-sleeved top and midweight insulated jacket) and boots; pack any spares in your trek duffel. Make sure 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 parka
- Lightweight fleece top
- Climbing/softshell pants
- Glacier shirt
- Base layer top and leggings x 2 sets
- Underwear
- Spare casual/trekking clothes
- Balaclava
- Fleece gloves
- Mountaineering gloves
- Expedition mittens (Optional)
- Socks
- Lightweight shoes/sandals
- Snow gaiters
- Bivvy boots (Optional)
- Down sleeping bag (-20C/-4F)
- Foam sleeping mat
- Inflatable sleeping mat
- Camping pillow (Optional)
- Headlamp
- Spare lithium batteries
- Water bottle x 1
- Water bottle cover x 1
- Personal toiletries
- Moist wipes
- Camping towel
- Stuff sacks
- Ear plugs (Optional)
- Personal entertainment (Optional)
- Pocket knife/Leatherman/tool kit
- Cup, bowl and spoon
- Pee bottle
- Chemical hand and toe warmers (Optional)

4. Climbing Hardware

Separate your climbing hardware into a large stuff sack to be taken directly to Base Camp.

- Ice axe
- Crampons
- Climbing helmet
- Climbing harness
- Belay/rappel device
- Locking carabiners x 2
- Non-locking carabiners x 3
- Mechanical ascender
- 4 metres of 16mm tape or 8mm cord
- Prusiks
- 6000m mountaineering boots
- Ski goggles
- Spare lithium batteries
- Large stuff sack

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 ever-changing 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 must make prudent compromises. In the descriptions 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 cases, 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, are water-resistant and quick-drying.

You can read Guy Cotter's thoughts on the ultimate lightweight layering system at <http://adventureconsultantsblog.com/optimum-layering/>.

1.0 Body Wear

Waterproof Shell Jacket

There are numerous fabrics, which are both water-resistant and breathable such as Gore-Tex, 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 and 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. Umbrellas can often be useful for both sun and rain protection.

We recommend The North Face Summit L5, Arc'teryx Alpha SV, Montane Endurance Pro and the Rab Latok Shell Jackets.

Waterproof Shell Pants

Waterproof overpants should have sufficient movement to enable you to lift your legs easily, when worn with your fleece/climbing 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 and/or crampons.

We recommend The North Face Summit L5 Fuse GTX, Arc'teryx Alpha SL, Montane Alpine Pro or the Rab Latok Alpine Shell Pants.

Down Parka

You will need a midweight down jacket rated to -10C with a hood for extra warmth is recommended.

We recommend The North Face Summit Series L6, Montane Deep Heat or the Rab Positron Down Parkas.

		
Arc'teryx Alpha SV Jacket	The North Face Summit L5 Fuse GTX Waterproof Shell Pants	Rab Positron Down Jacket

Insulated Pants

Bring a lightweight pair of synthetic (e.g., Primaloft) or down insulated pant. Ensure that these have full-length side zips, so they can be put on and removed without taking your boots and crampons off. Make sure there is a sufficient, well-sealed overlap between jacket and pants. Avoid large 8000m type down pants.

We recommend the Rab Photon, Mountain Hardwear Compressor Primaloft Pants or the Montbell Tec Down Pants.

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 in there and a hood is also a bonus.

We recommend The North Face Thermoball Hoody, Rab Xenon X or the Arc'teryx Nuclei FL Insulated Jackets.

Lightweight Fleece Top

A lightweight (100 weight) fleece or expedition weight sweater is a good additional layer to keep your thermoregulation perfect. Wear it as your top layer when warm or put your midweight insulated jacket over it, when it gets colder. It can be a light fleece pullover or have a short or full zip. A zip chest pocket is useful for keeping sun cream and snack bars accessible.

We recommend The North Face TKA ¼ Zip, Rab Power Stretch Pull-on, Montane Power Up Hoodie, Patagonia R1 Hoodie, Montane Allez Micro Hoodie or the Arc'teryx Kenseal Hoody.

Windshirt (Optional but a Guide's Favourite)

Windshirts are a lightweight, breathable, lightly insulated, windproof layer, which can be worn either as an outer or mid layer. If you have one of these, you can reduce the weight of your down jacket.

We recommend the Marmot Ether DriClime Jacket or Hoody, or the Rab Vapour-rise Alpine and Flex Jackets.

Climbing/Softshell Pants

Stretchy, comfortable and non-insulated softshell pants, which should fit comfortably with or without your base layer bottoms are suitable for both general casual wear and on the mountain.

We recommend The North Face Summit L4, Marmot Scree, Rab Vector or the Montane Champex Pants.

Glacier Shirt

This is a light coloured long sleeved cotton shirt to be worn on hot days to prevent sunburn. An old office shirt is fine.

We recommend The North Face Adventure Consultants Branded Long Sleeve Cool Horizon Shirt, available from our office.

Base Layer Tops and Leggings x 2 Sets

We recommend you bring one set of lighter weight thermals and a second set of medium, or expedition weight thermals. Shirts should have long sleeves and a high neck with zip to allow some ventilation. Shirts without the long neck lead to heat loss and sunburn, whilst those without the zip don't ventilate when needed. Long underwear can be worn as a single layer on hot days and is used under your Gore-Tex and climbing pants when additional warmth is required. People who are susceptible to the cold, should wear two sets of thermals on cold days.

We recommend Patagonia Capilene, Icebreaker, The North Face Warm, Rab Merino+, Earth Sea Ski First Layer, Montane Primino or the Smartwool Base Layer Ranges.

Casual/Trekking Clothes

You will need clothing which is suitable for trekking. We recommend light colours to help keep you cool and garments with a high UPF rating are a bonus. You can wear shorts when trekking but in respect of local custom, we advise that you wear them knee length or longer.

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 the 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, Rab Merino+ and Icebreaker Ranges of Underwear.

		
Marmot Scree Softshell Pants	Rab Merino+ 160 Long Sleeve 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 Logo Beanie or a Locally Made Yak Wool Hat, readily available in Kathmandu.

Sun Hat

A wide-brimmed soft hat or baseball cap in conjunction with a bandana to protect you from the sun. The sun is extremely strong at altitude.

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

Sunglasses

Preferably a "glacier" style with side protection, though 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 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 lenses. If you wear contact lenses, it is advisable to bring a pair of prescription glacier glasses as a back-up. Eyewear retainers and nose guards are worthy additions.

We recommend Oakley, Smith, Julbo, Bollé and Adidas Sunglasses.

Ski Goggles

High-quality goggles for sun and wind protection at altitude. The lens should offer visible light transmission (VLT) of no more than 30%. Those with light-sensitive eyes may wish to use a darker lens. Photochromatic models are ideal for use in changing conditions. If you wear prescription glasses, please ensure they fit under your goggles.

We recommend Oakley, Smith, Julbo, Bollé and Adidas Ski Goggles.

Bandana or 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.

Neck Gaiter (Optional)

These are excellent for stopping draughts around the neck, as are balaclavas. Breathing in very cold air while climbing at altitude can precipitate the infamous Khumbu cough and a neck gaiter or balaclava, used to cover your mouth and nose, protects your throat against the cold air to help prevent this.

		
Julbo Explorer 2.0 Sunglasses	Smith I/O Ski Goggles	Black Diamond Midweight Fleece Gloves

3.0 Hand Wear

Like body wear, you'll need a few combinations of gloves for a wide variety of temperatures. Layering works well, so check the various combinations work together.

Liner Gloves x 2 Pairs

These form a base layer and are worn whenever climbing. Lightweight, comfortable liner gloves are worn on hot days to protect against sunburn, and under heavier gloves and mittens on cold days. Wearing these gloves will prevent cold injuries in situations requiring full finger dexterity and they can also be worn doubled up.

We recommend the Black Diamond Lightweight, Rab Stretch Knit or the Mountain Wear Polypropylene Liner Gloves.

Fleece Gloves

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, Black Diamond Midweight or the Rab Power Stretch Pro Fleece Gloves.

Mountaineering Gloves

This glove system is very versatile as you can wear them with or without liners, depending on the temperature. A good model will have abrasion-resistant palms, shaped fingers, a waterproof outer and an insulating removable liner. Please ensure that you can fit your liner gloves underneath your mountaineering gloves. Mountaineering gloves are not as warm as expedition mitts but have the advantage of being more dexterous. Please be aware that cheaper models are not waterproof. We recommend that you attach wrist loops to these gloves to prevent them being blown away by the wind.

We recommend The North Face Vengeance, Rab Alliance and the Outdoor Research Alti Mountaineering Gloves.

Expedition Mittens

Choose expedition mittens with a down or synthetic (i.e., Primaloft) fill and a Gore-Tex or similar outer. When buying mittens, it is very important to ensure your hand slides easily into the mitten when wearing your liner and fleece gloves. Wrist loops are also important to prevent your mitts blowing away in the wind.



We recommend the Rab Expedition, The North Face Himalayan or the Marmot Expedition Mitts.

4.0 Foot Wear

Socks x 3-5 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 thin liner sock.

We recommend the Smartwool, Bridgedale or Thorlos Socks.

		
Rab Alliance Mountaineering Gloves	La Sportiva Trango TRK GTX Trekking Boots	Scarpa Phantom 6000 Mountaineering Boots

Lightweight Shoes/Sandals

Bring along a pair of lightweight shoes or sandals, which have a good sole, can be worn in the evenings 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, when showering in the lodges.

We recommend Salomon XA Pro 3D Ultra 2, Salewa Mountain Trainer and La Sportiva TX4 Shoes.

Trekking Boots

You want a soft, lightweight and comfortable pair of boots 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 the La Sportiva Trango TRK GTX, Salomon Quest 4D GTX, Lowa Camino and the Scarpa Kailash Trek GTX Trekking Boots.

6000m Mountaineering Boots

An insulated plastic, synthetic or hybrid leather climbing boot is required, as they are warm and have a removable inner liner which makes drying easier. Make sure the boot is a comfortable fit and you have extra room to wiggle your toes on cold mornings. Avoid using 8000m boots, as these are far too warm.

We recommend Scarpa Phantom 6000, La Sportiva Spantik, La Sportiva G2 SM, Lowa Expedition 6000 Evo Rd or The North Face Verto 6K Extreme 6000m Mountaineering Boots.

Snow Gaiters (only required if your mountaineering boots do not have integrated gaiters)

Gaiters are used to keep snow and small rocks out of your boots. They need a zip or Velcro closure and a good tie down under the instep of your boot to stop them creeping up at the heel, when walking in soft snow. These should be a Canvas or Gore-Tex combination, sealing around the top of your boots and extending to the top of your calf without being too tight.

We recommend Sea to Summit Alpine and Rab Latok Alpine Gaiters.

Bivvy Boots (Optional)

Lightweight down bivvy boots or down socks are for wearing in your sleeping bag and tent. Some models come with a water-resistant material and have a reinforced sole, while others are merely a 'sock' made of down. The down 'socks' are good to keep inside your bag, whereas if you wear the model with a sole; you will be tempted to wear them around outside and they can drag unmentionable detritus into your sleeping bag.

We recommend the Rab Expedition Down Slipper, Hot Socks or the Expedition Modular Boots.

5.0 Packs & Bags

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

Bring a small duffel (30-40 litres) or suitcase for storing clothing and items left in Kathmandu, while on the expedition. Bring a lock for this duffel and if you're particularly adept at losing keys, please make sure to buy a combination lock and set it with an easy to remember number!

We recommend The North Face Base Camp Duffel Range.

Large Lockable Duffel Bags x 1 (95-132 Litres)




You will need to take a large duffel of 95-132 litres in capacity for your gear, which will be transported each day by yak or porter. Bring a lock for your duffel and if you're good at losing keys, please make sure to buy a combination lock and set it with an easy to remember number!

We recommend The North Face Base Camp Duffel Range.

Mountaineering Pack (45-60 Litres)

Bring along a comfortable pack with the capacity to hold approximately 45-60 litres (2,700-3,600 cu in). This will carry your jacket, camera, water bottle and snack food during the trek. This is the same pack you will use for climbing. Make sure the pack has attachment points for your ice axe and crampons, a top pocket and is large enough to hold everything that you will need on summit days.

We recommend The North Face Cobra 52 and 60, Black Diamond Speed 50 or Mission 55, Lowe Alpine Alpine Attack 45:55, Osprey Mutant 52 or the Deuter Guide 45+ Mountaineering Packs.

		
The North Face Base Camp Duffel	Black Diamond Speed 50 Mountaineering Pack	The North Face Inferno -18C/0F Down Sleeping Bag

5.0 Camping Gear

Down Sleeping Bag (-20C/-4F)

A down bag rated to around -20C/-4F. Synthetic bags are too heavy and bulky. A down bag will typically 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 mean the insulation is compressed and you will lose heat quickly

We recommend The North Face Inferno -18C, Rab Andes 800 or Mountain Equipment Snowline Down Sleeping Bags.

Foam Sleeping Mat

A full length closed cell foam sleeping mat to increase the warmth of your air mattress when at camps on snow and when on rocky ground to increase comfort. It is also used to protect your air mattress from damage and can be used to line your duffel bag to protect its contents. There is a possibility the team may camp outside a lodge, if they are full. This is rare but depends on how busy the Khumbu trekking season is. These can be bought cheaply in Kathmandu.

We recommend Therm-a-Rest Z-Lite SOL Foam Sleeping Mats.

Inflatable Sleeping Mat

We suggest a lightweight full-length model for use in conjunction with a foam mat. Bring a repair kit also.

We recommend Therm-a-Rest NeoAir XTherm or XTherm MAX and the ProLite or ProLite Plus Air Mattresses.

Camping Pillow (Optional)

Bring a blow up or very small compressible pillow to make your sleep more comfortable.

We recommend the Sea to Summit Aeros Range of Camping Pillows.

Water Bottles x 2

Two plastic bottles with heat resistant qualities and a wide top of at least 1 litre capacity are required. A "Camelback" 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. A couple of smaller, 500ml sized, bottles are great for carrying inside your down jacket when climbing, to ease hydration and prevent freezing.

We recommend the Adventure Consultants Branded Nalgene 1 Litre and 500ml Wide Mouth Bottles, available from our office.

Water Bottle Cover

This stops your water freezing up.

We recommend the Outdoor Research Water Bottle Parka, Nalgene Insulated Sleeve and the Forty Below Bottle Boots.

Cup, Bowl and Spoon

Plastic Mug: An insulated mug with attached snap on lid is a great idea.

Spoon: Lexan or other good quality lightweight plastic.

Bowl: A deep 2-3 cup capacity bowl.

We recommend the Sea to Summit and GSI Tableware and Cutlery.

Pee Bottle

This is just a water bottle with a different job. We recommend that you mark this bottle in some way (e.g. with strips of duct tape) so 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 or the Sports and Travel Freshette for Women.

		
Therm-a-Rest NeoAir XTherm and XTherm MAX mattresses	Adventure Consultants Branded Nalgene 1 Litre Wide Mouthed Bottles	Black Diamond Storm Headlamp

6.0 Accessories

Headlamps x 2 and Spare Lithium Batteries

Headlamps are more versatile than hand torches as they allow you to keep your hands free. Bring extra batteries, including a set of lithium batteries for summit day. You should have one headlamp for Base Camp and a more powerful version for early starts or long days on the mountain.

You MUST have a fresh set of lithium batteries for your head torch for summit day (ordinary alkaline batteries are fine for other days) and we recommend that you also use them in your camera. Although they are expensive, lithium batteries will provide much longer life and are not affected by the cold. Please do not bring rechargeable batteries. They do not last well at altitude and there are limited charging facilities on the mountain.

We recommend the Petzl Myo or Actik, LED Lenser H7R.2 or SEO 7R and the Black Diamond Icon, Storm or Spot Headlamps.

Personal First Aid Kit and Medication

You should always carry a basic first aid kit including blister tape, second skin, gauze pads, crepe bandage and painkillers. Include any personal medication required and be sure to inform the office and your guide if you are on prescription medicine. Store your first aid kit in a waterproof container.

Personal Toiletries

Include items such as toothbrush, toothpaste, deodorant etc. Make sure everything liquid is in containers that don't leak or break! A personal roll of toilet paper and hand sanitizer can be very useful.

Sun Block and Lip Balm


This should be SPF 30 or higher. A waterproof sports type 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.

Wet 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 and in Base Camp.

Personal Entertainment (Optional)

Feel free to bring a good book, playing cards, diary and iPod, etc. We recommend that you choose solid state devices such as the now obsolete iPod Nano (which we have tested up to 7,950m), as these are the most reliable. A smartphone, used in flight mode to extend battery life, can combine the functions of separate devices (camera, video, music, e-books, etc.) into one, but will require a personal sized solar panel and/or battery charging pack to keep charged throughout the expedition.

		
Leatherman Wave Multi Tool	Sea to Summit Tek Towel	Grabber Hand and Toe Warmers

Pocket Knife/Leatherman/Tool Kit

Swiss Army Knife, Leatherman tool or equivalent. A personal repair kit for your own equipment is also useful.

We recommend Victorinox Knives and Leatherman Multi Tools.

Camera (Optional)

Take 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 spare sets of lithium batteries. We recommend using a camera with replaceable batteries, NOT rechargeable as this allows you to have spare fresh batteries for summit day. Don't forget to bring extra memory cards!

Camping Towel

You can bring a specific small camp towel, or a bigger beach towel style.

We recommend Sea to Summit Tek and Drilite Towels.

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. During the trek, place clothing, sleeping bags and other non-hardware items in large tough plastic bags for waterproofing. Bring a large stuff sack to store your climbing hardware in between climbs.

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

Chemical Hand and Toe Warmers (Optional)

You could bring two to three sets of lightweight disposable chemical hand and toe warmers. Make sure they are designed for use in low oxygen environments.

We recommend the Grabber Brand of Hand and Toe Warmers.

Ear Plugs (Optional)

These come in handy for when needing to block out the noise of a snorer or a flapping tent.

Collapsible 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 and Black Diamond Poles.

7.0 Climbing Equipment

Ice Axe

We recommend a lightweight ice axe rather than a heavy tool as it is used rarely on the climb. The axe should be roughly 55-65 cm in length depending on your height, and the axe should have a basic wrist leash of some sort.

We recommend the Black Diamond Venom, Petzl Summit or the Grivel Airtech Evo Ice Axes.

Crampons



Clip on style with a toe 'harness' is best. Check the set-up is secure and that the strap is long enough. Avoid technical ice climbing crampons and ensure you have 'anti balling' plates on them.

We recommend the Petzl Vasak Leverlock Universel, Black Diamond Sabretooth Clip and the Grivel G12 New-Matic Crampons.

Climbing Helmet

Climbing helmets aim to deflect falling rock/ice and protect the head in the event of a fall. Be aware that plastic becomes brittle as it ages over time, so if you are borrowing a plastic helmet it should not be more than 4 years old. Composite (fibreglass /carbon fibre) helmets are also available but can be quite heavy and expensive. Check that the helmet adjusts enough to allow you to wear a warm hat underneath and a hood over the top.

We recommend the Petzl Sirocco and Meteor, or the Black Diamond Vapor and Vector Climbing Helmets.

		
Black Diamond Venom Ice Axe	Grivel G12 New-Matic Crampons	Petzl Adjama Climbing Harness

Climbing Harness

Bring a lightweight alpine climbing harness. Must have gear loop(s) and adjustable leg loops and waist to fit over the varying clothing combinations that are worn during an expedition.

We recommend the Petzl Adjama, Luna or Aquila, the Black Diamond Aspect, Lotus or Couloir, or the Mammut Zephir Altitude Climbing Harnesses.

Belay/Rappel Device

Bring a Figure 8 or ATC style device for rappelling. It must be able to accommodate ropes of different thicknesses. Figure 8's are better at coping with various rope widths than ATCs, which generally only take thinner ropes, but bring the device you are familiar with using.

We recommend the Petzl VERSO and Huit Figure 8, or the Black Diamond ATC-XP Belay Devices.

Locking Carabiners x 2

Bring two manually locking, pear-shaped carabiners that have a screw gate mechanism. Some climbers prefer to use a 'twist lock' style carabiner. Whichever you choose, please practice with them with your gloves on at home.

We recommend Petzl and Black Diamond Locking Carabiners.

Non-locking Carabiners x 3

Bring three non-locking carabiners.

We recommend Petzl and Black Diamond Non-Locking Carabiners.

Mechanical Ascender x 1

Bring a mechanical ascender for climbing fixed ropes. It pays to match the ascender to your dominant hand.

We recommend the Petzl Ascension, Grivel A&D and Black Diamond Index Ascenders.

4 Metres of 16mm Tape or 8mm Cord

You will require a leash which will attach your mechanical ascender to your harness. Our preference is to improvise leashes from cord or webbing. These should be no longer than the distance from your tie in point to your hand on an outstretched arm, so that when you are resting on the rope you can still reach the ascender. Your guide will help you build these in Kathmandu.

Prusiks (1 x Short and 1 x Long)

One long (3.2m untied) and one short (1.6m untied) prusik used for various activities, from abseiling, tying your pack on, to using as a back-up ascender, if you have dropped yours. This can be made from 6mm cord.

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 climbing equipment through our office. Please enquire for catalogue and prices.
