



2018 ISLAND PEAK EQUIPMENT LIST

Equipment Checklist

1.0 Body Wear

- Waterproof shell jacket
- Waterproof shell pants
- Down jacket
- 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 Head Wear

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

3.0 Hand Wear

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

4.0 Foot Wear

- Socks x 3-5 pairs
- Lightweight shoes/sandals
- Trekking boots
- 6000m mountaineering boots
- Snow gaiters
- Bivvy boots (*Optional*)

5.0 Packs & Bags

- Small lockable duffel bag x 1 (*30-40 litres*)
- Large lockable duffel bag x 1 (*95-132 litres*)
- Mountaineering/Daypack (*40-50 litres*)

6.0 Camping Gear

- Down sleeping bag (*-15C/5F or better*)
- Foam sleeping mat
- Inflatable sleeping mat
- Camping pillow (*Optional*)
- Water bottles x 2
- Water bottle covers x 2
- Cup, bowl and spoon
- Pee bottle

7.0 Accessories

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

8.0 Climbing Equipment

- Ice axe
- Crampons
- Climbing helmet
- Climbing harness
- Belay/rappel device
- Locking carabiners x 2
- Non-locking carabiners x 1
- Mechanical ascender (*Supplied*)
- 6 metres of 16mm tape or 8mm cord
- Prusik

9.0 Other

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

PLEASE NOTE: Some items are available for rent from shops in Kathmandu such as sleeping bags, down jackets, boots, crampons, ice axes and other items. However, we do recommend you bring your own items to ensure you get quality items that are in a clean, well maintained state.

Packing Lists

Pack the above items into the following bags ready for your flight to Lukla, trekking and Base Camp

1. Trek Daypack/Daywear

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

- Daypack (40-50 litres)
- Waterproof shell jacket
- Waterproof shell pants
- Midweight insulated jacket
- Warm hat
- Sun hat
- Sunglasses
- Bandana or Buff
- Water bottle x 1
- Personal first aid kit and medication
- Sun cream and lip balm
- Camera (Optional)
- Collapsible trekking poles
- Personal entertainment (Optional) in case of flight delays to Lukla
- Mobile phone (Optional)
- Liner gloves x 1 pair
- Headlamp

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.

2. Trek Duffel Bag

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

- Large lockable duffel bag (95-132 litres)
- Down jacket
- Lightweight fleece top
- Glacier shirt
- Base layer top and leggings
- Spare casual/trekking clothes
- Underwear
- Balaclava
- Fleece gloves
- Socks x 2 pairs (1 set for summit day)
- Lightweight shoes/sandals
- Snow gaiters
- Down sleeping bag (-15C/5F or better)
- Foam sleeping mat
- Personal toiletries
- Wet wipes
- Camping towel
- Stuff sacks
- Ear plugs (Optional)
- Personal entertainment (Optional)
- Pocket knife/Leatherman/tool kit (Optional)
- Spare batteries
- Pee bottle

3. Climbing Hardware

Separate your climbing hardware into a large stuff sack or a plastic rubbish bag to be taken directly to Island Peak Base Camp.

- Ice axe
- Crampons
- Climbing helmet
- Climbing harness
- Belay/rappel device
- Locking carabiners x 2
- Non-locking carabiners x 1
- 6 metres of 16mm tape or 8mm cord
- Mechanical ascender (provided)
- Prusik
- 6000m mountaineering boots
- Ski goggles
- Bivvy boots (Optional)
- Neck gaiter (Optional)
- Mountaineering gloves with removable liners
- Expedition mittens
- Inflatable sleeping mat
- Stuff sacks
- Chemical hand warmers (Optional)

Clothing and Equipment Information Guide

The following information is a guide to assist you in securing the required clothing and equipment for climbing 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, 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 climb is your glacier 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. 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 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! 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 Summit Series L5, Arc'Teryx Alpha SV, Montane Endurance Pro or the Rab Latok Jackets.

Waterproof Shell Pants

Waterproof overpants 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 and/or crampons.

We recommend The North Face Point Five NG, Arc'teryx Alpha SL, Montane Alpine Pro or the Rab Latok Alpine Pants.

Down Jacket

You will need a midweight down jacket for sitting around in; a hood for extra warmth and comfort would be preferable.

We recommend The North Face Immaculator, Marmot Ama Dablam or the Rab Neutrino Endurance 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.

Lightweight Fleece Top

A lightweight (100-weight) fleece top is a good addition for when you need extra warmth. Wear it as your top layer when warm and then put your midweight 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, Marmot Rocklin Half Zip, Rab Power Stretch Pull-on, Patagonia R1 Hoodie, Montane Allez Micro Hoodie or the Arc'Teryx Kenseal Hoody.

Windshirt (Optional)

A light slightly insulated interim layer, which can be worn outside on windy (but not too cold) days. If you have one of these, you can reduce the weight of your down jacket. More layer's equal greater versatility and better thermoregulation all round.

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

Softshell Climbing 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 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. It is also useful for the trekking days. 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 Top and Leggings x 2 Sets

We recommend you bring one set of lighter weight thermals and a spare top of medium or expedition weight thermals. Shirts should have long sleeves and a high neck with zips to allow for 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/fleece pants, when additional warmth is required. People who are susceptible to cold should wear two sets of thermals on cold days.

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

Casual/Trekking Clothes

You will need clothing suitable for trekking and casual wear. Light colours are recommended to help keep cool and garments with a high UPF rating are a bonus. Bring a couple of changes of clothes and in order to be respectful to local Nepalese custom, we do not recommend short shorts.

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 at lodges on the trek, although please consider drying time when packing. You can now get some items in fast drying thermal fabrics that can be much nicer in cold and wet conditions, where cotton can leave you cold and damp and in risk of chafing.

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

		
Marmot Scree Softshell Pants	Rab Merino+ 160 Hoody	The North Face Bones Beanie

2.0 Head Wear

Warm Hat

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

We recommend The North Face Bones and Rab Logo Beanies.

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.

Balaclava (Optional)

You can choose to bring a lightweight balaclava. It can be silk, polypropylene or a warmer model made of fleece or merino wool.

We recommend the Smartwool and Rab Power Stretch Balaclavas.

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. We recommend a photochromic or category 4 polarised lenses with an anti-fog coating. 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 backup. Leashes and nose guards can be used. A spare pair is recommended in case of loss or breakage.

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

Bandana or Buff

A bandana and/or 'Buff' is a useful addition to the cap to protect the back of your neck from the sun, or a cover for the face on dusty trekking days.

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

Neck Gaiter (Optional)

Some people also like a neck gaiter for added warmth on a cold day.

		
Julbo Monte Bianco 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 as well as under heavier gloves and mittens on cold days. Wearing these gloves will prevent cold injuries in situations requiring full finger dexterity. They can also be worn doubled up. Some people prefer these to the fleece gloves and some, the other way around. The fleece gloves are more robust.

We recommend Black Diamond Lightweight, Rab Stretch Knit or Budget 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 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 that while wearing your liner gloves and/or fleece gloves that your hand slides easily into the mitten.

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

4.0 Foot Wear

Socks

Various combinations suit different people. You need at least 3 to 5 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 the Smartwool, Bridgedale and Thorlo Sock Ranges.

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

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

Bring soft, lightweight, comfortable boots that have good ankle support and a reasonable sole (Such as Vibram) for traction. Some people prefer a trekking shoe (rather than boot) because they are lighter; however, a boot offers superior ankle support.

We recommend the La Sportiva Trango TRK GTX, Salomon Quest 4D GTX and the Scarpa Kailash 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 with an integrated gaiter as these are far too warm.

We recommend Scarpa Phantom 6000, La Sportiva G2 SM, La Sportiva Spantik or the Expedition 6000 Evo Rd 6000m Mountaineering Boots.

Snow Gaiters

Gaiters are used to keep snow and small rocks out of your boots. They need 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 Extreme Gaiters.

Bivvy Boots (Optional)

For those who suffer cold feet at night. Lightweight down bivvy boots are for wearing in your sleeping bag and tent. Ideally, they should be made of a water-resistant material and have a reinforced sole.

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

5.0 Packs & Bags

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

A small duffel (30-40 litres) or suitcase is used 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 sized duffel of around 100 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/Daypack (40-50 Litres)

Bring a comfortable daypack with the capacity of around 40-50 litres (2,440-3,050 cu in) in which to carry your jacket, camera, water bottle and snack food during the trek. You will also use this pack climbing on summit day, so make sure it 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 day.

We recommend Deuter Guide 45+, Lowe Alpine Alpine Ascent 40:50 and Black Diamond Speed 40 Packs.

		
The North Face Base Camp Duffel	Black Diamond Speed 40 Pack	The North Face Inferno 18C/0F Down Sleeping Bag

6.0 Camping Gear

Down Sleeping Bag (-15C/5F or Better)

A down bag rated to -15C/5F or better, and typically, a down bag will 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. Synthetic bags are too heavy and bulky.

We recommend The North Face Inferno -18C, Rab Andes 800 and Mountain Equipment Glacier 700 Down Sleeping Bags.

Foam Sleeping Mat

Take a full length, closed cell foam sleeping mat. These are used when camping on snow to increase the warmth of your air mattress and 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 but this is rare and depends on how busy the Khumbu trekking season is. These mats can be bought cheaply in Kathmandu.

We recommend the Therm-a-Rest RidgeRest SOLite Foam Sleeping Mats.

Inflatable Sleeping Mat

We suggest a lightweight, full length model for use in conjunction with a foam mat. It's a good idea to also bring a repair kit, just in case you get a puncture.

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

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.

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

Water Bottle Covers x 2

This will slow the rate of the freezing of your water!

We recommend the Outdoor Research Water Bottle Parka.

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	Nalgene 1 Litre Wide Mouth Water Bottles	Petzl Actik Headlamp

7.0 Accessories

Headlamp 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 a robust and powerful version for early starts or long days.

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 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.

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

Personal First Aid Kit

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 if possible, but a plastic bag inside a nylon stuff sack is usually adequate.

Personal Toiletries

Items include a toothbrush, toothpaste and 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 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.

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 and in Base Camp.

Camping Towel

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

We recommend Sea to Summit Tek and Drylite Towels.

Personal Entertainment (Optional)

Feel free to bring a good book or Kindle, playing cards, diary and iPod, etc. Please note that many iPods and MP3 players do NOT work at altitude although in our experience, the iPod Nano works fine as far as 7,950m (we haven't tried higher!) When around 5,000m other MP3 players tend to crash. The maximum altitude seems to fluctuate with each unit (3,000m is the maximum guaranteed in the technical specifications for all iPods).

Pocket Knife/Leatherman/Toolkit (Optional)

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)

Bring your choice of SLR, digital 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 batteries. You will not be able to use a wall charger to charge batteries on the mountain although you may be able to in some lodges along the way. Please ensure you bring an international travel converter plug.

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. Bring a large stuff sack to store your climbing hardware so it does not damage other equipment in your duffel bag.

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

		
Leatherman Wave Multitool	Sea to Summit Stuff Sacks	Black Diamond Alpine Carbon Cork Trekking Poles

Chemical Hand Warmers (Optional)

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

We recommend Grabber Hand and Toe Warmers.

Ear Plugs (Optional)

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

Collapsible Trekking Poles

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 Trekking Poles.

Mobile Phone (Optional)

Nowadays mobile phones work in most of the Khumbu Valley. Bring your phone and international power adapter so as to keep in contact with your friends and family back home. Check with your telecommunications provider that your phone will work in Nepal or purchase a local SIM card.

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 55-65cm in length depending on your height. The axe should have a basic wrist leash of some sort.

We recommend the Black Diamond Venom, Petzl Summit and Grivel Air Tech Evolution Ice Axes.

Crampons

Clip-on crampons with a toe 'harness' are the most versatile option. Please check the setup 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 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. Check that the helmet adjusts enough to allow you to wear a warm hat underneath and a hood over the top. Your headlamp must be able to strap securely to the outside of the helmet as well. Be aware that plastic becomes brittle as it ages, so if you are borrowing a plastic helmet, it should not be more than 4 years old.

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

		
Black Diamond Venom Ice Axe	Grivel G12 New-Matic Crampons	Petzl Meteor Climbing Helmet

Climbing Harness

Bring a lightweight alpine climbing harness and it must have gear loop(s) and adjustable leg loops. **Please also check the waist size to ensure that it will 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 an ATC style or small figure 8 device for rappelling. It must be able to accommodate ropes of different thickness.

We recommend Petzl Verso or Huit, and Black Diamond ATC-XP or Super 8 Belay Devices.

Locking Carabiners x 2

Bring two 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 1




Bring a non-locking carabiner.

We recommend Petzl and Black Diamond Non-Locking Carabiners.

Mechanical Ascender (Supplied)

Supplied by us, but if you have one bring it along. This is a mechanical ascender for climbing fixed ropes.

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

		
Petzl Adjama Climbing Harness	Petzl Huit Descender	Black Diamond Index Ascender

6m of 16mm Tape or 8mm Cord (If Bringing Your Own Ascender)

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.

Adventure Consultants has cord and tape available for purchase by the metre.

Prusik x 1

One long (3.2m untied) prusik used for various activities, from abseiling to tying your pack on, to a backup ascender if you dropped yours. These can be made from 5-6mm cord.

Adventure Consultants has cord available for purchase by the metre.

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.
