

Mountaineering Gear List

What do you really need to take with you on a mountaineering in Nepal?

Footwear/Clothing/Hand Gear

- One pairs Fleece Hat or Balaclava



- Four pairs of light-weight socks :- Liner socks, 3 Pairs



- Lightweight long underwear top



- One Down jacket: Highly recommended. (Marmot, North Face, Mountain Hardwar, Patagonia)



- One pair of trekking boots/ Hiking boots



- One pairs Hat or cap for the sun



- One windproof breathable jacket & pants



- Pack towel: Small or medium size Bandana: Two pcs



- Running Boots (Easy walk and hike)



- Two fleece jacket



- Two pair of light hiking pants



- Two pair windproof Gore- Tex pants – full size zips recommended



- Two polypropylene tops



- One pair of fleece pants



- One pairs of liner gloves with water proof. (Any Brad)



- Three pairs of heavy-weight socks



- Wind stopper fleece gloves



- One pair Booties: Down or synthetic



- Briefs: 4 pairs synthetic or cotton



- 4 pairs of heavy- weight socks



– Down pants (Mountain Hardware, North Face)



– Down suit, for Eeverest Summit (Mountain Hardware, North Face)



– Insulated climbing gloves (Mountain hardware, Black diamond)



– Mittens with liners, icefall & Summit Day



– Lightweight long underwear bottoms



- One pairs fleece hate or balaclava



- One pair Sport sandals: Any brand



- One pair Climbing Boots; (Millet Everest, Kayland, Scarpa Phantom, La Sportiva)



- One pair Wind shirts or light jacket



Accessories/Camping/Medical & Personal

- Camera, video camera, extra batteries



- Day bag with 2-way zipper lock



- Diary and writing material



- led headlamp (Petzl or Black Diamond)



- One pocket knife (Swiss army knife)



- Two sleeping bag (One -400C and next – 200C) -Mountain hardware, North Face



- One water bottles, leak- proof (Nalgene or lexan type bottle)



- : Optional Pee bottle Pee funnel for women



- Personal hygiene kit: (-Ear plugs -Baby wipes or wet towels -purification tablets -Toiletry kit)



- Personal first- aid kit



- Sunscreen and lip protection (SPF 30) or higher, non-oily



- Sleeping pad, full-length



- One pcs thermos (Light weight)



- Two pair of Glacier glasses high quality (100% UV, 100%IR)



- One pair of sunglasses high quality (100% UV, 100%IR)



- Utensil



- Necessary batteries for led headlamp or other



- Ski goggles, should be fit on your oxygen mask



- Spare batteries, lithium AA's and AAA's



Climbing Equipment

- One pair of ski or hiking poles



- One pair Climbing Helmet



- One pair ice axe (Black Diamond)



- One pair of crampons (12 point step-in, Black Diamond)



- One pair Ascenders (Petzl or Black Diamond)



- One pair Harness: Alpine style, (fully adjustable- Black Diamond)



- One pair large locking Carabiners (Black Diamond, Petzl).



- Perlon cord, 20 feet of 6mm



- Rappel device/ Figure 8 (Black Diamond)



- Webbing: 20 feet, (used for constructing leashes)

