

## EVEREST 2014 – EQUIPMENT LIST

### Travel Items

- [ ] Duffel Bags: 2 large duffel bags, 1 small for Katmandhu  
Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain.
- [ ] Locks: You'll want padlocks in Nepal and Tibet, but for flying out of the USA, it might be better to use plastic zip ties which can be cut by TSA staff if necessary (bring extra zip ties).
- [ ] Plastic zip ties
- [ ] Travel Wallet: Important for carrying your important documents
- [ ] Passport (valid for at least 6 months after the trip ends with sufficient extra pages for visa stamps and in same name as airline ticket. Get your Nepal visa on arrival in Kathmandu at the airport (\$40 for trekkers, \$100 for climbers).
- [ ] As many as 8 additional passport photos: one for Nepal visa, one for trek permit, one for application to purchase a local sim card (if you have a GSM cell phone), one for Lobuche permit, one for HRA BC clinic.
- [ ] 1 Photocopy of passport and 1 photocopy of flight itinerary

### Trekking Gear

- [ ] Trekking Poles: Get collapsible poles that can attach to your backpack.
- [ ] Backpacks: The "day pack" is great for a travel carry-on and may be big enough for the trek (need room for your clothes, water, camera, food, etc during the day while hiking).
- [ ] Pack Cover: Waterproof rain cover for your pack.
- [ ] 2 Sleeping Bags: 1 wraith and 1 phantom long
- [ ] Climbers should have a Thermarest, NeoAir, or lightweight pad to augment the closed cell pads in higher camps.

### Footwear

- [ ] Lightweight Shoes: Running/tennis shoes and sandals for camp, around town, etc.
- [ ] Hiking Boots: Medium-weight hiking boots, waterproofed and broken-in.
- [ ] Gaiters: To keep snow, mud, and scree out of your hiking boots while trekking to Base Camp.
- [ ] 5 sets of Socks: at least 5 complete changes of socks,
- [ ] Footwarmer

### Clothing

- [ ] 2-3 pairs Base Layer: *2 pair synthetic long johns: one midweight set and one expedition weight set.*
- [ ] Mid Layers: One additional warm layer (wool sweater, another fleece jacket, shelled vest, etc)
- [ ] Soft Shell Jacket: Waterproof/breathable jacket with hood
- [ ] Insulated Synthetic Jacket – Patagonia puff
- [ ] Shell Pants: Waterproof/breathable pants (full side zips are best).
- [ ] Climbing/Trekking Pants: stretch materials.
- [ ] Warm Parka: Down or synthetic. This should be big enough to go over other garments.
- [ ] 3-4 Trekking Clothes: Light hiking pants and / or hiking shorts for warm weather down low — NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric far better.)
- [ ] Bathing Suit: Some of the hotels have pools (eg, in Bangkok).

## Clothing Accessories

- [ ] 4 types of Gloves: liners, windstopper, expedition mitt, work gloves
- [ ] 3 Hats + bandana : Warm wool or heavy fleece hat, sun hat and bandana.
- [ ] A "Buff" or light balaclava to breathe through in the cold dry air. Good for preventing "Khumbu cough"

## Camp Accessories

- [ ] Headlamp: With several sets of extra batteries. Climbers should bring a second "back up" headlamp.
- [ ] Water Bottles: 2 water bottles with foam insulation shells. Bring a Pee bottle too.
- [ ] Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure).
- [ ] Camera: With spare batteries, and film or memory cards.
- [ ] Pocket Knife.

## Personal Accessories

- [ ] Wrist Watch: With alarm and light for reading in the dark. We like the Suunto ones.
- [ ] Eyewear: Bring good sunglasses.
- [ ] Skin Care: Maximum SPF sunscreen and lip balm.
- [ ] Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also you'll want moleskin, tape, aspirin, ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent, ear plugs, baby powder, blister kit and several rolls of toilet paper, small towel, soap/shampoo, a few disposable dust masks, hand cream (for chapped hands),
- [ ] Prescription Medications:
  1. Antibiotic for upper respiratory problems (azithromycin)
  2. Antibiotic for GI problems (Cipro or azithromycin)
  3. Diamox (acetazolamide) for acclimatization (125 mg tabs recommended; enough for a week)
  4. Tylenol 3 or similar for severe headaches
  5. For serious illness on high altitude expeditions, standard treatment protocol is: nifedipine (for pulmonary edema) and dexamethasone (for cerebral edema) in association with immediate descent.
- [ ] Cold medicine (Sudafed, etc), Chloroseptic or Tessalon Perles throat lozenges.
- [ ] Personal Snack Food: Approximately 10 pounds of personal snacks, also some drink mixes if you like these
- [ ] Books/ CD's/ DVD's. Plan on sharing among your team members.

## Climbers add the following:

- [ ] Ice axe: We like a general purpose axe in the 60-70 cm range . with A wrist leash
- [ ] Crampons: The number one rule with crampons is that they need to be compatible and stay on your boots,
- [ ] Helmet
- [ ] Climbing Harness: We prefer a harness with a minimum of padding
- [ ] Ascender & Hardware: Two large locking carabiners, mechanical ascender with slings, rappel device (Figure 8 or ATC that will work on a variety of rope diameters from 7mm to 11mm), 4 extra 24" shoulder slings with 'biners. Bring 30 feet of 7 or 8mm accessory cord or ½ inch tape webbing to rig your ascender and safety sling
- [ ] Warm shelled mittens

- [ ] the Millet Everest, La Sportiva Olympus Mons or other type high altitude boots.
- [ ] Insulated pants. Great for the cold evenings at Base Camp, and up higher.
- [ ] 1 pair of Glacier glasses, with a spare pair as backup.
- [ ] Bowl, Cup, Spoon.
- [ ] Small repair kit. We'll have a large repair kit at Base Camp with tools, etc.
- [ ] Small 8-12 oz container for energy gel (summit attempt) - 2x
  
- [ ] Thermarest Pad repair kit
- [ ] Synthetic towel 2x
- [ ] 5 dehydrated meals (freeze-dried dinners) FOR SUMMIT ATTEMPT
- [ ] 3-6 kilos/6-12 pounds is a sufficient amount.
- [ ] lot of Batteries/lithium - Solar Panels
- [ ] Small radio

### **References**

- <http://www.ganeshadventures.com/2011/12/17/living-the-high-life-in-your-8000m-expedition-base-camp/>
- [http://www.trekkingagencynepal.com/climbing\\_equipments.php](http://www.trekkingagencynepal.com/climbing_equipments.php)
- <http://www.alpineascents.com/everest-rental-form.asp>
- <http://www.rmiguide.com/himalaya/everest/>