

Mount Everest Expedition Required Equipment

BASE LAYERS

- Synthetic Short underwear**
non-cotton style underwear
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear** (2-3 pair)
long sleeve shirt and long pants
recommended: [Mountain Hardware Butterman ½ Zip](#) top and [Butterman Tight](#) bottoms
- Heavyweight Long Underwear** (1 pair)
recommended: [Mountain Hardware Kinetic Long Sleeve ½ Zip](#) top and [Kinetic Tight](#) bottoms
- Short Sleeve Synthetic Shirt** (1-2 pair)
recommended: [Mountain Hardware Metonic Short Sleeve Shirt](#)

MID LAYERS

- Soft Shell Jacket**
to be worn over other layers
recommended: [Mountain Hardware Touren Hooded Softshell Jacket](#)
- Soft Shell Pants**
very breathable and water repellent
recommended: [Mountain Hardware Touren Softshell Pant](#)
- Lightweight Nylon Pants** (1-2 pair)
recommended: [Mountain Hardware Chockstone 24/7 Pant](#)

WINDPROOF LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware CloudSeeker Jacket](#)
- Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Quasar Lite II Pant](#)

INSULATION LAYERS

- Heavyweight Insulated Down Jacket with hood**
we primarily wear this when climbing below Camp 2
recommended: [Mountain Hardware Absolute Zero Parka](#)
- Insulated Synthetic Pants**
with full-size zips. worn primarily when climbing below Camp 2
recommended: [Mountain Hardware Compressor Pant](#)
- Down Suit**
worn when climbing above Camp 2
recommended: [Mountain Hardware Absolute Zero Suit](#)

HEADWEAR

- Warm Hat**
synthetic or wool hat (ski hat)
recommended: [Mountain Hardware Dome Perignon](#)

**Balaclava**

to protect your neck and face in high winds
recommended: [Mountain Hardwear Alpine Balaclava](#)

**Baseball Cap or other sun hat**

to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)

**Bandana or Buff**

to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

EYEWEAR

**Glacier glasses**

full protection with side covers or wrap around
recommended: [Julbo Shield Sunglasses](#)

**Ski goggles**

to be worn on summit day in the event of high winds

GLOVES

**Lightweight synthetic liner gloves**

for wearing on a hot day
recommended: [Black Diamond LightWeight Screenshot Glove](#)

**Soft shell gloves**

to wear for moderate cold/wind
recommended: [Black Diamond Midweight Windbloc Fleece Gloves](#)

**Shell glove with insulated liner**

to wear for severe cold / strong wind
recommended: [Black Diamond Guide Gloves](#)

**Expedition mitts**

large enough to fit a liner glove inside
recommended: [Black Diamond Absolute Mitts](#)

**Heated Gloves** (optional)

Battery-powered heated gloves
recommended: [Outdoor Research Capstone Heated Gloves](#)

FOOTWEAR

**Liner socks** (3 pairs)**Wool or synthetic socks** (6 pairs)

recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

**Mountaineering boots**

recommended: [La Sportiva Olympus Mons Evo](#)

**Hiking shoes**

comfortable boots or shoes for the trek to base camp

**Camp boots**

comfortable boots for wearing in camp
recommended: [Sorel Caribou XT](#)

Gaiters
recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

Booties (optional)
recommended: [Feathered Friends Down Booties](#)

SLEEPING EQUIPMENT

Sleeping Bag (for high camps)
rated to at least -40°F. Goose down or synthetic
recommended: [Feathered Friends Snowy Owl EX -60](#) or [Mountain Hardware Ghost -40 F/C](#)

Sleeping Bag (for base camp)
rated to at least -20°F
recommended: [Feathered Friends Ptarmigan EX -25](#)

Self-inflating sleeping pads (2)
full length is preferred, 1 for base camp and 1 for high camps
recommended: [Therm-a-Rest NeoAir XTherm](#)

Closed-cell foam pad
to be used in conjunction with the inflating pad for warmth and comfort when sleeping
recommended: [Therm-a-Rest RidgeRest Solar](#)

Earplugs

MOUNTAINEERING GEAR

Expedition Backpack
approximately 65L
recommended: [Mountain Hardware South Col 70 OutDry](#)

Compression Stuff Sacks
for reducing the volume of the sleeping bag, down parka, etc., in your pack
recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)

Trash Compactor Bags
to line backpack and stuff sacks as well as for separating gear

Trekking Backpack
to carry on the trek to base camp. Simple and light.
recommended: [Mountain Hardware Scrambler Roll Top 35 OutDry](#)

Trekking Poles with snow baskets
adjustable poles
recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)

Ice Axe
general mountaineering tool (65cm)
recommended: [Black Diamond Raven Pro Ice Axe](#)

Crampons
general mountaineering crampons
recommended: [Grivel G12 New Matic Crampon](#)

Climbing Helmet
must be able to fit over your warm hat

Ascender
1 right or left-hand ascender
Recommended: [Petzl Ascension](#)

**Alpine Climbing Harness**

mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness
recommended: [Black Diamond Alpine Bod Harness](#)

**Carabineers**

3 regular and 3 locking
recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)

**Rappel device**

ATC or Figure-8
recommended: [Black Diamond ATC Belay](#)

**Headlamp**

with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

LUGGAGE

**Large duffel bags with locks (2)**

for transporting gear

**Carry-on backpack**

can use trekking backpack, approximately 18” x 16” x 10” (46cm x 41cm x 26cm)

**Travel Clothes**

for days in Kathmandu

ADDITIONAL FOOD ITEMS

**Snack food**

bring a few days supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc.
variety of salty and sweet is good

OTHER EQUIPMENT

**Cup**

plastic 16 oz. minimum cup or mug

**Bowl**

large plastic bowl for eating dinner or breakfast

**Spoon**

plastic spoon (Lexan)

**Water Bottles (2 or 3)**

wide mouth bottles with 1-liter capacity

**Water Bottle Parkas (2)**

fully insulated with zip opening
recommended: [Outdoor Research Water Bottle Parka #1](#)

**Thermos**

1 liter
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)

**Foot Warmers**

recommended: [Hotronic Custom S4 Heating Elements Foot Warmer Kit](#)

Hand Warmers
recommended: [Yaktrax Hand Warmer](#)

Sunscreen
SPF 50 or better

Lip screen (2 sticks)
SPF 30 or better

Toiletry Bag
include toilet paper and hand sanitizer

Pee bottle
1-liter minimum bottle for convenience at night in the tent

Knife or Multi-tool (optional)

Small personal first aid kit
include athletic tape, band-aids, Ibuprofen, blister care, etc.

Medications and prescriptions
bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox and dexamethasone

OPTIONAL ELECTRONICS

For Nepal: Plug adapters and 220V transformers

GPS

Camera, memory cards, accessories, and case

iPod or digital music player with two sets of headphones

Mobile phone

Batteries, chargers, adapters, and solar panels to support all the devices you bring

OTHER OPTIONAL ITEMS

Lightweight journal, sketchbook, pencils, pen, e-reader

US cash
for currency exchange to purchase SIM cards or merchandise in Kathmandu, Namche, etc.



Female urination device (FUD)

recommended: [Sani-Fem Freshette](#)



Handkerchiefs/bandanas