

Ama Dablam Expedition Required Equipment

BASE LAYERS

☐

Synthetic Short Underwear (2-3 pair)

non-cotton style underwear

recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)

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Lightweight Long Underwear (2-3 pair)

long sleeve shirt and long pants

recommended: [Mountain Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms

☐

Heavyweight Long Underwear (1 pair)

recommended: [Mountain Hardware Diamond Peak 1/2 Zip](#) top, [Diamond Peak Thermal Tight](#) bottoms

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Short Sleeve Synthetic Shirt (1-2)

recommended: [Mountain Hardware Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS

☐

Soft Shell Jacket

to be worn over other layers

recommended: [Mountain Hardware Stretch Ozonic Jacket](#)

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Soft Shell Pants

very breathable and water repellant

recommended: [Mountain Hardware Stretch Ozonic Pant](#)

☐

Lightweight Nylon Pants (1-2 pair)

recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF/RAIN LAYERS

☐

Hard Shell Jacket with hood

waterproof and breathable shell jacket

recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)

☐

Hard Shell Pants

waterproof and breathable shell pants

recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

☐

Heavyweight Insulated Down Jacket with hood

recommended: [Mountain Hardware Absolute Zero Parka](#) or [Nilas Jacket](#)

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Insulated Pants

recommended: [Mountain Hardware Compressor Pant](#)

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Down Suit (optional)

worn on summit day

recommended: [Mountain Hardware Absolute Zero Suit](#)

HEADWEAR

☐

Warm Hat

synthetic or wool hat (ski hat)

recommended: [Mountain Hardware Dome Perignon Pro](#)

**Balaclava**

to protect your neck and face in high winds
recommended: [Mountain Hardware 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 – (2nd pair optional)
recommended: [Scott USA LCG Goggle](#)

GLOVES

**Lightweight Synthetic Base Layer Gloves**

for wearing on a hot day
recommended: [Mountain Hardware Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind
recommended: [Mountain Hardware Route Setter Alpine Work Glove](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind
recommended: [Mountain Hardware Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**

large enough to fit a liner glove inside
recommended: [Mountain Hardware Absolute Zero Gore-Tex Down Mitt](#)

FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (3 pairs)**

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

**Mountaineering Boots**

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

**Hiking Boots/Shoes**

comfortable boots or shoes for the trek to base camp

**Camp Boots (optional)**

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

**Gaiters (optional)**

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

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

SLEEPING EQUIPMENT

- ☐ **Sleeping Bag**
rated to at least -20°F
recommended: [Mountain Hardware Lamina -30 Sleeping Bag](#)
- ☐ **Self-inflating Sleeping Pads**
full length is preferred
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 SOLite](#)
- ☐ **Earplugs**
recommended: [Eagle Creek Travel Ear Plug Set](#)

MOUNTAINEERING GEAR

- ☐ **Expedition Backpack**
approximately 105L
recommended: [Mountain Hardware AMG 105 Backpack](#)
- ☐ **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
- ☐ **Backpack Rain Cover** (optional)
- ☐ **Trekking Backpack**
to carry on the trek to base camp. Simple and light.
recommended: [Mountain Hardware Scrambler 35 Backpack](#)
- ☐ **Trekking Poles with Optional Snow Baskets**
adjustable poles
recommended: [Black Diamond Alpine Carbon Z Trekking Poles](#)
- ☐ **Ice Axe**
short ice axe (max 60cm)
recommended: [Petzl Summit Ice Axe](#)
- ☐ **Crampons**
general mountaineering crampons
recommended: [Petzl Sarken Leverlock Crampon](#)
- ☐ **Climbing Helmet**
must be able to fit over your warm hat
recommended: [Petzl Sirocco Helmet](#)
- ☐ **Ascender**
1 right or left-hand ascender
recommended: [Petzl Ascension Ergonomic Ascender](#)
- ☐ **“Y” Rig for ascender and safety carabiner**
recommend: [Petzl Dual Connect Adjust](#)

**Accessory Cord**

30 feet (9m) of 6mm accessory cord
recommended: [New England 6mm Accessory Cord](#)

**Alpine Climbing Harness**

mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness
recommended: [Petzl Altitude](#)

**Carabineers**

2 regular and 4 locking
recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)

**Belay/Rappel Device**

recommended: [Petzl Reverso](#)

**Headlamp**

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

TRAVEL ITEMS

**Large Duffel Bag with Locks**

for transporting gear to base camp, no hard sides or wheels
recommended: [Mountain Hardwear Expedition Duffel 140](#)

**Small Duffel Bag with Lock**

to store items in the hotel(s) while on the climb
recommended: [Mountain Hardwear Camp 4 Duffel 45](#)

**Carry-on Backpack**

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

**Travel Clothes**

for days in cities and towns

**Lightweight journal, sketchbook, pencils, pen****U.S. cash**

for currency exchange to purchase SIM cards or merchandise in cities and villages

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
recommended: [Nalgene 1L bottle](#)

**Water Bottle Parkas (2)**

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

**Water Treatment**

recommended: [SteriPEN Ultra](#), [Aquamira](#), tablets, etc.

**Thermos**

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

**Hand/Foot Warmers**

recommended: [Yaktrax Hand Warmer](#)

**Sunscreen**

SPF 50 or better

**Lip Screen (2 sticks)**

SPF 30 or better

**Toiletry Bag**

include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)

**Pee Bottle**

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

**Female Urination Device (FUD)**

recommended: [Sani-Fem Freshette](#)

**Knife or Multi-tool (optional)****Small Personal First-aid Kit**

include athletic tape, band-aids, Ibuprofen, blister care, cough drops, etc.

**Medications and Prescriptions**

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

**Handkerchiefs/Bandanas (optional)**

OPTIONAL ELECTRONICS

**Country-appropriate power plug adapters and power transformers****Avalanche Transceiver**

recommended: [Backcountry Access Tracker 2 Avalanche Beacon](#)

**Adventure Sports Watch**

recommended: [Garmin fēnix 6](#)

**GPS/Personal Satellite Communicator**

recommended: [Garmin inReach Mini](#)

**Personal Power System**

recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)

**Digital Entertainment**

movies, tv shows, music, books loaded on to smartphone, iPad, Kindle

**Camera**

bring extra batteries, charger, and memory cards

**Portable Travel Humidifier**

battery powered