

Broad Peak Expedition Required Equipment

BASE LAYERS

- ☐ **Synthetic Short Underwear** (2-3 pair)
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 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
- ☐ **Short Sleeve Synthetic Shirt** (1-2 pair)
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](#)
- ☐ **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**
we primarily wear this when climbing below Camp 2
recommended: [Mountain Hardware Absolute Zero Parka](#) or [Nilas Jacket](#)
- ☐ **Insulated Pants**
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 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](#)

**Heated Gloves (optional)**

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

FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (6 pairs)**

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

**Heated Socks (optional)**

recommended: [Lenz 4.0 Heat Socks](#)

**Mountaineering Boots**

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

**Hiking Boots/Shoes**

comfortable, sturdy boots or shoes for the trek to base camp
recommended: [Salomon X Ultra Tracker Gore Tex](#), [La Sportiva Aequilibrium Hike GTX](#)

**Camp Boots**

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** (for high camps)

rated to at least -40°F. Goose down or synthetic
recommended: [Mountain Hardwear Phantom Gore-Tex -40 Sleeping Bag](#)

**Sleeping Bag** (for base camp)

rated to at least -20°F
recommended: [Mountain Hardwear Lamina -30 Sleeping Bag](#)

**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 SOLite](#)

**Earplugs**

recommended: [Eagle Creek Travel Ear Plug Set](#)

MOUNTAINEERING GEAR

**Expedition Backpack**

approximately 105L
recommended: [Mountain Hardwear 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 Hardwear Alpine Light 45 Backpack](#)

**Trekking Poles with Snow Baskets**

adjustable poles
recommended: [Black Diamond Alpine Carbon Z Trekking Poles](#)

**Ice Axe**

general mountaineering tool (65cm)
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](#)

☐**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**

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

☐**Carabineer for progression lanyard**

1 locking
recommended: [Petzl Vertigo Wire-Lock](#)

☐**Belay/Rappel Device**

recommended: [Petzl Reverso](#)

☐**Headlamp**

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

TRAVEL ITEMS

☐**Large Duffel Bags with Locks (2)**

for transporting gear
recommended: [Mountain Hardwear Expedition Duffel 140](#)

☐**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
recommended: [GU Roctane Energy Gel](#)

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 (optional)**

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

**Thermos**

1 liter

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

**Heated Insoles (optional)**

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

**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 and dexamethasone

**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