

# Everest Ice Climbing Adventure Required Equipment

## BASE LAYERS

- Synthetic Short Underwear** (2-3 pair)  
non-cotton style underwear  
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- 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)  
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 repellent  
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

- Insulated Jacket**  
PrimaLoft or Down  
recommended: [Ghost Whisperer/2 Down Hoody](#)
- Heavyweight Insulated Down Jacket with hood**  
recommended: [Mountain Hardware Absolute Zero Parka](#) or [Nilas Jacket](#)
- Insulated Pants**  
recommended: [Mountain Hardware Compressor Pant](#)

## 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 (optional)**

to be worn in the event of high winds  
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](#)

**Waterproof Shell Glove with Insulated Liner (2 pair)**

for ice climbing  
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](#)

**Ice Climbing Boots**

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

**Hiking Boots/Shoes**

comfortable boots or shoes for the trek to base camp

**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 Pad**  
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](#)

## ICE CLIMBING GEAR

- Ice Climbing Backpack**  
approximately 35L  
recommended: [Mountain Hardwear Alpine Light 35 Backpack](#)

- Compression Stuff Sacks**  
for reducing the volume of the sleeping bag, down parka, etc., in your pack/duffels  
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 Scrambler 35 Backpack](#)

- Trekking Poles with Snow Baskets**  
adjustable poles  
recommended: [Black Diamond Alpine Carbon Z Trekking Poles](#)

- Ice Axes (2)**  
technical ice climbing tools (less than 60cm)  
recommended: [Petzl Nomic Ice Axe](#)

- Crampons**  
ice climbing crampons  
recommended: [Petzl Sarken Dart 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**  
2 regular and 4 locking  
recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)

**Belay/Rappel Device**  
recommended: [Black Diamond Super 8 Belay/Rappel Device](#)

**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: [The North Face Base Camp Duffel](#)

**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)**  
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](#)

**Hand and Toe 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

**Female Urination Device (FUD)**  
recommended: [Sani-Fem Freshette](#)

**Knife or Multi-tool**

**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**

**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

