

# Mount Everest and Lhotse 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 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

- 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](#)

**Vapro Airtrim Cold Air Breathing Mask – Sport (optional)**

uses the moist and warmth from the exhaled air to offset cold dry air

## 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 – (2<sup>nd</sup> 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 Cube](#)

**Hiking Boots/Shoes**  
comfortable boots or shoes for the trek to base camp

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

**Shower shoes/sandals** (optional)  
Crocs or similar plastic shoes or sandals for use in the showers

**Lodge Slippers** (optional)  
comfortable slippers for wearing about trekking lodges  
Recommended: Men's [Sorel Dud Moc Slipper](#) or Women's [Sorel Out 'N About Bootie](#)

**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 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](#)

## MOUNTAINEERING GEAR

**Expedition Backpack**  
approximately 75 – 105L  
recommended: [Mountain Hardwear AMG 105 Backpack](#) or [Mountain Hardwear AMG 75 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 Scrambler 35 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](#)

**“Y” Rig or Petzl 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**

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

**Headlamps (2)**

bring two headlamps to provide a backup and 3 extra sets of new batteries

recommended: [Petzl Tactikka Core Headlamp](#)

## TRAVEL ITEMS

**Large Duffel Bags with Locks (2)**

for transporting gear

recommended: [Mountain Hardware Expedition Duffel 140](#)

**Carry-on Backpack**

can use trekking backpack, approximately 24” x 12” x 7” (60cm x 29cm x 17cm)

recommended: [Mountain Hardware Scrambler 35 Backpack](#)

**Travel Clothes**

for days in cities and towns



Lightweight journal, sketchbook, pencils, pen

**U.S. cash**

for currency exchange to purchase Wi-Fi access scratchcards on the trek or in base camp and other random merchandise in cities and villages

## ADDITIONAL FOOD ITEMS

**Snack Food**

bring around 5kg (~11 lbs) 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**

Recommend a long handled plastic spoon (Lexan) for eating dehydrated meals

**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.

**Foot Powder**

**Medications and Prescriptions**  
bring antibiotics (Azithromycin, etc.), altitude medicine such as Diamox and dexamethasone, and sleep aids such as Ambien/zolpidem, melatonin, magnesium (calm powder)

**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