

Nuptse 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](#)

**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 – (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 Cube S](#)

**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](#)

**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

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Bowl

large plastic bowl for eating dinner or breakfast

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Spoon

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

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Water Bottles (2 or 3)

wide mouth bottles with 1-liter capacity
recommended: [Nalgene 1L bottle](#)

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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](#)

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Hand Warmers

recommended: [Yaktrax Hand Warmer](#)

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Sunscreen

SPF 50 or better

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Lip Screen (2 sticks)

SPF 30 or better

☐

Toiletry Bag

include toilet paper and hand sanitizer

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Pee Bottle

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

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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