

Nepal First Ascent 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](#)

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 boots or shoes for the trek to base camp

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 Hardware Phantom Gore-Tex -40 Sleeping Bag](#)

Sleeping Bag (for base camp)
rated to at least -20°F
recommended: [Mountain Hardware 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 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 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 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)
- 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 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