

# Ama Dablam 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)  
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**  
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**

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](#)

## FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (3 pairs)**

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

**Mountaineering Boots**

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

**Hiking Boots/Shoes**

comfortable boots or shoes for the trek to base camp

**Camp Boots (optional)**

comfortable boots for wearing in camp  
recommended: [La Sportiva G2 SM](#)

**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 Pads

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 65L

recommended: [Mountain Hardware South Col 70 OutDry](#)



### 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 Optional Snow Baskets

adjustable poles

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



### Ice Axe

short ice axe (max 60cm)

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**

2 regular and 4 locking  
recommended: [Black Diamond Oval](#) (regular) and [Black Diamond Positron Screwgate](#) (locking)

**Belay/Rappel Device**

recommended: [Petzl Reverso](#)

**Headlamp**

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

## TRAVEL ITEMS

**Large Duffel Bag with Locks**

for transporting gear to base camp, no hard sides or wheels  
recommended: [The North Face Base Camp Duffel](#)

**Small Duffel Bag with Lock**

to store items in the hotel(s) while on the climb

**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

## 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**

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

**Thermos**

1 liter

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

**Hand/Foot Warmers**

recommended: [Yaktrax Hand Warmer](#)

**Sunscreen**

SPF 50 or better

**Lip Screen (2 sticks)**

SPF 30 or better

**Toiletry Bag**

include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)

**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, etc.

**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