

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: [Petzl Reverso](#)

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

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

