



KIT LIST - EVEREST

I recommend compiling this list sooner rather than later.

Clothes to travel in
Trekking clothes (it will be hot)
Mountain clothes (it will be cold)

Remember at altitude, everything is hardwork and so kit should be easy to use, lightweight and fit properly. Remember the layering system...

All kit recommendations are Mountain Hardwear unless stated otherwise.

Trekking/Travelling

T-shirts
trousers - trek pant/pack pant
underwear
socks
shorts
trainers/sandals
lightweight trekking boots for walk in

Climbing

2 thermal tops (light coloured preferably)
1 long johns - micro chill pant
fleece trousers/salopettes
soft shell/schoeller fabric trousers optional - trek pant
Thin fleece top - microchill zip T
Thick fleece top - monkey man
Down duvet jacket/pants - sub zero jacket and chugach 3D pants*
Down suit - (absolute zero suit)
Goretex jacket and trousers - roomy but not tent like - tenacity parka/pants (or bib)
Warm windproof hat - windstopper microdome
Balaclava - power stretch or windstopper flex balaclava
Sun hat
scarf/neckerchief - to keep sun of neck
Big Mitts - absolute zero mitt (to fit over thin/power stretch gloves)
Thick weather proof gloves (ie as used in Alps) - consider a spare pair too - annapurna glove
2 pairs thin gloves - power stretch
3 sets of socks

double plastic mountaineering boots (scarpa vega High altitude) **with overboots** (forty below purple haze) or olympus mons type boot

Gaiters - make sure they fit over boots - FTX ventigaiter

2 pairs Sunglasses - maximum UV protection (category 4)

Goggles (max UV protection)

Neoprene facemask

* On Everest a down suit is recommended. You still need a down jacket (sub zero) and it is nice to have chugach 3D pants for basecamp.

30l daysack for walk in etc

60+l rucksack for climbing (carrying sleeping bag, spare clothing, food, water) minimal straps, light, comfortable. Crux and macpac make good rucksacks

Trekking poles

Sleeping bag - down 5 seasons. Goretex bivisac optional. Second sleeping bag optional, but highly recommended (to be left in high camps) - ghost SL (-40) for high camps, 2nd bag rated to -20 for BC.

Thermarest - full length

Karrimat/ridgerest sleeping pad (optional)

Water bottles - for 2l. Nalgene recommended. Platypus/camelbak not recommended except for up to BC.

Water bottle insulators - by outdoor research

Pee bottle - wide necked nalgene

Headtorch - LED and long range bulbs. Spare lightweight one useful - petzl tikka or tikka XP

Sunscreen - factor 30+

Lipsalve - 2 or 3

Penknife

spare batteries - lithium work better in the cold

wet wipes

footpowder

travel towel

Travel wash -to wash your smalls etc at basecamp

toiletries

Books to read

Insulated mug

Stuff sacks/large plastic bags to keep kit dry and stored

Personal First Aid Kit - lots of painkillers (ibuprofen, codeine phosphate, paracetamol), strepsils, blister kit, plasters, dioralyte, immodium, antiseptic cream(savlon). 2 courses of antibiotics recommended(for chest and bowels). Consider low-dose aspirin (discuss with GP)

Personal Repair Kit - sewing kit, thermarest repair stuff, spare parts and adjustment tools for crampons. Spare buckles, prussik cord, duct tape. Spare boot laces

Climbing Hardware

Walking Ice Axe 60-70cm (unless you are very short!) - petzl snow walker
crampons - make sure they fit with overboots plus antiball plates - must fit boots!

harness - adjustable waist and legloops - to fit over clothing

1 jumar

belay plate/figure 8

2 prussik loops

5 metres of 8mm dynamic cord/rope

4 wide gate screwgate karabiners - easy to use with gloves on

4 snap link karabiners

Helmet(optional)

Remember Hands and feet are important - keep them warm!

Down kit should be baffle sewn and not sewn through stitching.