



KIT LIST - CHO OYU

We 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 (we think Mountain Hardwear make good kit!).

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 or jacket - to be used on Everest too (absolute zero suit or parka and pants)*
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

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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

Neoprene facemask

* On Everest a down suit is necessary, on Cho Oyu a suit is nice but not necessary. If buying a suit, you still need a down jacket (sub zero) and it is nice to have chugach 3D pants for basecamp. If you are not buying a suit you will need a warmer down jacket (absolute zero) for on the hill and it is nice to have a lighter down jacket (eg a sub zero) for base camp. chugach pants will do for base camp and on the hill, but you should consider taking absolute zero pants for summit day.

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. Two sleeping bags are highly recommended (one to be left in high camps) - eg 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

iPod

Insulated mug

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

Personal First Aid Kit - lots of painkillers (codeine, paracetamol, ibuprofen), diamox (for altitude sickness), strepsils, blister kit, plasters, dioralyte, immodium, antiseptic cream(savlon). 2 courses of antibiotics recommended(for chest and bowels). Low dose aspirin to help 'thin' your blood (**consult your doctor first**)

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 - not aluminium
harness - adjustable waist and legloops - to fit over clothing
1 jumar
4 metres of 8mm dynamic climbing cord
belay plate (or figure 8)
4 wide gate screwgate karabiners - easy to use with gloves on
4 snap link karabiners
Helmet(optional) - we don't take them.

Remember Hands and feet are important - keep them warm!

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

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