Mount Everest Expedition Equipment List

Climbing Equipment
- **Ice Axe** w/Leash
- **Crampons**
  - Alpine climbing harness.
  - Carabiners (3) Locking; (3) Regular
  - Climbing helmet.
  - Ascender
  - Rappel/Belay device
  - Prussiks
  - Adjustable 3 Section Ski or Trekking poles

Footwear
- Light hiking boots or trekking shoes.
- Camp Boots. Optional. Insulated boot for Base Camp.
- Double Plastic Climbing Boots w/ altitude liners.
- Fully Insulated Overboots.
- Gaiters.
- Trekking Socks. 3 pair.
- Wool or Synthetic Socks. 4 pair.
- Liner Socks. 4

Technical Clothing
- Lightweight Long Underwear. 2-3 pair tops & bottoms.
- Heavyweight Long Underwear. 1 pair.
- Lightweight Nylon Pants. 1-2 pairs.
- Short Sleeve Synthetic Shirt. 1-2 pairs.
- Synthetic/Soft Shell Jacket.
- Insulated Synthetic Pants.
- Down Pants.
- Expedition Down Parka.
- Insulated Synthetic Jacket
- Hard Shell jacket w/ hood.
- Hard Shell Pants.

Handwear
- Lightweight Synthetic gloves. 1 pair.
- Heavyweight Synthetic/Soft Shell gloves. 1 pair.
- Expedition Shell Gloves w/ insulated removable liners. 1 pair.
- Expedition Shell Mitts. 1 pair.
- Hand warmers and Toe Warmers: Bring 3 sets of each.

Headwear
- Headlamp. Bring plenty of spare bulbs & batteries.
- Glacier glasses
- Baseball cap/sun hat.
• Ski Goggles
• Balaclava. (1) Heavyweight, (1) Lightweight. Heavyweight must fit over lightweight
• Warm synthetic/wool hat.
• Bandanas (2). Used to shade your neck.
• Neoprene face mask. Optional

Personal Equipment
• Expedition Backpack. 3,500 - 4,000 cu. in. There are many great packs.
• Trekking Backpack. 2,000 - 2,500 cu. in. (Optional)
• Sleeping Bag. (Expedition quality rated to at least -40°F).
• Sleeping Bag. (Expedition quality rated to at least -20°F). A second bag for Base Camp.
• Self Inflating pads(2). Two 3/4 or full length pads.
• Closed-Cell foam pad. used in combination with your self inflating pad.
• Cooking Gear: Cup: 16oz. plastic insulated mug with snap-on lid
• Spoon
• Bowl
• Sunscreen. SPF 40 or better
• Lipscreen. SPF 20 or better, at least 2 sticks.
• Water Bottles: 2 to 3
• Water Bottle parkas for the big bottles.
• Toiletry bag. Include toilet paper, hand sanitizer and small towel (as well as tooth brush, tooth paste etc.)
• Pee Bottle (1 Liter). Large mouth, clearly marked water bottle for use in tent.
• Camp Knife or Multi Tool.
• Thermos. 1 Liter capacity.
• Camera gear. Optional.
• Compression Stuff Sacks. Especially for sleeping bags and clothing.

First Aid
• Small personal first-aid kit
• Drugs/Medications/Prescriptions

Geology Field Equipment
• Estwing geologic rock hammer
• Geologic compass (0-360º, not quadrant)
• Hand lens (Bausch & Lomb Hastings Triplet, 7x and 10x) with neck lanyard
• Rite in the Rain geologic field notebook
• Rite in the Rain “Trekker” all-weather pen
• Mechanical pencil (0.5 mm) and eraser
• Small protractor and short metric ruler
• Two waterproof markers (Sharpie twin-tip in black or red)
• Acid bottle with 10% HCl
• Field pouch for your field book, pens/pencils, etc.
• Rock sample bags (zip-lock heavy-duty freezer bags)
• Digital camera and video camera
• Wristwatch with altimeter/barometer
• GPS receiver
• Plenty of water or hot tea in an insulated bottle; energy snacks
• Sun-screen, SPF chap stick, sunglasses/goggles
- Pocket knife (or Leatherman-style multi-tool)
- Binoculars
- Head lamp
- Cell phone
- Climbing gear, trekking poles, etc.
- Hand-held radio for on-mountain communication
- Have a plan and let others know where you are going
- Don’t go alone – always have a field partner for safety