

## 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