

## EQUIPMENT CHECKLIST FOR PEAK CIMBING IN NEPAL

The following gear is recommended for peak climbing in Nepal up to 6500m. We encourage you to get all the listed equipment for your trip and ensure that you check and try each item. You can also purchase most of these items in Kathmandu after your arrival as there are numerous shops offering both branded and locally manufactured gear.

### Head Gears

- Sunhat / Baseball hat X 1 (Any style to protect from the sun)
- Warm hat / Beanie X 1 (should cover head & ear comfortably)
- Balaclava X 1
- Buffs / Neck Gaiters X 2
- Sunglasses X 2 (High-quality, UV-blocking sunglasses with good all-around protection)
- Headlamp X 1 with spare lithium batteries (300-500 lumens output)

### Upper Body

- Thermal or fleece base layer top X 2
- Short Sleeve Trekking shirts X 2
- Full Sleeve trekking shirts X 2
- Mid-Layer Jackets X 2 (Light down jackets are good as well)
- Soft Shell Jacket X 1 (Water and Wind Resistant)
- Hardshell jacket with a hood X 1 (Fully waterproof and must fit comfortably over mid layers)
- Insulated Down Jacket X 1 (provided by us at request)

### Lower Body

- Thermal or fleece base layer bottom X 2
- Trekking trousers/pants X 2
- Warm trekking trousers X 1
- Hard shell pants X 1 (Non-insulated and waterproof)
- Insulated down pants X 1

### Underwear

- 5 pairs of underwear (synthetic or wool fabrics only)
- 2 Sports Bra for women

### Footwear

- Waterproof hiking boots with good tread (Preferably full ankle boots)
- Double-layer mountaineering boot (We strongly recommend double-layer boot)
- Hiking socks X 4 pairs medium to heavy (synthetic and wool)
- Summit socks X 2
- Liner socks X 2
- Sneakers / Camp shoes
- Gaiters
- Micro spikes / Yaktrax

**Handwear**

- Softshell liner gloves X 1
- Mid-weight gloves X 1
- Expedition down mittens X 1

**Personal Climbing Equipment**

- Climbing Helmet X 1 (Must fit comfortably with a hat/balaclava and a strap to secure headlamps outside)
- General Mountaineering Ice-Axe X 1
- General Mountaineering Crampons X 1 (12 points)
- Carabiners (3 X screw gate and 2 X snap gate)
- Ascender / Jumar X 1 (Large Handle)
- Belay Device / Fig of 8 / ATC Guide
- Safety Cord X 1 (3.5 ft of 9mm cord)
- Prussik Cord X 1

**Other Equipment**

- Daypack 40-45 liters with rain cover
- Waterproof duffel bag 90 liters size (provided by us at request)
- Thermo rest Mattress
- Inflatable pillow
- Down Sleeping bag (-20 °C rated) (provided by us at request)
- One-liter capacity water bottle X 1 with insulated cover (Nalgene)
- One-liter capacity Thermos X 1
- Trekking poles
- Camera with charger or spare batteries
- Laundry bag to keep the dirty clothes
- Padlock for duffel bag (Optional)
- Earplugs (Recommended for light sleeper)
- Pillow Case (Recommended for teahouse/lodge treks)
- Chemical hand and foot warmers (Optional)
- Large plastic bags or dry bags to keep the clothes dry
- Extra clothes to wear in Kathmandu.
- Sandals or sneakers (To wear around camps and Kathmandu)

**Toiletries and hygiene**

- Quick-drying towel
- Toothbrush & Toothpaste
- Face mask
- Water treatment tools or tablets (Recommended: Aquatabs)
- Soap and Shampoo/Dry shampoo (Smaller bottle)
- Face and body moisturizer

## EQUIPMENT CHECKLIST FOR PEAK CIMBING IN NEPAL

- Sunscreen SPF50+ and Lip balm SPF 30+
- Hand sanitizer/Antiseptic wipes
- Wet wipes / Tissues to clean
- Hygiene products
- Basic first aid kit
- Prescription Drug

### Supplements

- Comfort foods for snacks
- Energy bars and gels (Highly recommended)

### Documents

- Passport with visa and validity of 6 months after your trip completion
- 2 copies of passport-size photos (For sim card and travel purposes)
- Credit cards in case of emergencies
- Driving ID or any other ID in case of loss of your passport
- Travel Insurance
- Flight tickets

