



## Himalayan Alpine Training Course Packing List

### Summary

- Passport
- 2 color copies of passport
- 6 Passport Photos
- Credit/Debit Cards
- American Dollars (Cash)
- Tip money in Nepali Rupees
- 5 envelopes for tips
- Trekking Pack (can double as a summit pack)
- Duffel Bag (less than \$30 in Nepal)
- 2 Waterproof Contractor bags
- Camelbak/hydration bladder (optional)
- Thermos (less than \$15 in Nepal)
- 2 Nalgene water bottles
- 1 Water bottle Jacket/parka (optional)
- Sleeping Bag & stuff sack (or rent for around \$1/day in Nepal)
- Closed-cell Foam Sleeping Pad (buy for less than \$10 in Nepal)
- Inflatable Sleeping Pad (optional)
- Baseball Cap or other sun-hat that will not blow off in wind
- Warm hat (purchase for less than \$5 in Nepal)
- Balaclava (optional) (purchase for less than \$8 in Nepal)
- Silk/Nylon Buff (purchase for less than \$4 in Nepal)
- Fleece Neck Gaiter (purchase for less than \$6 in Nepal)
- Headlamp (200 lumens or more)
- Headlamp Batteries
- Sunglasses
- Glacier Glasses (very dark reflective lenses)
- Climbing Helmet
- Garden Gloves/work gloves
- 4 pr. Chemical Hand Warmers
- 1 pr. Liner Gloves (can be purchased for less than \$10 in Nepal)
- 1pr. Ice Climbing/Softshell gloves (optional. Route dependent)
- Two-layer Expedition mittens (Can be purchased for less than \$30 in Nepal)
- Expedition Boot. Check that crampons fit.
- Steel Crampons (Must bring from home. Rentals in Nepal can be unsafe)
- Rock Climbing Shoes
- Trekking shoes –or- light hiking boots –or- approach shoes
- Gaiters
- 3 pr. Hiking Socks
- 3 pr. Mountaineering socks
- Down/synthetic Booties (optional) (purchase for less than \$20 in Nepal)
- 2 synthetic T-shirts (purchase for less than \$5 in Nepal)
- 2 Long underwear tops
- Loose fitting long-sleeve button-up shirt (optional)
- Fleece or Softshell Jacket (purchase for less than \$20 in Nepal)

- Light-weight synthetic fill or down jacket/sweater (purchased for less than \$50 in Nepal)
- Down Vest (optional)
- Expedition Down Parka (purchase for less than \$180 in Nepal)
- Waterproof/breathable Jacket
- Poncho (disposable is fine)
- Umbrella (recommended- purchase for less than \$10 in Nepal)
- 2 to 4 pr. Underwear
- 2 pr. Long John Bottoms (2)
- Shorts/swim suite
- Light-weight Hiking Pants (purchase for less than \$20 in Nepal)
- Medium-weight Softshell Pants (not insulated snow pants)
- Fleece Pants (if not bringing synthetic/down filled pants)
- Synthetic Fill/Down Filled Pants (optional- can purchase for less than \$65 in Nepal)
- Goretex Overpants with side zips
- Climbing rope (30m to 60m)
- Cordalette
- Alpine Harness
- Jumar (ascender) (1) (rent for less than \$2/day in Nepal)
- 2 Small twist-lock, key-nosed carabiners
- 5 Large Pear-shaped, Twist-Lock, Key Nosed, Carabiners (HMS)
- 4 Wire gate carabiners
- Black Diamond Guide Belay Device
- Personal Anchor System (PAS)
- Double-length Runner (48 in., 120cm)
- Ice axe leash. A self-made leash is fine.
- 2 Technical Ice Tools with adze and hammer (optional)
- 2 Nylon Cord 5mm Prussic loops, Sterling brand
- Ice Axe (Recommended to rent in Nepal for less than \$5/day)
- Multi-tool (Can be purchased for less than \$15 in Nepal)
- Trekking Poles (optional) (Can be purchased for \$20 to \$40 in Nepal)
- Personal Medical Kit
- Prescription and OTC Medications
- Eye glasses if needed
- Toe-nail clippers
- Tooth brush & paste
- Comb, razor, and other grooming items
- Bar of soap
- Hand sanitizer
- Toilet Paper
- TP pack-out kit (2 brown paper bags, 2 gallon ziplock bags, hand sanitizer)
- Sunscreen
- Zinc-oxide stick (optional) (can buy in Nepal for less than \$5)
- 2 Lip balms with sunscreen
- Feminine hygiene supplies
- Water Filter (recommended)
- Lighter
- Hand sanitizer (2 bottles)
- Duffel Bag locks/keys (2)
- Watch with alarm
- Electronics such as ipod (optional)
- Snacks (optional)
- Digital Camera Batteries
- Cell phone and charger
- Outlet adaptor kit
- Bag of comfortable clothes for your time in Kathmandu

## **Detailed 6,000m Packing List for Nepal**

### **Passport**

- You will get a visa upon entry. The cost is 40 dollars for less than 30 days, or 100 dollars US for more than 30 days.

### **Color Passport Photocopies (2)**

- One you will bring on the trek with you. One will stay in Kathmandu. These are in case you lose your passport.

### **Passport Photos (6)**

- You will need photos for your visa, your peak climbing permit, your trekker ID card, and your certificate following the climb. Six total.

### **Credit/Debit Cards**

- Call your bank and let them know you will be using your credit/debit card overseas.
- Credit cards are only accepted at more expensive hotels and restaurants. However, if the card is stolen, it can be cancelled without loss of money
- Bring a debit card to get cash (Nepali Rupees) from local ATMs and banks. The daily withdraw limit is often less than 300 USD. Call your bank to increase this limit if possible.

### **American Dollars (Cash)**

- American dollars are accepted for your Visa Upon Arrival. You will need exact change in twenty-dollar-bills or a one-hundred-dollar-bill: \$40 for up to 30 days, \$100 for up to 90 days.
- USD (cash) in one-hundred-dollar-bills will give you the best exchange rate when converting to Nepali Rupees (NPR) at exchange booths. Twenty-dollar-bills are also accepted at exchange booths, though the rate is usually not as good. USD is rarely accepted by smaller vendors, so it is best to exchange most of your USD for NPR.
- Bring Nepali Rupees with you on the trek/climb for the following items:
  - Tips for your staff. Budget \$10 USD/day of your trip, but make sure the currency is converted to Nepali Rupees before leaving Kathmandu. This will be divided amongst all of your staff equally.
  - Money for snacks, if desired. Budget \$6 USD in NPR for each day you are trekking/climbing.

- Optional money for internet, battery charging, and/or showers. Cost for internet: \$3 to \$6 in NPR. Cost for shower: \$2 to \$4 in NPR. Cost for battery charge: \$1 to \$5 in NPR.
- Optional money for alcohol. Cost of a beer on a trek: \$4 to \$7 in NPR.
- Travelers checks are not generally accepted in Nepal.

### **Envelopes (5)**

- Envelopes are used for giving tips to staff on the last day of your trip
- Bring 5

### **Packs**

Trekking Pack (can double as a summit pack)

- 55-75 Liters
- Ice tool attachment system
- Gear loops helpful, but not necessary
- Side straps (compression straps) that can be used to carry closed-cell foam pads
- Deuter, Black Diamond, Arcteryx, Osprey, Mammut
- Those that are designed for alpinism are a good choice.

Duffel Bag (less than \$30 in Nepal)

- 60-110 Liter
- Used to store extra gear and clothing at your hotel in Kathmandu.

Waterproofing

- One waterproof pack cover big enough to fit over your large backpack when it is full
- Two contractor bags (stronger than trash bags) to further waterproof your gear inside duffel bags and backpacks.
- Large, sturdy waterproof bags are available for purchase at outdoor shops in Kathmandu.

### **Hydration**

Camelbak/hydration bladder (optional)

- 2 to 4 Liter capacity
- MSR makes very durable and light water bladders as well as hydration hoses that attach to these bladders (sold separately).
- Will be used on the approach for hydrating and in climbing camp to transport water for cooking

- These will freeze at higher elevations, making it preferable to use Nalgene-type water bottles when temperatures are low.

#### Thermos (less than \$15 in Nepal)

- 1 liter or greater capacity
- Weight matters less than durability/seal since these sometimes leak at altitude.
- Will be used to keep liquid from freezing at night, to refill hot water bottles, and to provide you with a steady supply of warm fluids to drink.

#### Nalgene waterbottles (2)

- One liter capacity each
- Two are needed because of the importance of hydration at altitude during our long summit day. You may also be carrying your thermos for a third liter during summit day.
- Hard plastic water bottles that can hold hot liquids
- Will be used for hydration while in sub-freezing temperatures on the mountain. Will also be used as hot water bottles to be placed in your sleeping bag at night.
- Metal is best to be avoided because it can burn you when filled with boiling water.
- Nalgene or similar.

#### Water bottle Jacket/parka (optional)

- One insulative jacket that your 1 liter Nalgene water bottle will slide into in order to maintain the heat of warm liquids.
- The jacket should have an attachment system for your backpack to make it easy to access your liquid.
- Your other water bottle can be insulated in your backpack by wrapping it in extra clothing.
- Outdoor Research water bottle parka

### **Sleeping Gear**

#### Sleeping Bag (rent for around \$1/day in Nepal)

- 800 fill down bag rated to 0 degrees Fahrenheit.
- Should be an expedition quality bag.
- Baffled Hood and zipper
- Should not be too large, as this will allow cold air to circulate around your body
- Just enough room to accommodate wearing a puffy coat and puffy pants inside the bag if it is especially cold

- Marmot, Northface, Western Mountaineering, Feathered Friends
- This item may be rented in Kathmandu, though it will be heavy and bulky for the temperature rating.

Compression Stuff Sack (comes with sleeping bag if rented)

- Light weight, waterproof, compressible stuff sacks for sleeping bag
- Outdoor Research, Sea to Summit

Closed-cell Foam Sleeping Pad (1 of 2) (less than \$10 in Nepal)

- You may desire to use two sleeping pads
- This sleeping pad should be closed-cell foam- not inflatable
- Very cheap to purchase in Kathmandu
- Will be used for sitting-on while in camp, as a wind block for stoves, and as padding while sleeping
- Ridge Rest Pad works well

Sleeping Pad (2 of 2) (optional)

- Inflatable sleeping pad
- Bring a patch kit, and know how to use it.
- This pad will be used on top of your closed-cell foam pad to add comfort when sleeping on rocky and uneven surfaces. It also adds warmth.
- Pro-lite 4, neo-air, X-therm

## **Head**

Baseball Cap

- Packable, light colored, with a dark under-brim is best, but any will work
- Outdoor Research (OR)

Warm hat (purchase for less than \$5 in Nepal)

- Wool or synthetic.
- Be sure it covers ears well, and will not easily blow away.
- Should fit under your climbing helmet comfortably (no tassels or ball on top)

Balaclava (optional) (purchase for less than \$8 in Nepal)

- Light-weight and Snug fitting
- Should allow you to breathe easily
- Fleece or wool
- Good neck coverage

- This will reduce wind-burn and add warmth. It can be combined with your neck gaiter if you need extra protection and warmth

#### Silk/Nylon Neck Gaiter (purchase for less than \$4 in Nepal)

- A tube of fabric with open ends.
- Light color
- Will be used as a light-weight balaclava, for keeping dust out of nasal passages, and for sun protection
- Available in Kathmandu for less than 3 dollars

#### Fleece Neck Gaiter (purchase for less than \$5 in Nepal)

- Should be a cinch on the top to convert the gaiter to a hat
- Serves as a back-up hat in case you lose yours (important consideration)
- Keeps spin-drift out of your jacket and cold wind off your neck
- Quickly converts to a balaclava when pulled-up over mouth and nose
- Available for less than 5 dollars in Kathmandu

#### Headlamp

- Bright, spot-light setting, and low, economy setting
- 200 lumens or more
- Will be used for route finding early in the morning
- Black Diamond, Petzl, Mammut

#### Batteries (3 sets for headlamp, 3 sets for camera)

- Lithium will give you longer lasting performance in cold temperatures. Be sure they are compatible with your headlamp and camera, and bring three sets for each.

#### Sunglasses

- Full UV protection
- These will be used on the approach and descent, and can serve as a back-up if you lose your glacier goggles on the route

#### Glacier Goggles

- Very dark/reflective lenses. The darker/more reflective, the better.
- If using Julbo, get Spectron 4 lenses.
- Must have side shields or a wrap-around design
- Keeper cord/croakies
- Nose Shield (Beko) not necessary, but good for those prone to sun-burn
- Julbo (brand)

## Climbing Helmet

- Lightweight and durable
- Ultra-light foam-bodied helmets easily break when carried by pack animals or when stored inside compressed packs. If this is your choice, extra care must be taken to insure it isn't damaged.
- Black Diamond, Petzl, CAMP, Grivel

## Hands

### Garden Gloves/work gloves

- Nitrile palm
- Thin gloves that make it easy to manipulate the gates of locking carabiners
- Get the thinnest gloves you can
- Rubbery, non-breathable palm
- Dexterity is more important than warmth
- Will be used as a liner glove, and as a climbing glove in warm conditions
- Atlas (brand)- available at hardware stores

### Chemical Hand Warmers

- 4 pair
- 10 hr. (6-8 hr. is OK)
- Do not buy warmers with a sticky backing
- Will be used under wrist cuff of garden gloves to warm blood as it flows to the fingers while climbing
- Will be used in boots and in sleeping socks when it is not possible to heat water bottles due to fuel conservation.

### Liner Gloves (1 pair) (can be purchased for less than \$10 in Nepal)

- Windstopper fleece
- Mid-weight
- Black Diamond, Outdoor Research
- Will be used when trekking, or over garden gloves or under mittens when more warmth is needed

### Ice Climbing/Softshell gloves (optional)

- For those peaks requiring steep climbing (steeper than 50 degrees)
- Dexterity is very important for clipping into fixed lines and handling technical ice tools

### Two-layer Expedition mittens (Can be purchased for less than \$30 in Nepal)



- Outer mitten of a waterproof, breathable fabric (goretex)
- Inner mitten (removable) of synthetic fill
- Outer mitten can be worn over liner gloves, or over inner mittens depending upon need for warmth and dexterity
- Outdoor Research, Mountain Hardware, Marmot
- Can be purchased in Kathmandu for under 30 dollars

## Feet

### Expedition Boot

- Although boots are available for rent near basecamps in Nepal, we recommend that you bring your own from home since rentals are often not very high quality or may not fit your feet properly.
- Double Plastic Boot or 6000 meter boot with incorporated gaiter
- Good to temperatures of -10 F
- Inner boot can be removed from a plastic shell, or there is an incorporated gaiter that zips over the upper boot, or both
- Step-in crampon compatible
- As light-weight as possible without sacrificing warmth
- If you would like to use a single boot, and have experience with the product in cold conditions, please speak with your guide(s). A super-gaiter or overboot can be brought along to add warmth if temperatures are low.
- Scarpa, Asolo, La Sportiva, Koflack.

### Crampons (Must bring from home. Rentals in Nepal can be unsafe)

- **IMPORTANT:** Size your crampon with your boot and/or overboot before departing on your trip. You may need a larger or smaller sizing bar for your crampon to fit your boots properly.
- Step-in (the heel locks down) or strap-on. Must be secure on steep ice.
- Steel, not aluminum
- Anti-bot plates (to keep snow from sticking underneath)
- Front points designed for vertical climbing. Horizontal or vertical alignment is fine.
- Designed for both glacier travel and vertical ice/mixed climbing
- Please bring at least one spare sizing bar for your brand of crampon. These may need to be special ordered from the company, so do this ahead of time. The route includes rock and ice. .
- Crampons **MUST BE SHARP**. If yours are dull, get them sharpened before the climb.
- Black Diamond, Petzl, Grivel. CAMP do not fit some boot sizes/types.

### Rock Climbing Shoes

- Shoes that are suitable for climbing rock

Trekking shoes –or- light hiking boots –or- approach shoes

- Get a light-weight, flexible boot or shoe- not heavy-duty backpacking boots or mountaineering boots. The approach to and return trip from the mountain is more than 40 miles. You want to be comfortable.
- Trail runners are a favorite of many people. They will not keep you as warm as a light boot, but we will be staying in lodges most evenings, and you can change into a pair of down booties.
- Asolo, Sportiva, Garmont, Scarpa, Salewa, North Face

Gaiters

- A durable pair of gaiters that fit over mountaineering boots will keep you warmer and prevent snow from entering your mountaineering boots if we encounter deep snow on the route.
- If your boots are not the warmest models, bring a pair of Supergaiters or Forty-below overboots, and be sure to fit your crampons over these items while they are attached to your boots.
- Outdoor Research, Mountain Hardware

Socks (6 pr.)

- Three pairs of mid-weight hiking socks (wool) to be used on approach and descent
- Three pairs of heavy-weight mountaineering socks for use on the mountain
- Three pairs of liner socks (optional) for those who have problems with blisters (thin synthetic)
- Smartwool, Bridgedale

Down/synthetic Booties (optional) (purchase for less than \$20 in Nepal)

- Should have a light-weight, insulated sole if possible
- For use in lodges and around base camp
- Available in Kathmandu for less than 15 dollars
- If you have double plastic boots, your inner boot can serve this purpose.

**Upper Body**

T-shirts (2) (purchase for less than \$5 in Nepal)

- Two synthetic t-shirts (running shirts work great).
- A light color is good for reflecting the sun, but not essential.

- As light weight and packable as possible
- One shirt can be used as a towel after showering
- Outdoor Research, Patagonia, Marmot, Adidas

#### Long underwear tops (2)

- One medium weight, one expedition weight
- Light color is good, but not essential
- Synthetic recommended. Wool often dries slowly after hand washing
- Will be used for layering, as well as for an outer layer while trekking

#### Loose fitting long-sleeve button-up shirt (optional)

- The purpose of this shirt is to protect you from the sun.
- The secondary purpose is to give you a “town shirt”
- Should be a light color and cool. Cotton is fine.

#### Fleece or Softshell Jacket (purchase for less than \$20 in Nepal)

- To be used as a highly breathable but warm layer when hiking up snow covered terrain on the approach.
- Full zip makes it easy to shed the layer or put it on when temperatures change

#### Light-weight synthetic fill or down jacket/sweater (purchased for less than \$50 in Nepal)

- A hood is a big plus, but not essential
- To be used as part of your layering system when temperatures are just above freezing, but don't warrant using your expedition parka
- May be purchased in Kathmandu for under 100 dollars
- Patagonia, Outdoor Research, Rab

#### Down Vest (optional)

- Used as an additional layer for those who get cold easily
- Best if can compress into a small stuff sack
- Available in Kathmandu for less than 60 dollars

#### Expedition Down Parka (purchase for less than \$150 in Nepal)

- Should be a fully baffled, down filled parka with a hood
- 650 fill down is OK. 800 fill is better.
- Good to 0 degrees F when combined with other layers
- Outdoor Research, Marmot, North Face, Mountain Hardware, Feathered Friends, Western Mountaineering

## Waterproof/breathable Jacket

- Pac-lite Gore-tex, Gore-tex, e-vent, or another light-weight waterproof/breathable fabric
- Chest pocket is nice to have so you have pocket access while wearing your pack or harness.
- Choose light weight over heavy (often more expensive) alternatives
- Be sure the jacket is roomy enough to accommodate several layers underneath
- If the jacket is not new, use Nikwax or a similar product to renew the water proofing.
- This jacket will be used to shed snow, wind, and light rain. In heavy rain at lower elevations, we use umbrellas and ponchos (these jackets will wet-out).
- Mountain Hardware, North Face, Outdoor Research, Helly Hensen, Millet, Mammut, Arcteryx, Rab

## Poncho

- Small, light, and cheap. If the poncho is a “one time use” product, bring two.
- Plastic/PVC/silicone impregnated nylon
- Do not bring heavy rubber ponchos
- These are difficult to find in Nepal, so bring these from home. When it rains, it pours.

## Umbrella (recommended- purchase for less than \$18 in Nepal)

- This may not get style points in drizzly places like Seattle, but in places where rain means drops the size of ping-pong balls, this is the only thing other than a roof that will keep you dry.
- If you bring one from the States, be sure it is durable. This matters more than weight or compactness.

## Lower Body

### Underwear (2 to 4 pr.)

- Some men (and women too) opt not to wear underwear. Bring at least one pair for bathing in natural water sources and for times of gastro-intestinal distress.
- Synthetic, fast drying, with few seams to prevent chafing.
- Women may want to bring more
- Will be hand washed

### Long John Bottoms (2)

- One pair medium weight
- One pair expedition/heavy weight
- Synthetic recommended. Wool often dries slowly after hand washing.

### Shorts/swim suite

- Should be able to be used for hiking and bathing
- Light weight, packable
- Synthetic and fast drying
- Running shorts and men's bathing suites work well.
- Women should not bring two-piece suites due to cultural norms.

### Hiking Pants (purchase for less than \$20 in Nepal)

- Light weight and packable
- Cargo pocket with a zipper is a plus
- Nylon canvass or other synthetic material
- Mountain Hardware, Outdoor Research, Millet, Arcteryx

### Softshell Pants

- Light to medium weight (winter ski pant not recommended because they are heavy and too warm for sunny days)
- Will serve as an extra pair of hiking pants for higher elevations
- Can be combined with long-johns to control warmth
- Patagonia, OR, Mountain Hardwear, Mammut, Arcteryx

### Fleece Pants

- Used for sleeping, or for adding an extra layer under overpants on particularly cold climbing days

### Synthetic Fill/Down Filled Pants (optional- can purchase for less than \$65 in Nepal)

- Full side zip
- Will be worn at camps and on the climb if we need to wait for parties to clear the fixed lines
- Synthetic fill works well if the pants get wet from melting snow
- Mountain Hardwear, Feathered Friends, Outdoor Research

### Overpants

- Goretex, e-vent, or another waterproof, breathable fabric
- Reinforced lower leg to protect against crampon puncture
- Side zips
- At least one pocket is helpful for storing camera, sun screen, or snacks
- Mountain Hardwear, Outdoor Research, Arcteryx, Patagonia

### **Hardware**

## Climbing Rope

- Please bring a 30 to 60 meter lead climbing rope. The diameter should be between 9mm and 10.5mm.

## Cordalette

- A cordalette is a 20 ft. piece of 7mm nylon cord tied into a loop.
- Sterling is the best brand of cord for this

## Harness

- Alpine-style harness is best, but rock climbing harnesses will work
- Should have gear loops
- The harness doesn't need much padding, since this will be provided by your warm clothing.
- Singing Rock Flake Harness, Black Diamond Alpine Bod

## Jumar (ascender) (1) (rent for less than \$2/day in Nepal)

- We recommend you rent this near base camp in Nepal. This way you will not need to carry the device on approach or during your return from the mountain.
- The ascender is for your dominant hand. For most of us that is a right-handed ascender.
- The ascender should have a grip large enough to be used while wearing bulky gloves or mittens
- A thumb release is preferable to releases that must be operated by other digits since thumb releases work when wearing mittens.
- Petzl Ascension Ascender

## Carabiners

### Small locking carabiners (2)

- You need two of these
- These carabiners will be used to secure you to fixed-lines by attaching to jumars (ascenders), prussics, or by "crab-clawing" you onto a tensioned line.
- Madrock's ultra-tech twist lock is a good choice

### Large Pear-shaped, Twist-Lock, Key Nosed, Carabiners (HMS) (5)

- You need four of these
- One of these carabiners will be used to attach you to the climbing rope. One will be used to attach your prissik to the rope for glacier travel. The third and

fourth will be used in combination with your belay device. And the fifth will be used for building anchors.

- Black Diamond Rocklock Twist-lock

#### Wire gate carabiners (4 total)

- You need one wiregate to be used with your jummar as a safety.
- You need one wire-gate carabiner to attach a keeper-cord to your ice axe so you can't accidentally drop it
- One wiregate will be used to hold your prussics on your harness in the event they are needed for a rescue or rappel.
- One wire-gate will be used for your foot-loop
- Black Diamond, Metolius, Camp

#### Black Diamond Guide ATC Belay Device or Petzl Reverso Belay Device

- This belay device can be used to belay, rappel, ascend, and belay from the top of a climbing pitch. This device works where figure-8 rappel devices do not.

#### Personal Anchor System (PAS)

- Interconnected loops- not a daisy-chain
- Will be used to anchor yourself and to attach to fixed-lines
- Will also be used to extend rappels
- Metolius, Blue Water, Black Diamond

#### Double-length Runner (48 in., 120cm)

- Nylon is better than spectra or dynema/dynex for holding-up to crampon abuse
- Will be used to create a foot-loop if you need to prusik up a difficult section, or for crevasse rescue systems
- May be used to create a chest harness for you when rappelling with a backpack.
- Black Diamond Nylon Runner

#### Ice-Axe leash

- This leash does not go on your wrist, since this makes it difficult to switch hands with the axe. Rather it attaches to your harness using a carabiner.
- You can buy fabricated leashes at the store or online, or you can make your own from a piece of 6ft. by 6mm nylon cord.

#### Nylon Cord Prussik loops, Sterling brand (2)

- Prussik loops are made by tying 5 ft. of 5mm nylon cord into a loop using a double-fisherman's knot. Sterling makes the best nylon cord for friction hitches because the cord does not kink like many other brands.

- Will be used to back-up rappels on slippery and thin lines, and to perform crevasse rescue in the unlikely event of a crevasse fall.

Ice Axe (1) (Can rent in Nepal for less than \$5/day)

- We recommend you rent this at basecamp in Nepal, since it is cheap and you will not need to carry this heavy item up to basecamp and back.
- Should be an adze tool, not a hammer, since we may need to cut hard snow/ice to create tent platforms and harvest snow for water
- A bent or straight shaft is fine
- Hybrid tools such as the Black Diamond Venom or CAMP's Alp Axe Special work well on varied terrain

Technical Ice Tools (optional)

- If you have technical ice tools for climbing steep ice please bring them. If you bring these you do not need to bring an ice axe.
- Please also bring leashes to attach the ice tools to your harness so they are not dropped on other climbers below.

Crampons

(please see the section titled "Feet" above)

Multi-tool (Can be purchased for less than \$15 in Nepal)

- Simple, small, and durable
- Pliers, a knife blade, and screw-drivers are handy
- The knife will be used for food prep and cutting cord, the pliers for cooking, and the screw-driver for fixing crampons and trekking poles

Trekking Poles (Can be purchased for less than \$40 in Nepal)

- These are knee saving, and excellent for the approach
- Snow baskets are great since we may be traveling over snow-covered passes as part of our acclimatization.
- Black Diamond Expedition Ski Pole

### **Personal medical kit and Self-Care**

You will be able to purchase all of the following items in Kathmandu for a price similar to what you would pay in the States. In the case of medications, they are significantly cheaper in Nepal.

Eyeglass case or similar hard case



- This is used to store your medications and prevent pills from being crushed after they are packed tight in your pack

#### Plastic Bags

- 4, one gallon bags
- 4, one quart bags
- Will be used for organizing and waterproofing

#### Medications/pills

- Vitamin supplement (30)
- Iron supplement (30)
- Ciprofloxacin (cipro) 500 mg 2/day for 3 days (12)
- Azithromycin 500mg 1 x day/3 days (10)
- Cefixime/cefy-O. For UTIs, strep throat, ear infect., bronchitis. 400mg 1/day (10)
- Flagyl/Tinvista (metronidazol) 3 x day for 7 days (12)
- Dromamine/dimenhydrinate 1 every 4 hrs. (12)
- Tylenol/acetaminophen (20)
- Ibuprofen/Advil/NSAID (20)
- Benedryl/diphenhydramine (10)
- Antacids (8)
- Cranberry capsules (for women)
- Monostat (for women)
- Dexamethazone/Decadron (prescription) 4mg/6 hrs. until symptoms are gone
- Diamox/Acetazolomide (20) –this is a sulfa-based drug and interacts with aspirin and many sedatives.
- Personal medications in a 40 day supply (40 days to account for flight time and any unforeseen extensions)
- **WARNING:** If you generally take sleeping pills/sedatives, please consult your doctor. Some of these medications interact dangerously with medications such as acetazolomide which are used to help speed the process of acclimatization, and some may slow acclimatization even in the absence of other medications.

#### Insect Repellent/Deet

- At least 50% deet. Used for prevention of bed bugs

#### Oral Electrolytes (4 packets)

- Electrolyte powder available from pharmacies in Kathmandu

#### Iodine (30 gram bottle)

- An eye-drop bottle of iodine. Bring bleach if you are allergic to iodine/shellfish.
- Used for wound care and water purification.

### Eye care

- If you wear contacts, we strongly suggest you bring glasses for your trek/climb. Previous participants have had trouble with freezing and dust.
- Bring contacts, cleaning solution, or eye glasses as needed

### Blister kit

- Duct tape (small roll)
- Second Skin (one package)
- Mole skin (one package)
- Band aids (a variety of sizes)
- Antibiotic ointment (one tube)
- Cloth tape (one roll)
- Trauma shears for cutting tape
- Antiseptic wipes

### Ace wrap/brace

- If you have a history of ankle or knee pain- even if it is not current- please bring a brace
- Ace wraps are an excellent back-up in case anything unpredicted happens.

### Oral thermometer

- This can help determine if you have a bacterial infection and its severity

### Toe nail clippers

### Tweezers

### Camp soap/liquid soap/shampoo (2)

- Pack two, 3oz bottles
- The bottles should have a screw-off cap, not a button that levers-up one side of the cap because these leak easily with changing pressure and elevation
- Will be used for cleaning clothes, body, and hands

### Bar of soap (1)

- This will be used for cleaning clothes and your body.
- If you can find a bar-soap laundry detergent (common in Mexican grocery stores), bring that along with a bar of soap for your body.

### Sunscreen

- A 10 oz bottle is enough for the amount of skin that will be exposed.
- You can find this in Kathmandu
- If you prefer a particular brand/type, bring it.
- Think high elevation sun for 10 hours/day . . . and snow glare.
- Zinc oxide sticks are available in Kathmandu as well.

#### Lip balm (2)

- Should have sun protection
- You can find this in Kathmandu. Bring your own if you like a particular brand.

#### Tooth brush and Paste

#### Feminine hygiene supplies

- Bring supplies for the month-plus long trip, plus a little extra (works great for wound care too).
- If you choose to bring disposable supplies, tin foil works well to wrap-up the waste and then place it in a plastic bag. You will probably be packing this back to Kathmandu before it can be disposed of. Just remember to bring tin foil and extra zip-locks.
- If you use a reusable device like a diva-cup, be sure you are able to wash your hands and supplies with filtered, boiled water. It can be a little more time intensive, but easy to do with the resources available at lodges along the route.

#### Personal Grooming Supplies

- Razer(s)
- Hair-brush etc.

#### Water Filter (recommended)

- Gravity feed water filters, such as those sold by MSR, Katadyn, and Platipus, are excellent ways to filter water so you do not need to rely on boiled water from lodges which requires burning local wood/trees. The bags of these filters can also be used to carry water like a CamelBak.
- Light pens will work only when water is clear with no "floaties". If there are floaties, the UV may not penetrate and kill the microbes.
- Pump filters will also work.

#### Toilet Paper (2 rolls)

- Easy to find in Nepal

#### Lighter

- An extra lighter or box of matches for burning toilet paper if you have to go while on the trail. To be placed in a plastic bag with a roll of TP and hand sanitizer.

Hand sanitizer (2 bottles)

- To be used before every meal, and after every bathroom stop.

Brown lunch bags (2)

- For packing-out used TP and burning in wood stoves at lodges (not available in Kathmandu)

Gallon Zip-lock bags (4)

- For random waterproofing and for packing out used TP (first put TP in the brown lunch bag, then in the plastic bag)

**Duffel Bag locks/keys (2)**

- We can purchase these in Kathmandu.
- You will want these to keep your gear safe while it is being stored in Base Camp.

**Electronics (optional)**

These are optional items that others have found useful.

International plug adapter kit.

- Voltage: 220-240 Volts (U.S./Canada are 110-120 Volts)
- Primary Socket Types: Indian, Europlug
- 110-120V electronics: Plug adapter + step-down transformer

I-pod

- Bring a battery charging pack or a solar charger

Watch with alarm

Digital Camera

- Some people bring two: a larger model with a good zoom for the approach, and a smaller one for on the mountain
- When climbing, your camera will need to be compact and fit in an inside pocket of your coat or it will be too cold to operate
- It should have a strap for your wrist and/or neck so you do not drop it on parties below you

- Lithium batteries last longer in cold weather, but even lithiums don't last as long as they do in warmer climates at lower elevation

### Digital Camera Batteries

- Because there is no electricity at base camp, you will want to have a stash of extra camera batteries that suits your hunger for photography
- With my compact Panasonic Lumix, I found four (4) lithium batteries to be sufficient for the entirety of my time away from outlets

### Extra Camera Memory Card

- You can buy this in Kathmandu for about the same as you get for it in the States. Don't buy non-name-brand. These are cheap knock-offs that will malfunction quickly.

### Thumb Drive/USB stick

- A high capacity USB stick will allow you to trade photos with your friends at the internet shop after the expedition has finished.
- You can also use the stick to print photos in Kathmandu for your local guides, porters, and cooks who would otherwise have no photos of their trip with you.
- The USB can serve as a back-up in the event that your camera's memory card is corrupted (this happens often with the amount of deleting and re-shooting that takes place)

### Laptop Computer

- A laptop may serve you well in Kathmandu, but it can easily be broken en route to basecamp. It will also undergo temperature fluctuations that can cause hard drive problems. We recommend you store your laptop in Kathmandu if you bring one.
- Most hotels in Kathmandu, and several tea houses along our approach, provide wireless internet at no extra charge. However, the service is often very slow.

### Light socket plug adaptor

- An adaptor that turns a light socket into a plug is advantageous for giving you the ability to charge your camera batteries in your room at tea houses during the approach .
- Often there are only a few outlets in the tea houses we stay at, and these are crowded with the chargers of other guests.
- If you don't find one in the States, you can purchase an adaptor in Nepal for about 80 cents. These are prone to failure, so it might be prudent to buy two (they're small).

## Snacks (optional)

These might seem like an arbitrary addition, but due to the affects of high altitude, exertion, a new diet, and intestinal illness, these can be a saving grace. When selecting foods, keep this in mind: You will be somewhat dehydrated, and at altitude your body has difficulty digesting fat and fiber. Citrus tasting, salty, and sweet foods are high on the list of cravings- as are crunchy foods for reasons we haven't quite figured out.

### Plastic Bags

- Please repackage your snacks in bags that are unlikely to result in spilled food.

### Sports drink powders

- Enough for 10 liters
- Isotonic beverage containing electrolytes and sugars
- Now is not the time to cut the sugar out of your drink. You'll need it. Often it's the only thing your body can digest at high altitude.
- Poweraid powder, Gaiteraid powder

### Protein

- Getting enough digestible protein into you is tough. Even tougher for vegetarians. It's helpful if you are able to eat eggs and dairy products. The diet of the Sherpa people is built upon the backbone of eggs and dairy, and you will even find butter in their tea.
- For non-vegetarians, I recommend bringing Beef jerky (5 bags)
- Eggs, cheese, and other dairy will be in daily meals if requested
- For vegans, lentils are in no short supply. But other sources of vegetable protein are scarce. You will want to bring your own stash if you have a favorite (nut butters for instance).
- If you are not strictly vegetarian, and are willing to eat gummy bears, you have found a decent source of protein that you will likely crave. Gelatin is high in the essential amino acids (and delicious in bear form).
- Peanut, almond, cashew, sunflower seed butters

### Energy Bars (1 per day of your trip)

- Choose a bar that you think you could eat while you are on mile fifteen of a marathon. Bars that are oily or fibrous tend to be difficult for the body to handle at altitude.

We will provide all meals. However, we don't have all your favorite foods on hand. To help you get the nutrition you crave, we suggest you bring some of your favorites with

you. Below are foods not available in Kathmandu that past expedition members have craved. I would bring a total of 1/5 of a pound per day of the trip:

- Rice-noodle based stir-fry and soup dishes- like Taste of Thai.
- Unsulfated dry mangoes
- Salted Nuts
- Tamari almonds
- Beef Jerky
- Whole-wheat pretzels
- Sour patch kids
- Gummy bears
- Black licorice
- Unsulfated dried figs, peaches, pears, apricots
- Chocolate covered espresso beans
- Bagel chips
- Dehydrated vegetables
- Vegetable chips
- Home-made cookies
- Home-made granola bars
- Organic soup mix/miso soup
- Baked pita chips
- Dried Edemame
- Cake mix in a box
- Brownie mix in a box
- Jello cheese cake mix
- Muslei cereal
- Sundried tomatoes
- Pine nuts
- Cous cous
- Quinoa

Foods available for purchase in Kathmandu:

- Dark and milk chocolate bars
- Candy bars
- Pringles chips
- Flavored crackers (salty crackers are usually craved more than sweet varieties)
- Cookies/sweet crackers
- Bread (white bread is good to have for those with digestive problems)
- Trail mix with dried fruit and coconut
- Hot chocolate
- Flavored Juice drinks
- Glucose drink powder
- Ramen noodles (called Rara or Wai Wai noodles in Nepal)
- Dried mangos & other fruit

- Local-style granola bars
- Imported muesli bars