



## Equipment List – Mt Everest

### Personal Clothing

Expedition style outer shell jacket w/hood - Gore-Tex style  
Outer Jacket – medium weight style (wind-stopper, etc)  
Full-zip outerwear shell pants or bibs - Gore-Tex style  
Thermal underwear – top: Polypro, Capilene, Merino-wool, etc. (2 pairs - **no cotton**)  
Thermal underwear – bottom: Polypro, Capilene, Merino-wool, etc. (2 pairs - **no cotton**)  
Thermal 1-piece suit; Capilene, Poly-pro, etc. (Optional in place of 1-set of Thermal top/bottoms)  
Pants – general climbing/hiking pant for all-round use and lower mountain travel (1 pair)  
Insulating pants - fleece, pile or synthetic; ideally with full side-zips for ease of on/off and venting (1 pair)  
Down pants with full side zips to get on over boots and crampons (1 pair)  
Expedition parka – down-filled with full hood (1)  
Expedition 1-piece down suit (optional for upper mountain)  
Sweater or vest - wool, fleece or down (1)  
Socks - synthetic, wool or wool blend (4-6 pr)  
Vapor barrier socks – optional, not required with closed-cell foam liners (1 pr)  
Liner socks (thin synthetic type) (2-3 pr)  
Toque - wool or fleece warm hat (1)  
Extra toque/warm hat  
Balaclava (1 lightweight and one heavyweight)  
Neoprene face mask (optional)  
Hat with sun visor (baseball cap, etc) (1)  
Bandannas (1-2)

### Footwear

Boots – High-altitude mountaineering boots with expedition liners (Millet “Everest” or Sportiva “Olympus Mons”); or, double plastic mountaineering boots with Alveolite liners.  
Over-boots – complete insulated over-boot (not required for single high altitude style boots)  
Approach shoes/boots – sturdy shoes for rough rocky trails on the approach to Base Camp and side trips  
Gaiters – standard mountaineering style for lower mountain (1 pair)  
Insulated booties – optional but nice in the tents  
Camp boots – insulated boots for around base camp - optional but useful

### Camp gear

Expedition sleeping bag - good to minus 40 Celsius range, used on the upper mountain. Down is best for warmth and weight  
Sleeping bag - good to minus 20 Celsius range, used in Base Camp to save carrying bag up and down upper mountain.  
Sleeping bag liner – optional but a nice luxury  
Sleeping pad - Thermarest type inflatable (1 for upper mountain and 1 to leave at Base Camp)  
Sleeping pad - Ensolite type (1 for upper mountain underneath inflatable)

### Personal Equipment

Backpack - internal frame, approx. 70 - 80 litres (1)  
Daypack for approach  
Sunglasses with side shields, nose shield and high-altitude lenses (1 pr + 1 pr extras)  
Ski goggles – sized to fit over prescription glasses if you need them  
Personal kit - (hand sanitizer, toothbrush, foot powder, etc.)  
Personal 1st aid (blister kit, medications, etc.)  
Misc. personal items (camera, books, journal, music player, etc.)  
Water bottles w/insulation covers - minimum 3 litres  
Knife – small pocket knife  
Sunscreen and lip screen – 2 small tubes (min. 40 spf & waterproof)  
Heating pads for hands/feet (6-8 sets)  
Collapsible ski/walking poles (1 pr)

### Glove systems

Gloves (medium weight) – wind-stopper, wool or fleece (2 pr)  
Expedition style gloves w/removable liners (1 pr + extra liners)  
Expedition Overmitts – must have room for gloves inside (1 pr)

### Technical Equipment

Crampons – “step-in” style adjusted to boots; and, to over-boots if needed (1 pr)  
Ice axe - 60 to 70 cm general mountaineering ax – no technical ice tools  
Climbing harness - lightweight alpine style harness with gear loops – must fit over all outerwear and insulated clothing  
3 locking & 4 non-locking carabiners  
1x 120 cm sewn webbing sling  
2 x 5m lengths of 7 mm accessory cord for prusiks  
1 mechanical ascender  
Belay device

In addition, consider clothes and personal gear for general traveling plus any extras for Base Camp.