

No Limits Adventures - Mount Everest Trek Gear List

UPPER BODY -

Head / Ears / Eyes

- Shade hat or baseball cap - some people drape a bandana down the back of their head and then put a baseball cap on to hold it in place. This can be a flexible alternative while keeping the sun off your ears and neck
- Warm wool or synthetic hat that covers your ears
- Balaclava - The lightweight, thinner variety
- Glacier glasses 100% UV protection with side shields and a hard-sided storage case (i.e. Julbo or Cebe). This is to protect your eyes from the stronger rays of the sun due to the thinner atmosphere which can cause a painful condition known as snow blindness. Regular sunglasses are not sufficient. If you wear prescription glasses, speak to your doctor about prescription glacier glasses, perhaps with transitional lenses
- Headlamp - Black Diamond and Petzl both make several good ones. Make sure to bring extra batteries and that they are lithium batteries so that they will last in the colder temperatures. These are indispensable for getting around at night, reading, etc., so don't go cheap here
- Some people like ear-muffs; These are optional, a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (Optional)
- A neck warmer is another piece of gear for extra warmth if you feel you will need it (Optional)

Hands

- 1 pair liner gloves thin wool or synthetic, useful alone on mild days or as a layer inside other gloves / mitts for additional warmth
- 1 pair warm gloves (heavier fleece or wool)
- 1 pair shell gloves or mitts Gore-Tex is preferred for keeping hands dry
- Instant hand warmers are always nice in a pinch, but really shouldn't be necessary on the trek. Bringing appropriate hand protection as recommended above, should be sufficient (Optional)

Core Body

- 2 cotton t-shirts
- 1 synthetic t-shirt
- 2 long sleeve polyester, or other synthetic lightweight, light colored shirts for sunny days. V-neck zipper provides additional venting options which are good for changing temperatures
- 1 expedition weight long underwear top
- 1 soft shell jacket, water resistant, with insulation, underarm ventilation zippers. Full front zipper is preferable for ventilation
- 1 hard shell with hood, waterproof, pay particular attention to venting options under / on the arms and inner chest pockets provide convenient access without taking off your pack, truly a great design option
- 1 medium to heavy weight expedition down parka w/hood
- 2 women sports bras synthetic, no cotton!

LOWER BODY -

Legs

- 2-3 pairs nylon hiking shorts - Quick drying type, not cotton!
- Underwear, stay away from cotton
- 2 pair lightweight long underwear - capilene or other synthetic
- 1 pair soft shell pants - synthetic, full zip from top and bottom preferable
- 2 pair trekking pants, preferably that zip on/off at the knees so they double as shorts
- 1 pair hard shell pants. Waterproof / breathable, Gore-Tex or equivalent is best. Should zip from the top and bottom - this makes it easier to put on over boots without getting undressed should the weather change once you are underway for the day
- 1 pair cotton pants (loose jeans/khakis)
- 1 full length loose skirt. Women should plan to wear skirts or pants when walking around Kathmandu.
- All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags

Feet

- 4 pair of liner socks, synthetic or capilene
- 3 pair heavy weight socks to be worn over liner socks
- 1 pair light weight socks, a good option for the lower / warmer parts of the trail
- 1 pair light to medium weight hiking boots. Ensure a good fit with layered socks
- 1 pair light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu

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- 1 pair hiking gaiters, good for keeping dust and rocks out of your shoes / boots as well as keep your feet dry as necessary (Optional)
- 1 pair sandals (Optional)

GENERAL -

Sleeping gear

- 1 down sleeping bag rated to -10 degrees F (warmer if you get cold while sleeping)
- 1 full length Thermarest pad (bring repair kit)
- 1 closed cell foam pad

Pack / Gear Bag

- 1 large day pack* (approximately 2,400 - 3,000 cubic inches) *Although we will be using porters, you will want to have everything needed for a full day in your pack. You will not be able to get things from the porters during the day
- 1 large (7,500+cu.in.) duffel bag for your gear. Must be durable for use on pack animals
- 1 smaller duffel bag can also be useful for leaving some things in Kathmandu while we are on the trek
- Small padlocks for duffel bag

Medicines and First Aid Kits

- Extra Strength Excedrin for altitude related headaches
- Ibuprofen for general aches and pains
- Immodium or Pepto bismol capsules for upset stomach or diarrhea
- Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness. Please discuss with us before starting to take this medicine
- 1 small personal sized first-aid kit with blister treatments such as mole skin, band aides, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use

Miscellaneous, But Important

- Passport and extra passport photos
- Airline ticket(s)
- Durable wallet / pouch for travel documents, money & passport
- 2 Water bottles 1 liter wide-mouth Nalgene and 1 insulator
- Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoid you having to stop and look for it
- Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time
- Pocket knife or small Swiss Army type
- Water purification Iodine tablets or Polar-pure crystals
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc
- 3-4 Large durable plastic bags, for keeping gear dry inside you pack. Also nice for separating clean from dirty laundry
- Nylon stuff sacks for food and gear storage
- Large ziplocs are also useful for separating things and keeping them dry
- 2 bandanas
- Ear plugs

Optional

- 1 pair adjustable trekking poles. Although these are listed as optional these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc., especially when going downhill (Optional)
- Favorite snack foods, no more than 2 pounds (Optional)
- Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function, remember, keep these items light weight (Optional)
- Binoculars (Optional)
- 1 light weight point & shoot camera or 1 SLR. Digital cameras are ok, but you must keep the batteries warm when not in use (Optional)
- Hydration bladder with drinking tube and tube insulator (Optional)
- A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip (Optional)
- 1 small stainless steel thermos (Optional)

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CLIMBING – Additional Gear Needed for Mt. Lobuche or Island Peak Climbs

- 1 Pair plastic shell mountaineering boots with high altitude liners
- 1 Pair of crampons (steel, no aluminum)
- 1 Alpine climbing harness
- 1 Climbing helmet
- 1 Mountaineering axe with leash (sized properly for your height)
- 1 Ascender (right or left handed as appropriate)
- 1 Belay device (Black Diamond ATC or ATC Guide are good options)
- 2 D-Shaped locking carabiners
- 2 Non-locking carabiners
- 1 Pair expedition style gaiters (ensure fit over your boots)
- 1 Neck gaiter
- Ski goggles (optional)