

Everest Equipment Check list

1.0 Body Wear

- Thermal Underwear (3 tops - 2 bottoms)
- Midweight Fleece Top
- Midweight Fleece Pants
- Fleece Jacket
- Fleece Pants
- Down Suit or Down Jacket and Pants
- Base Camp Down Jacket
- Gore-Tex Jacket (or equivalent)
- Gore-Tex Pants (or equivalent)
- Windsuit (if not using jacket/pants)
- Windshirt (optional)
- Glacier Shirt
- Underwear
- Waterproof Jacket for Trek (optional)

2.0 Head Wear

- Balaclava x 2
- Baseball hat or sun hat
- Ski hat/fleece hat
- Face mask (optional)
- Snow Goggles x 1 or 2
- Glacier Glasses x 2
- Scarf or Bandanna x 2
- Neck Gaiter (optional)

3.0 Hand Wear

- Finger / Liner gloves x 2 pairs
- Expedition Mittens
- Ski / Mountaineering gloves
- Fleece Gloves x 2 pairs

4.0 Foot Wear

- Socks x 6 pair
- Climbing Boots
- Bivvy Boots / Down Socks
- Trekking Boots / Shoes
- Overboots
- Snow Gaiters
- Running Shoes / Sandals

6.0 Climbing Equipment

- Ice axe
- Crampons
- Non-locking Carabiners x 3
- Locking Carabiners x 3
- Climbing Harness
- Rappel Device
- Mountaineering Pack / Rucksack
- Mechanical Ascenders x 1 (or 1 pair)
- Collapsible Ski Poles
- Headlamp + Spare bulbs/batteries
- Long Prusik x 1 (6mm prussic cord)
- Tape Slings x 1
- 6m x 20mm tape webbing for Lanyards
- Helmet (optional)

5.0 Camping Gear

- Down Sleeping Bag x 2
- Thermarest x 1 (lightweight model)
- Foam Mat
- Cup, Bowl, Spoon
- Small Spare Headlamp/reading light
- Pee Bottle

7.0 Accessories

- Personal Toiletries
- Ear Plugs (optional)
- Personal First Aid Kit & Medications
- Sun Block & Lip Cream
- Small Duffel Bag, lockable (for hotel) (optional)
- Large Duffel / Kit bag x 2, lockable
- Camping Towel
- moisturiser
- Camping Pillow (optional)
- Water Bottle x 2
- Small Thermos Bottle (optional)
- Pocket knife / Leatherman / Tool Kit
- Crazy Creek Chair (optional)
- Camera and film
- Daypack; small rucksack
- Chemical Hand & Toe Warmers
- Stuff Sacks and large plastic bags
- Wet wipes, shampoo, soap, shavers,
- 12V Car Chargers for camera, I-pod etc
- Water Bottle Covers x 2

8.0 Travel Gear

- T-Shirt / Trekking Pants & Shorts
- Casual Wear

- Passport, Documents & Copies
- Music / Books (optional)