

Expedition Equipment List

Passport and passport holder. (must have at least six months until expiration)

(3) passport photos

Wallet/money/credit cards. You can get cash in KTM with a VISA or MC card. Also, AMEX will cash a check for you up to \$1,000 per week. Bring \$500 in extra cash and some small bills for tips. Budget \$100 for tipping our Sherpa staff and porters. There is great shopping in Kathmandu and we have a couple of days set aside for this.

Plane Tickets

Trip Itinerary

Immunization records

Pen, pencil and paper (journal)

Literature, guide books and phone book/address book

Medical allergies and restrictions

Calculator

City & Travel:

Kathmandu is a subtropical city at about 4,000ft in elevation. Day time temperatures will be 70-80 degrees in the daytime and 50-60 degrees at night.

PLEASE NOTE: The amount of fun you have on this trip is directly proportional to how comfortable you are. The extra dollars and time you spend acquiring quality climbing gear and warm clothing will be your guarantee of comfort.

T-Shirts and Shorts

Long sleeved shirts (at least one nice one)

Long pants

Underwear

Socks

Windbreaker and/or fleece jacket

at least \$500 spending money (tips, restaurant meals and gifts)

Sunglasses & Glacier glasses

Baseball hat or visor (be sure underside of brim isn't white)

Note: one bag of luggage can be left at the Hotel Thamel in Kathmandu, for clean city clothes when we return.

You should **always keep your passport on you.**

Trekking/Climbing Clothing:

Our journey through the Khumbu and Goyko regions of the mountains will take us from a starting altitude of 9,000ft to over 18,000ft at the Kala Patar. We will experience a huge climatic change as we trek. At the

beginning we will be in shorts and t-shirt for daytime. By the time we reach 18,000ft it could be snowing with day time temperatures in the 30-40 degree range. Nights can get as low as 10 degrees Fahrenheit.

Hats - light weight balaclava, winter weight fleece hat.

Gloves - lightweight liners, lightweight windstopper gloves.

Gore-tex jacket and pants.

Socks (3) medium weight wool and polypro liners.

Hiking boots (light to medium weight sneakers and medium weight boots).

(2) Cotton bandanas

Long underwear - Tops (2 polypro LW or MW), Bottoms (1 polypro LW or MW). Patagonia and Mountain Hardwear have a real nice selection.

Polypro (or synthetic equivalent) t-shirts work really well on a trek.

Pants - Comfortable hiking pants preferably made from Schoeller fabric. Goretex pants should fit comfortable with your hiking pants and polypro bottoms underneath.

Down Parka - should fit over fleece jacket.

Gaiters - to wear with medium weight hiking boots, knee high.

Packs & Sleeping:

Day pack (for city and air travel; 2,500-3000 ci. or more). This can be used as a carry on for teh airplane. It should accomodate all your camera equipment and some extra clothes.

Sleeping Bag - good qulaity, preferably down bag rated to -10 degrees F (recommended manufacturers are Mountain Hardwear or Western Mountaineering)

Sleeping Pad - a very comfortable foam pad will be provided for you.

Headlamp - with spare batteries and bulbs

Water bottles - (2) 1-liter nalgene bottles with insulated covers.

Pee bottle (different size and/or shape than the water bottles)

Ski goggles

Essential Personal Gear:

Stuff Sacks - To keep your gear organized. remember a few plastic bags fro dirty laundry.

Ziplock plastic bags (for keeping books dry and organizing small items)

Sun block for skin and lips. The stronger the better.

Skin Moisturizer

Pocket knife - **Put this in your checked luggage**

Personal Toilet articles - toothbrush, biodegradable soap, baby wipes, towel, shampoo, tampons, multi vitamins etc.

Trekking poles - 3-section collapsible poles recommended.

Ski goggles - Hopefully we won't need these. They should fit over your glacier glasses.

Toilet articles (tooth brush, biodegradable soap, wash and dry towelettes, hand towel, shampoo, tampons, multi-vitamins, etc.)

Locks for your luggage

Down booties

Camera, assorted film, spare camera battery, tripod, lenses

Sandals - for around camp.

Watch / alarm clock (altimeter is recommended but not necessary)

Personal First Aid Kit:

Our expedition will have a large, well equipped first aid kit. We also carry a Gamow Bag and our guides have extensive knowledge and experience with third world illnesses and altitude related problems. However, you should have a small personal kit with

Personal prescription medications (Bactrim, Cipro, Diamox, Lomotil)

Band Aids - various sizes.

Ibuprofen, Tylenol, Aleve and/or aspirin

Pepto-Bismol tablets

Moleskin and molefoam

Antacids (Tums)

Motion sickness

Laxatives

Eye drops and cough drops

For traveling we recommend one or two of the Wild Things Mule Bags. You are allowed (2) 50lb duffels on the airplanes. Paint your name and address on the outside of your bag for easy identification.

IME will supply the following: Guides, Sherpa staff, cook staff, group camping gear and an expedition first aid kit.

If you need help finding gear or aren't sure if what you have is adequate, just give us a call at (603) 356-6316 and we will help you out.

We have not specified the number of clothing items you should bring, so please base your decision on the size of your baggage, length of your trip and your likelihood of rolling around in the mud.

Laundry services are available, but are a bit unreliable, so come prepared with enough clothing to last you for the duration of the trip.