

the local company based on western quality

This is a sample pack list or equipment list!

This is just a sample pack list. We will send you a final, up to date pack list or equipment list after booking your trip with us. Just see this as a good example of what you can expect from us.

Upper body

2 T-shirts

T-shirts can be used in the lowlands. Cotton shirts or more advanced shirts that transfer sweat from your body and dry quickly. Some clients give shirts to crew and porters after their trip! Take two to exchange them.

2 Thermo shirts

Thick thermo shirts of expedition quality are very useful. You can wear them as a outer layer in warmer areas and as an insulation layer when it gets colder. For thermo shirts different garments are used: synthetic and wool. It's a fact that woolen shirts do not smell that quickly than synthetic shirts.
(Falke, Ice Breaker, North Face, Patagonia, Craft, Odlo, Lowe Alpine, etc)

1 Fleece or soft shell jacket

Take one 200 to 300 grams fleece jacket with a tight fit collar and a full length zipper. Windstopper fleece is great as an outer layer, however, using it as an insulation layer under a breathable, windproof jacket, it reduces the breathability of

the outer layer. For that reason, we suggest to take a non-windstopper fleece or soft shell. You may use a thin down jacket as an alternative.
(Northface, Berghaus, Patagonia, Millet, Mammut, Arcteryx, Eider, Lowe Alpine)

1 down jacket

To stay warm in the evenings and early mornings or during expeditions at high altitude, you want to bring a warm lightweight down jacket. (North Face, Millet, Rab, Feather friends)

1 Wind proof & water proof jacket

A wind and water proof jacket is a must in the mountains. You can wear it on top of a t-shirt, or even on top of a thinner down jacket. Don't bring a plastic jacket or poncho, but a real mountain jackets made from breathable garments like: Gore Tex, Triple Point etc. (North Face, Berghaus, Millet, Arcteryx, Haglofs, Vaude, Tenson, Lowe Alpine, etc)

Lower body

2 Underwear

2 Sets of underwear is sufficient. You can use a bowl, water and some environment friendly soap or shampoo to wash them if you wish. Choose underwear that dries quickly! (North Face, Patagonia, Lowe Alpine, Millet, etc)

1 Thermo pants

Thick thermo pants of expedition quality are very useful. You can wear them as a outer layer in warmer areas and as an insulation layer when it gets colder. For thermo pants different garments are used: synthetic and wool. Fleece pants can also be used as a thick thermo layer! (Falke, Ice Breaker, North Face, Patagonia, Craft, Odlo, Lowe Alpine, etc)

1 Trekking pant

A thin, comfortable pant may be useful during cooler days or evenings. Choose a light weight pant that dries quickly! (Northface, Berghaus, Patagonia, Millet, Mammut, Arcteryx, Eider, Lowe Alpine, etc).

1 Fleece pant

A tight, insulating, breathable 200 to 300 grams fleece pant is great during colder days and as a thick thermo pant under any outer layer.
(North Face, Berghaus, Patagonia, Spray Way, Lowe Alpine, etc)

1 Wind proof & water proof pant

A wind and water proof pant is great in bad and cold weather. You can wear it on top of a thermo pant, or even on top of a thinner down pant. Don't bring a plastic pants Most mountain pants are made from breathable garments like: Gore Tex, Triple Point etc. (North Face, Berghaus, Millet, Arcteryx, Haglofs, Vaude, Tenson, Lowe Alpine, etc)

1 Pair of gamashes

Gamashes make sure that no snow (or rain) fill your shoes or boots! Beside that they provide extra warmth for your lower legs! Not needed with boots with fixed, long gaiter. (Berghaus, Millet, OR, Black Diamond, Outdoor Design, Lowe Alpine, etc)

Feet

2 Pair trekking socks, 2 pair liner socks + 1 Pair expedition socks

Bring thin socks for use in the lowlands. Liners are made of smooth thin wool, nylon or Capilene to be worn next to the skin with thick expedition socks for over the liners at high altitude. Woolen expedition socks are still warmer than synthetic socks. Always use new socks with full cushioning. If (Falke, Bridgedale, Smartwool, etc)

1 Pair trekking boots

For any expedition, you need comfortable feet! Make sure your trekking boots provide sufficient ankle support and are big enough for long descents. Make sure that your boots are warm enough and are water proof! (Meindl, Lowa, Han Wag, Sportiva, Asolo, Millet, Scarpa)

1 Pair expedition boots (see climbing)

During the ascent of a trekking peak or crossing a difficult mountain pass, you may need mountaineering boots (insulation, water proof, rigid soles). (La Sportiva, Asolo, Millet, Scarpa)

1 Pair down booties - optional

Cold feet is very frustrating! Especially for in the camps you may consider to bring warm down boots. Warm feet means a warm body! (Exped Down, Ajungilak, etc)

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Hands

1 Pair soft shell gloves

Bring thin Soft shell gloves to be worn inside your gloves. They provide you a warm feeling, UV protection, minimize moisture and resist wind. (North Face, Millet, Mammut, Lowe Alpine, Ice breaker, Outdoor research, etc)

1 Pair wind- & water proof gloves (hard shell)

Gloves provide you less insulation than mitts, but you're still able work with your fingers and they are warm enough for lower altitudes! Make sure the gloves are wind and water proof and provide sufficient insulation. (North Face, Millet, Mammut, Lowe Alpine, Ice breaker, Outdoor research, etc)

1 Pair wind- & water proof high insulation mitts - optional

Mountaineering mitts provide you much better insulation than gloves, but you're limited to work with your fingers! Make sure the mitts are wind and water proof and provide sufficient insulation. (North Face, Millet, Mammut, Lowe Alpine, Ice breaker, Outdoor research, etc)

1 Pair wind- & water proof over mitts - optional

For extra insulation you may choose to use over mitts. This kind of mitts form a extra outer layer for the insulation mitts. Make sure that the insulation mitts fit in this outer layer! (North Face, Millet, Mammut, Lowe Alpine, Ice breaker, Outdoor research, etc)

Head

1 Beanie or warm hat

You're body loses most of the body heat through the head! Make sure to bring a warm beanie or hat! Fleece, power stretch, wool, there all great as long as they provide good insulation. Consider a wind stopper. You may use a beanie under your climbing helmet as well! (North Face, Millet, Mammut, Lowe Alpine, Ice breaker, Outdoor research, etc)

1 Balaclava - optional

Bring 1 light weight and 1 heavy weight that can be worn over the light weight. A fleece or power stretch balaclava protects not just your upper head, but your face and neck as well. A must have in cold weather with strong winds. (North Face, Millet, Mammut, Lowe Alpine, Ice breaker, Outdoor research, etc)

1 sun cap, hat or Buff / nose guard

To protect your head (especially nose & eyes) from the burning sun, you need to bring a good sun cap or hat. To protect your nose completely you may bring a nose guard, too. Make sure your cap/hat light weight and quick drying. A buff can be used for different uses as well...

1 Head lamp

Take the best led powered head lamp you can afford. LED lights are the best option these days as they're light weight, provide a powerful light beam, are battery saving and water proof. Take good batteries (spare) as well!

1 glacier sun glasses (100% UV protection)

At high altitudes or in snow and ice area's you need sun glasses with the highest UV protection available, so called glacier glasses (level 4). Choose glasses that provide protection against the sun from every side: below, above and side ways. We recommend prescription glacier glasses if needed (gray or amber). (Adidas, Cebe, Julbo, Oakly, Bolle, etc)

1 Goggle (100% UV protection) - optional

When the weather gets really bad, you may need to use goggles in stead of glacier glasses. They cover most of your fore head and upper part of the nose. Great for extra insulation when combined with a balaclava. (Adidas, Cebe, Julbo, Oakly, Bolle, Dragon, etc)

1 normal sun glasses

Normal sun glasses are needed in cities and at lower altitudes. Be aware that normal sunglasses are not good enough to wear at high altitude!

1 Face Mask - optional

To protect your face from the cold, some people like to use a neoprene facemask, however, a balaclava may work for you as well!

Sleeping

1 Sleeping bag

Bring a expedition weight sleeping bag. Down sleeping bags are warmer than the synthetic bags, lighter and better compressible. Make sure the down filling is full and strong. Any bag should be a mummy model with a tight head and collar. As temperatures may drop to -15 degrees or lower at night, make sure you bring a warm one. (North Face, Ajungilak, Valandré, Birdland, Millet, Mountain Hardware, etc)

1 Liner sleeping bag liner

Cotton, silk or fleece, a sleeping bag liner provides an extra insulation layer and protects your expensive down sleeping bag to become dirty. (Cocoon, Valandré, Mallory & Irvine, North Face, etc)

1 Sleeping mattress

Bring a comfortable mattress. This can be a self inflating open cell mattress or a closed cell mattress. Both insulate very well, the self inflating models may be punctured, so bring a reparation set! (Therma-A-Rest, Ortlieb, Joshua Trail, Enviromat, Metzler, etc)

1 Safety blanket

A light weight aluminium coated, plastic blanket (silver/gold) can be used for emergencies. It definitely provides you a lot of heat, although you're getting wet as well.

Climbing

During your trip to most trekking peaks you will cross glaciers and climb on snow/ice slopes. Although common used climbing gear, like: ropes, snow anchors, ice screws, etc will be provided by Mountain Consult, you must bring your personal climbing gear. In the list below you'll find a set of personal climbing tools that are generally used for climbing any trekking peak. If you prefer to use different tools and you have the experience with them, bring them!

1 Walking sticks - optional

Some people prefer to use them, other don't. Walking sticks can decrease the weight on your ankles and knees while ascending and descending. However, if

1 Descender (UIAA tested)

During some expeditions you may need to abseil down a long, steep wall. To secure yourself you need a figure eight or an ATC. Choose the tool

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you're not used to use the sticks in difficult terrain, you may become a danger to yourself as well. (Leki, Black Bear, Simond, etc).

1 Pair (high altitude) mountaineering boots

Mountaineering boots (category D/E) must provide extreme insulation at high altitude, have a rigid sole and the right shape to fit crampons. At this moment you'll find plastic boots and boots made from lighter and more flexible materials. Make sure the boots are big enough for sufficient insulation. (Millet, La Sportiva, Asolo, Scarpa).

1 Pair crampons (UIAA tested)

All-round 12 point crampons are fine for most expeditions. Looking at snow balling (accumulation of snow under foot) we advice to use semi-rigid, flat models in stead of the rigid, vertical rail models. Antibot plates may be used to prevent snow balling. Make sure that you're crampons fit perfectly under your boots! (Grivel, Black Diamond, Petzl, Charlet Moser, Camp, Troll, etc)

1 Climbing harness (UIAA tested)

Every climbing harness, (sit or integral) must be worn above your warmest clothes. You have to make sure that the harness is adjustable at the legs. It must have several gear loops and it should have a comfortable fit. Finally, you must be able to remove your harness without undressing yourself on the mountain! (Edelrid, Black Diamond, Edelweiss, Petzl, Singing Rock, Mammut, etc)

1 Axe (UIAA tested)

For most expeditions you use an all round axe, no ice axes. When choosing an axe look at the right length for your body (short is better than too long), rubber grips are more difficult to push in the snow and a solid forged steel head is stronger than a aluminum head. Finally, a very light weight axe is more difficult to slam into ice than a heavier one, but its easier to carry. (Black Diamond, Grivel, Moutain Technology, Charlet Moser, Camp, etc)

1 Ascender (Jumar) (UIAA tested)

In the Himalayas, fixed ropes are very common. So, if fixed ropes are used, you may use an ascender to secure yourself. Choose the right ascender for you, as they come in left and right hand models. (Petzl)

Back packs & duffels

1 Back pack

A back pack is important for climbing above base camps. Up to base camp you can have your gear carried by porters or yaks, too (watch the maximum weight). Make sure your back pack is big enough for all your gear. (Berghaus, Mac pac, Deuter, North Face, Lowe Alpine, Karrimor, Arcteryx, Black Diamond, etc)

1 Duffel or kit bag

A duffel is a strong, water proof expedition bag you normally use to store equipment that is carried by porters or yaks. Most duffels have facilities to lock the bag with a separate lock. If necessary you can even wrap the contents in a plastic bag to make sure your gear stays dry even when it rains a whole day. (North Face, Ortlieb, Silver Back, etc)

Other

Official documents and passport photo's

Make sure that all your official documents are valid and up to date: passport, visa, insurances (including mountaineering activities, search & rescue and repatriating) and flight tickets. Make copies of all documents and put extra sets in your baggage, email them to yourself (storage) and or leave some at home or with your family just in case your worst nightmare comes true. Put the original papers in a waterproof sealing. Finally, bring some (4) passport photo's for use in emergencies.

you're used to work with. Without previous abseiling experience we suggest to choose a figure eight. (Petzl, Clog, Black Diamond, etc)

2 HMS + 2 standard screw karabiners (UIAA tested)

2 large screw HMS karabiners + 2 standard size screw karabiners gives you enough possibilities to cope with most situations. You might take more karabiners just to organize your gear better at your harness. (Stubai, Simond, Petzl, Kong, Black Diamond, DMM, Camp, Clog, etc)

2 tape sealing (UIAA tested)

For use as abseil extension, (self) belaying. Sizes: 1x60cm + 1x 120cm. A ready made loop like Petzl Aventex can be used as a self belay on fixed ropes, too. (Edelrid, Petzl, Millet, etc)

2 prussic ropes/loops (UIAA tested)

One short and one long prussic loop is sufficient. You may need the ropes in case you have to ascent a rope vertically (crevasse rescue). You also might need a prussic rope to descend a steep slope quickly and use it as a self belay. Having a few short prussic ropes extra gives you plenty of possibilities extra. Size: 6mm rope: 1x1,5m + 1x4m. (Edelrid, Beal, Millet, Mammut, etc)

Climbing helmet (UIAA tested) - optional

In some expeditions you may encounter situations with danger of ice & rock fall and there's always the possibility that you fall. In these cases a climbing helmet can make the difference between life and death. For some expeditions you must bring a helmet, for others you don't. If you use a helmet, make sure it's adjustable and large enough to wear it on top of a beanie. (Edelrid, Petzl)

1 Day pack

If most of your gear is carried by porters or yaks, you can also opt to bring a small day pack. Use it to carry drinks, food, extra clothes, a first aid pack and your photo & film equipment. If you want to use a day pack in combination with a duffel, make sure the day pack is big enough to store all gear that is needed at summit day! (Berghaus, Mac pac, Deuter, North Face, Lowe Alpine, Karrimor, etc)

1 Extra store bag

Most people store clothes and other equipment at the hotel departing for a expedition. Therefore it's handy to have an extra bag you can lock. Tag it and put in the store room at your hotel!

Money

Traveller cheques, credit cards, bank passes and/or cash money. If you intend to store your valuables in a safe at the hotel, make sure you lock or seal it properly. On the trip itself you don't need a lot of money. Just a little money can be spend on tea's and some little souvenirs if you find them. Take into account that it's a common habit to tip the crew who support you during this trip. For that you need cash money. During the briefing we will give you some more details about this subject.



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First aid kit and medicines

Make sure you bring a compact but complete first aid kit. Bring all items that you may use/need personally:

1. medications (including high altitude medicines)
2. essential first aid equipment (hard ware)
3. wound management items
4. bandage materials
5. infectious control items (including treatments)
6. blister items
7. other items

In Kathmandu you are able to buy most first aid items and medicines at low costs. However, it's not guaranteed that all brands and all items are available at all times. See our FAQ for a detailed, personal First Aid Kit.

Whistle - optional

A simple whistle may save your life during or after accidents! The sound covers a longer distance and requires less energy!

Pee bottle - optional

You must drink a lot of water or tea at high altitude. Therefore you might have to pee during the nights. When it's very cold this may be not a pleasant journey, for you and your tent buddy. As women have a higher risk for inflammation of the bladder, a pee bottle may be a good option.

Towel - optional

A small towel, or quick drying towel may be useful, but is not essential.

Sun cream & sun block

Bring a high protective sun cream F30-40 and a 100% sun blocker! At high altitudes and in snow/ice area's the sun rays are very, very strong, so make sure you are protected!

Favourite snacks (snickers, power bars, gels) - optional

You may get hungry and need more energy while trekking, climbing or sleeping. Take some snacks to cover these moments. You can get all kind of snacks and sweets in Kathmandu. However, specific brands may not be available.

Small knife - optional

A small knife is always very handy, if it's just to peel fruit. (Leatherman, Buck, Wenger, Victorinox, Gerber, etc)

Water bottles

Everybody has to carry 2 litres of water. You can take 2 bottles of 1 liter, or 4 bottles of 0,5 liter. As all your drink water will be boiled, you must bring bottles that are boiling water resistant. Aluminium or specialized plastic bottles are just fine! (Sigg, Nalgene, Trangia, MSR, etc)

Water purifying tablets/drops - optional

If you want to bring any water purifying treatments, make sure you bring a treatment that kills Giardia Parasites, as most water in the Himalayas contains these parasites. Keep in mind that many treatments do not kill these parasites. However, any iodine based treatment will do the job.

On the other hand, every day (morning, evening) you will have access to boiled drinking water (1-2 Litre per person). If you think you might need more water, please bring or buy a treatment.

In Kathmandu you can buy iodine or specialized iodine to purify water. However, the packing leaks quickly, so better to bring your own bottle. (Coughlans, Potable Aqua.)

Thermos bottles - optional

Especially at high altitudes or summit days, you may want to drink warm water instead of cold, freezing water. In that case consider to bring a shock proof thermos bottle.

I-pod, books and games - optional

During an expedition you will have plenty of time to rest and acclimatize. Many people read a few books on a trip and play several games like: cards and chess. Take some books and games if you like to! You can easily buy books in Kathmandu and even swap them or sell them afterwards.

Earplugs - optional

If you can't stand unknown or irritating noises during the night, then we advise you to bring some earplugs.

Plastic bags / water proof bags - optional

Make sure that the contents of your duffel or back pack stay dry. Take a piece of plastic to cover your pack from the outside, or bring big plastic bags (dustbin) the create a waterproof inner liner for your pack or duffel. You can also use specialized water proof bags that are used for kayaking/rafting and other water sports. (Aqua Quest, Watershed)

Photo & film camera's - optional

Most people like to make pictures or movies on an expedition. Nice pictures are very rewarding for you and to share with your family and friends. Depending on the trip, we may provide solar power systems to provide power for battery charging and other uses. Make sure you bring several spare batteries and be aware your batteries will not last that long in freezing temperatures.

Repair set, spare parts - optional

Equipment and clothes may be damaged or break on an expedition. Shoe soles, shoe laces, zippers, buttons, glasses, crampons, back packs are common items to get damaged. No problem, as long you're able to repair them, at least for some time! For that reason you need to bring different items to repair your stuff: glue, rope, sewing tools, tape, screws, etc, etc. Keep it small but effective!

Toiletries - optional

In most expeditions you won't find a real shower, except at very popular trails and in bigger lodges. It's possible to wash yourself in little streams, rivers. Choose your toiletries carefully as they can add a lot of weight. Dirty smell reducing items may become very important. For some extra hygiene on the mountain you may use some wet cleaning tissues.