



Nepal Peak Climbing Equipment

Personal Climbing Gears:

- Ice axe
- Crampons
- Harness
- Tape Slings (2)
- Screwgate Karabiners (2 lock, 2 unlock)
- Descender/Abseil Device
- Plastic Mountaineering Boots
- Ascender
- Helmet (optional)

Group Climbing Gears:

- Snow bar
- Rope
- Ice Hammer
- Ice Screw

***CLOTHING**

Head:

- Sun hat or scarf
- Light balaclava or warm fleece hat
- Sunglasses with UV protection

Lower Body:



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- Under Garments
- Hiking shorts
- Lightweight cotton long pants
- Light and expedition weight thermal bottoms
- Fleece or wool pants (seasonal)
- Waterproof (preferably breathable fabric) shell pants

Feet:

- Thin, lightweight inner socks
- Thick, warm wool hiking socks
- Hiking boots with spare laces
- Camp shoes (sneakers and/or sandals) Gaiters for hiking in winter to the base camp
- Gaiters

Upper Body:

- T-shirts
- Light and expedition weight thermal tops
- Fleece jacket or pullover
- Fleece Wind-Stopper jacket (optional)
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket

Hands:

- Lightweight gloves
- Heavyweight gloves or mittens with a waterproof shell outer (seasonal)



ACCESSORIES

- Sleeping bag rated to -15 to -20 degree centigrade
- Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
- Small pad or combination lock-to-lock
- Trekking Bags/Duffel bag
- Basic First Aid Kit
- Large plastic bags - for keeping items dry inside trek bag
- Daypack (approximately 2500 to 3000 cubic inches)
- Trekking Poles
- Water bottle (2) or camel bag
- Toiletries (Small wash towel, Toilet papers etc)
- Ear Plug (who know some people on group are snoring)

Toiletries:

- 1 medium sized quick drying towel
- Tooth brush/paste (preferably biodegradable)
- Multipurpose soap (preferably biodegradable)
- Deodorant
- Nail clippers
- Face and body moisturizer
- Feminine hygiene products
- Small mirror

Personal Hygiene:

- Wet wipes (baby wipes)



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- Tissue /toilet roll
- Anti bacterial hands wash

Extras/Luxuries:

- Binoculars
- Reading book
- Trail Map/Guide book
- Journal & Pen
- Walkman
- Pencils and small notebooks
- Travel game i.e. chess, backgammon, scrabble
- Swimming customs (for Kathmandu)

Nepal Mother House Treks