



# AMA DABLAM GEAR LIST

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## Ama Dablam Gear List

This detailed gear list is provided for your reference. Each item has been selected by our owners and trusted guide staff over the course of many expeditions to the peak and experience from hundreds of expeditions to other peaks. Please follow these guidelines carefully. Every item on the list is mandatory (except where noted as optional) and if you arrive missing some of them you will be required to track them down prior to the climb at your own expense, which can be difficult and costly. We have identified our favorite items and highly recommend these to you. Please Choose Items Like this but your selections don't need to be these exact items.

Please make sure you are fully prepared so that your trip and the trips of your teammates goes smoothly. If you have any gear questions please shoot us an email or give us a call and we can discuss it: we're here to help!

## Travel Wallet

- With passport, cash, travel documents (travel itinerary and hotel vouchers if overnighiting en route), and pen.
- This must be discreet and able to be hidden underneath clothing layers with either a neck lanyard or a waist belt.



Eagle Creek RFID Blocker Neck Wallet

## Day Pack

- 30 - 40 L
- This pack will be used as a carryon bag for the trip to Nepal and then for our trekking days. It should be light weight and have both a waist belt and chest strap.



Hyperlite Prism Pack (40L)



Archeon 30 (Women's)



Osprey Skarab 30 (Men's)

## 2 X Extra-Large Duffel Bags (with lock)

- Ideally made of high-durability PVC with shoulder straps.
- Please do not use duffels with a roller frame. They are much heavier and very difficult for porters and yaks to carry.
- These are ideally waterproof.



The North Face Extra Large Base Camp Duffel (132L)

### Passport photos (3)

- You will need one for your entry visa and likely your climbing permit as well. It is important to have extras in case.

### Casual travel clothes

- These should be comfortable and suitable for wearing to nicer restaurants in town.

### Light weight sneakers

- For travel and at base camp
- These must be suitable for travel and to wear around teahouses while on the trek to base camp and around base camp itself. An aggressive tread for traction and some water resistance is important.

## Lower Body

### 2 pairs light socks

- For trekking and travel

### Medium weight trekking boots

- These need to have ankle support and be waterproof with a good tread.



Merrell Moab 2 Mid Waterproof



Salomon Women's Quest 4D 3 Gore-Tex® Boots

## 2 pairs of trekking socks

- These should be medium weight and need to extend above the boot top.



Darn Tough Coolmax Micro Crew



Cushion Darn Tough Hiker Boot Sock Full Cushion



## Medium weight gaiters

- These must be waterproof and fit your trekking boots well.



Sea To Summit Tumbleweed Ankle Gaiters

### Foot powder

- Keeps feet dry and warm

### Down booties

- These will be worn at base camp and at upper camps.
- They need to have grip on the sole to walk around on snow.



Feathered Friends Down Booties

## Triple Climbing Boots

- Suitable for above 8000m.
- These need to be Everest-style triple boots with a built in gaiter and exposed tread. We don't recommend "double boots" with a neoprene over boot because the fit isn't as snug or secure and the tread isn't exposed making them dangerous walking on snow, ice and steep terrain.



Millet Everest



LaSportiva Olympus Mons

## Heavy gaiters

- These must fit over your climbing boots (only required if your boots don't have built in gaiters).



Outdoor Research Expedition Crocodile Gaiter

## 2 pairs of climbing socks

- To be worn with climbing boots.
- These need to be heavy weight and extend above the top of your climbing boots.
- They need to fit well so they don't bunch up while climbing.



Darn Tough Mountaineering Over-the-calf Extra Cushion

2 pairs of thermal bottoms

- 1 light
- 1 medium



Icebreaker Men's Merino 260 Tech  
Thermal Base Layer Leggings



Women's 250 Vertex Leggings  
Snow Storm

#### 4 pairs of synthetic underwear

- For climbing, trekking and base camp.

#### 2 pairs of synthetic climbing/trekking pants:

- 1 light weight
- 1 medium weight
- These need to fit over your thermal under layers and under your full-zip shell pants.
- Zippered pockets are good and thigh vents can be useful on hot days.
- “Convertible” pants are useful to turn into shorts on hot days.



Outdoor Research Men's Ferrosi  
Convertible Pants



Outdoor Research Men's Methow  
Pants



Outdoor Research Women's  
Ferrosi Pants



Outdoor Research Women's  
Cirque II Pants



### Insulated pants

- These will be worn around camp and we may climb in them if it is colder than normal
- Synthetic or Down is good.
- Medium weight is ideal.
- These should fit over BOTH your thermal under layers and your climbing pants.
- These must have full zips on the sides to get them on and off over your climbing boots and crampons without taking your boots off.



Mountain Hardware Compressor Pants

## Shell pants

- These must fit over your thermal under layers AND climbing pants.
- These MUST be waterproof and have full zips on the side to get on and off over your climbing boots and crampons.
- Lightweight and breathable are ideal.



Outdoor Research Men's Apollo  
Rain Pant



Outdoor Research Women's Apollo  
Rain Pants

## Thermal under layer tops

- 2 pairs: 1 light weight and 1 medium weight.



Men's Merino 260 Tech Long Sleeve  
Half Zip Thermal Base Layer Top



Women's 260 Tech Long  
Sleeve Half Zip

## 2 mid weight layers

- You will want a combination of options. We recommend a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.
- These should be lightweight with maximum warmth and very packable.



Himali Altocumulus Down  
Jacket 2.0



Patagonia Classic Retro-X  
Jacket

## 1 shell jacket

- This should be lightweight, waterproof and packable with a hood.
- Must fit over all your upper body layers except your largest down parka.



Outdoor Research Men's  
Helium II Jacket



Outdoor Research  
Women's Helium II Jacket

## Down Parka

- This needs to be very warm yet light and packable with a hood.



Feathered Friends Khumbu  
Parka



Mountain Hardware  
Absolute Zero Parka

## 2 buff neck gaiters

### Face mask

- This is in addition to the Buff neck gaiters.
- This need to cover your entire face in conjunction with your glacier glasses or goggles to prevent frostbite on the climbs.



Neck Gaiters



Outdoor Research Face Mask

## 2 winter hats

- This must be very warm and cover your ears.

## 1 baseball hat/sun hat

- This should be lightweight and breathable for hot and sunny days yet cover as much exposed skin as possible.



Outdoor Research  
Spitsbergen Hat



Outdoor Research  
Sun-Runner Cap



## Fleece gloves

- Light weight/medium weight



Outdoor Research Waterproof Liners

## Climbing gloves

- These need to be the warmest gloves you can find. Do not skimp on this item as it is one of the most important items of gear you will have.
- These need to have room in the fingers to not be constrictive and cut off warmth and circulation to your fingers. More room in the gloves is better than less.



Black Diamond Guide Gloves

## 8000m mitts

- These must fit over your medium weight liner gloves and your heavy weight climbing gloves without constriction. Larger is always better than smaller.
- These down mitts serve as a backup in case you drop a glove or your hands are simply too cold in the heavy weight gloves and need a warmer option (gloves PLUS mitts).



Outdoor Research Alti Mitts

## Chemical Hand warmers and foot warmers (optional)

- Bring enough pairs to get you through the expedition but not more as they are heavy to carry up the mountain.
- If you are bringing the Hotronics electric foot warmers you will likely not need the chemical warmers.
- Note: Chemical hand and foot warmers use oxygen so they do not work well at high altitude



Hand warmers

## Glacier glasses X 2 pairs

- These must be the darkest lenses you can buy (Cat 4) for use on snow and have full coverage around the eyes to block all light.

## Goggles

- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light”

## Prescription eyewear

- If you need perscription Glacier Glasses contact the manufacturer for options well in advance of your trip.



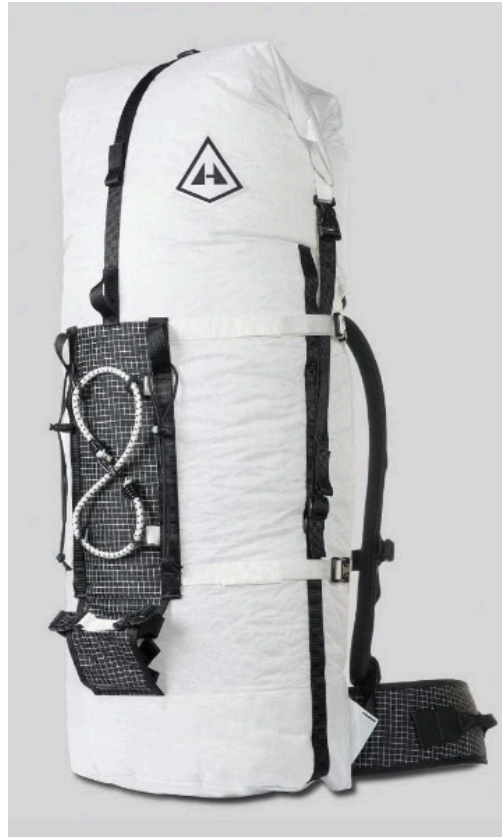
Julbo Skydome Reactive 2-4



Julbo Explorer 2.0 Spectron 4

## Climbing pack

- -50L – 60L
- This pack should be light weight with as few “bells and whistles” as possible. We find that a simple tube design with no outside pockets (other than a crampon pouch) works the best.
- There needs to be a crampon pouch and way to fasten an ice axe and a sleeping mat onto the outside.



Hyperlite 3400 Ice Pack (55L)



Mountain Hardware Diresissima 50L

## Lightweight Harness

- This must have detachable leg loops and be big enough to fit over your insulated pants but also fit snugly over just a base layer when it is hot down low.

## Climbing Ascender

- Buy the ascender for your strong hand, not your weak hand (if you are right handed, buy the right-handed ascender)



Arc'teryx SL-340 Harness



Black Diamond Index Ascender

2 double-length slings (120cm) and 1 single-length sling (60cm)

- These will be used for rigging your ascender and safety for climbing.



Black Diamond Nylon Slings



3 locking carabiners and 4 non-locking carabiners



Black Diamond Oval  
Wire Carabiner



Black Diamond VaporLock  
Screwgate Carabiner

## 20 feet of 8mm prusik cord

- This will be used to rig your ascender, safety and “ditch loop.”

## Helmet

- This must fit well and be light weight.
- This must accept a headlamp securely.



Black Diamond Vapor Helmet

## Alpine Ice Axe

- This must be long enough for walking and have a leash to clip to your harness.



Black Diamond Raven Ice Axe

## 12 Point Crampons

- These MUST fit your boots perfectly. There is no way to get new crampons once on the mountains.
- These must be steel (NOT aluminum) and be 12 points.
- Please no vertical-style front points. These are more aggressive than you need and are dangerous for less technical sections.
- We have found that to get the best fit on most boots you want to have a clip on heel bail and rounded plastic toe bail (as pictured on the Petzl Vasak). The wire toe bails can break and often do not fit properly.



Petzl Vasak 12 point crampons



Black Diamond 12 point Sabretooth Crampon

## Figure 8 and Rappel Device

- Some guides prefer you to use a figure 8 on tight fixed lines because it is easier to get on the rope and smoother to rappel with but twists the ropes and other guides prefer an ATC-style rappel device because it doesn't twist the rope. Please bring both to be able to deal with any scenario.



Black Diamond Super 8 AND Black Diamond ATC

## Trekking Poles

- These must be lightweight and collapsible to fit in your duffel bag.
- The “flick lock” style is the most reliable.
- Larger powder snow baskets are the best option.



Black Diamond Trail Pro

Pack cover



Osprey Ultralight Rain Cover

### Down sleeping bag (rated to -20F)

- These must be roomy enough to fit your water bottles inside so they don't freeze.

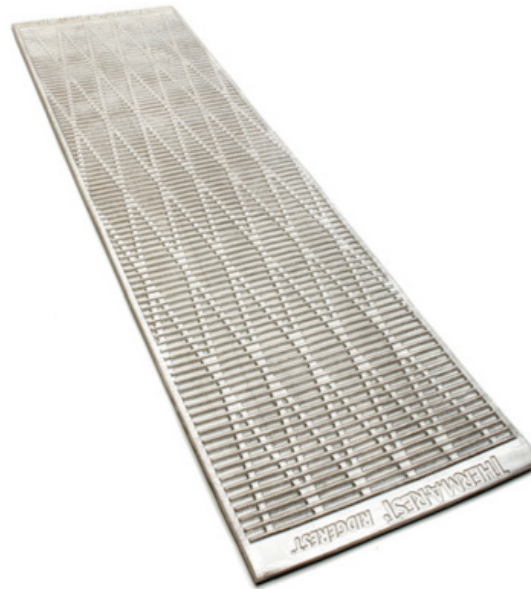


Marmot Col (-20F)



## 2 sleeping pads: 1 closed cell foam, 1 inflatable

- You will use these together maximum warmth. We will provide you with sleeping mattresses at Everest base camp.
- The closed cell foam (Ridgerest type) protects your inflatable (Neoair-type) pad from the rocks and gravel underneath your tent. Neither is warm enough on their own.



Thermarest Ridgerest



Thermarest Neoair XLite

## 2 headlamps: 1 medium sized and 1 small sized as a backup

- Your main headlamp needs to be powerful enough to climb during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to climb with in an emergency should your main headlamp fail.
- Please bring extra batteries for both headlamps (battery powered headlamps are better than rechargeable headlamps for longer expeditions because you can bring extra batteries).

## Batteries

- Make sure to have enough batteries for the expedition with spares



Black Diamond Icon 700



Black Diamond ReVolt 350

## Water Bottles

- Must be wide mouth bottles for easy filling.
- Either 2 X 1 L water bottles, or 1 X 1.5 L and 1 X .5L.
- Camelback-type hydration systems are unacceptable. They freeze, pop and break so are unreliable.
- We have found that having one large 1.5L water bottle in an insulator in the pack works better because it doesn't freeze as quickly as a 1L. You can combine this with a .5L water bottle small enough to fit in your front parka pocket to be able to access without taking your pack off and another .5L thermos that will keep liquid unfrozen for a longer time. Drink the .5L accessible water bottle first, then the thermos, and when both of these are empty then you can refill from the larger 1.5L in the pack or simply use that to drink from.



Nalgene 48 oz wide  
mouth Silo



Nalgene 32 oz wide  
mouth



Nalgene 16oz wide mouth

Insulating bottle covers

0.5L thermos



Forty Below Bottle Boot



Thermos 470ml E5

## Water purification: Iodine tablets, filter or UV treatment

- You can use this to save money from buying boiled water on the trek to base camp but you likely won't need it. All of the water we provide for you on the climb is boiled (purified) first.



Katadyn Steripen Classic 3

Book or Kindle/iPad with movies/tv series

Camera

Multitool



Gerber Suspension NXT Multi-Tool

## Altitude watch

- This should have a long-lasting battery and an alarm.



Suunto Traverse



Coros Vertií GPS Watch

## Cup, bowl, spoon

- Collapsible is good.
- Make sure they are strong and lightweight.



Sea to Summit X-Bowl



Sea to Summit AlphaLight  
Cutlery Set



Sea to Summit Delta  
Insulmug



## Sun screen & zinc

- Buy sunscreen with a high zinc content and sweat resistance.
- This must be 30 spf or higher.



Neutrogena Sheer Zinc

Hand Sanitizer (several small bottles)

Lip Balm with spf

Small Soap

Small Shampoo

Umbrella and Rain Poncho

Trek Towel

- This is for use at teahouses during the trek and also at Everest base camp.
- This should be compact and quick-drying.

Tooth Brush and Toothpaste

Nail trimmers

Baby wipes

Two rolls of toilet paper



Sea to Summit Tek Towel

## Basic medical kit

- This should include: blister kit, low dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, basic repair kit, scissors, Diamox (acetazolamide, 125mg) for AMS, nifedepine (for pulmonary edema, time release), dexamethasone (for cerebral edema, 4mg), antacids, NSAIDs such as aspirin or ibuprofen, anti-diarrheal, duct tape, ear plugs, Antibiotics (upper respiratory such as Azithromycin and a gastro-intestinal such as Ciproflaxin), melatonin, Asthma medication if you use it (Advair), cold and flu medication. Prescription medications in consultation with your doctor.

## Snack food

- We recommend 5 pounds / 2.5 kilograms. You need to have an assortment of food you know will be palatable to you at high altitude when you don't want to eat. We will provide you with most of the food you will need for the mountain but it is invaluable to supplement with food that you know works for you. We recommend a wide variety of cheeses, meats, nuts, dried fruits hard candies, chocolates and specialty athletic foods such as "Gu," "Nuun," shot blocks and the like

## 3 Large heavy duty trash bags

- To line your pack a duffels with. Large sized 3 mil contractor and leaf bags work well. Smaller or thinner trash bags aren't big enough or durable enough to work well for an entire trip.



Gu Energy Gels



Gu Hydration Tabs



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