

- Mid-layer Top: synthetic or fleece top: 2
- Soft-shell or Puffy Jacket with Hood
- Hard-shell Jacket with Hood: waterproof/windproof

Hand Wear

- Lightweight Soft-shell Gloves: 1 Pair
- Thin Liner glove: 1 Pair
- Heavyweight Gloves: Insulated, water resistant glove or mitten with GORE-TEX® or waterproof outer (Guide Gloves): 1 Pair

Lower Body

- Base-layer Long Underwear Bottom: 1-2
- Soft-shell or trekking pants: Synthetic, non-insulated for hiking /climbing: 2
- Hard-shell Pants: Waterproof/breathable Full-length with side zip: 1
 - You may need to take off your hard-shell pants without removing your boots
- Down or PrimaLoft Pants: 1 (easily purchased in Kathmandu at a very good price)

Footwear/Hiking

- Hiking Boots: Pair of ankle high trekking/hiking boots, ideally waterproof
- Tennis Shoes: lightweight to wear in the lodges after a long day of hiking and during class times.
- Down socks/booties (optional, recommended for cold sleepers for EBC & Lobuche)
- *Trekking Poles: Adjustable and collapsible with snow baskets. (optional, but recommended)
- Medium weight Socks: Three pair of wool or synthetic socks for trekking
- Gaiters: One Pair of Gaiters to keep dirt and snow out of boots (optional, can be a low cut)
- *Traction Spikes: Lightweight over-the-shoe micro spikes (optional, required if climbing Lobuche)

Sleeping System

- *Sleeping Bag: Expedition quality sleeping bags rated to 0F (-20C) or below
 - You can rent this for about \$2/day in Thamel
 - A warmer rated bag with liner is not appropriate
- Sleeping Pad (optional)
 - There are mattresses in the Base Camp Tents. You will be in beds on the trek.

Packing and Backpack

- Day Pack: 35L pack with waterproof cover
- Duffle Bag Provided by Sherpa Legends: 120L waterproof PVC duffel bag for transporting gear via porters

Hydration

- Water Bottles: 1-2 1L wide-mouth plastic bottles

- Optional: hydration bladder for during trekking
- 1L Insulated water bottle
- Water Sterilization: Steripen, Filter, Iodine, Grayl, or AquaMira
 - (Please have a way to clean water! Plastic bottles purchased on trail are commonly burned in stoves)

Classroom

- Pen/paper
- Hand warmers
- SpO2 finger sensor (optional)
- Gear you want to train with
- We will provide your textbooks in Kathmandu!

Personal Travel, Health, and Care

- Small chocolates/gifts for Nepali kids on trail (optional)
- Travel wallet for passport, cash, and travel documents.
 - An additional Rs. 2000-3000 per day for on trail is helpful
- Limited Personal snacks
- Toilet paper/Baby wipes
- Hand sanitizer (2-3 small bottles)
- Small soap & quick-dry towel for showers
- Toothbrush/toothpaste
- Nail trimmers
- Earplugs
- Small first aid kit with prescribed medicines if any to last for the duration of the trip
 - Please do not come prepared to be an expedition medic. We have all of the course supplies.
- Electronics: Power Bank, cables, solar panel, and chargers for your electronics

Additional Gear if Climbing Lobuche

- Glacier Glasses: Category 3 or 4 lens is recommended for mountaineering
- *Mountaineering Boots: Alpine Mountaineering boot compatible with crampons
- Heavyweight Socks: 1-2 pairs of wool or synthetic socks for climbing
- *Crampons: Glacier crampons with bag
- *Climbing Helmet
- *Alpine Harness: Lightweight alpine harness with adjustable leg loops
- Safety Rope: 8 mm 3 meters (can purchase)
- Hardwear
 - *Locking Carabiners: 3 Large locking carabiners
 - 1 non-locking carabiners
 - *Ascender: 1 Left or right-handed
 - *Rappel/Belay device: 1 Figure 8/ATC Guide

