













# Mt. Everest Speed Summit Gear List

## Climbing Equipment

	Backpack	50L-60L Climbing Backpack
	Trekking Day Pack	20-30L for trekking and day hikes
	Ice Axe	An ice axe is a multi-purpose hiking and climbing tool used by mountaineers in both the ascent and descent of routes that involve snow, ice, or frozen conditions.
	Crampons	A crampon is a traction device attached to footwear to improve mobility on snow and ice during ice climbing.


	<p>Harness</p>	<p>A climbing harness is a device which allows a climber access to the safety of a rope. It is used in rock and ice climbing, abseiling, and lowering</p>
	<p>Trekking Poles</p>	<p>Trekking poles are a common hiking accessory that function to assist walkers with their rhythm, to provide stability, and reduce strain on joints on rough terrain.</p>
	<p>Helmet</p>	<p>Climbing helmets are designed to protect you against several climbing scenarios</p>
	<p>3 Locking Carabiners</p>	<p>A Locking carabiner is used to connect you to the rope or other climbing devices</p>
	<p>3 non-locking Carabiners</p>	<p>For clipping ropes and gear</p>

	<p>Ascender</p>	<p>Used for ascending fixed lines</p>
	<p>Belay Device</p>	<p>A belay device is used to rappel, belay, and lower climbers.</p>
	<p>30 ft of accessory cord or any crevasse rescue equipment you have used.</p>	<p>This should be 6mm. This we will cut for you. We will make you a prusik and a 18-20 ft cordelette for making anchors. Any climbing shop will sell this. The cord should be supple and not stiff.</p>

## Footwear





	<p>Triple Boots</p>	<p>These are triple boots. The warmest boots on the market. There are only a few models that work on everest.</p>
	<p>Hiking Socks 4-5 pairs</p>	<p>These are warm socks that should come above your inner boot.</p>
	<p>Hiking shoe</p>	<p>Hiking shoes for trekking</p>
	<p>Camp boots</p>	<p>For wearing around camp. They should be comfortable and warm.</p>



	<p>Camp booties</p>	<p>Down booties for use at higher camps. These are lightweight and warm.</p>
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## Technical Clothing


	<p>Short underwear x5-6</p>	<p>To be worn under your climbing pant.</p>
	<p>Long Underwear x2</p>	<p>These are for sleeping in or cold days on the mountain. They are made to be worn under your climbing pant.</p>
	<p>Trekking Pant</p>	<p>A comfortable trekking pant for hiking and around basecamp.</p>

	<p>Climbing Pant</p>	<p>A climbing pant is a comfortable nylon durable water resistant pant.</p>
	<p>Hard Shell Full Zip Pant</p>	<p>Goretex or equivalent hardshell Full side zip pant. These should be easy to remove over your climbing boots. They are meant to be worn over your climbing pant in heavy wind and rain.</p>
	<p>Base Layer Top/ Sun hoody x2-3</p>	<p>A baselayer top is made to be your bottom layer. We recommend a Sun Hoody as they are comfortable and protect you from the sun.</p>
	<p>Heavyweight base layer</p>	<p>This should be a warm baselayer.</p>

	<p>Mid Layer</p>	<p>A fleece jacket or softshell. This should be a warm and breathable layer you are comfortable hiking in.</p>
	<p>Hard Shell Top</p>	<p>A waterproof goretex or equivalent jacket. This protects you from wind and rain.</p>
	<p>Midweight Puffy Jacket</p>	<p>A warm synthetic or down jacket.</p>


	<p>Heavyweight down jacket or parka.</p>	<p>Should weigh more than a pound but compress nicely. Down is recommended.</p>
	<p>Down Suit</p>	<p>8,000 meter down suit. Packable and warm for our summit push.</p>

## Gloves


	<p>Liner Glove</p>	<p>A small lightweight glove to be worn around camp and on warmer days.</p>
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	<p>Warm Waterproof Dexterous Glove</p>	<p>A warm waterproof glove that is still dexterous. This does not need to be a huge glove similar to what you would use at a ski resort. No mittens.</p>
	<p>Heavyweight warm glove</p>	<p>A heavyweight but still warm glove</p>
	<p>Heavyweight Mitten</p>	<p>A heavyweight mitten for our summit day.</p>

## Headwear


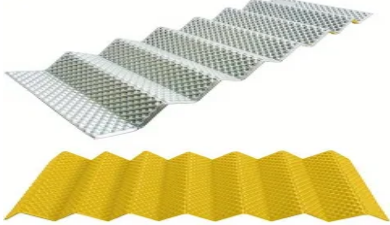
	<p>Sun Hat</p>	<p>A baseball cap to keep the sun off your face</p>
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	<p>Beanie</p>	<p>Warm beanie to keep your ears warm</p>
	<p>Glacier Glasses</p>	<p>Full wrap glacier glasses.</p>
	<p>Goggles</p>	<p>Goggles to be worn on windy days. Bringing 2 lenses (Low light and Dark) or photochromatic is a good idea.</p>
	<p>Nose guard</p>	<p>Attaches to your sunglasses for sun protection</p>
	<p>Buff</p>	<p>To pull over your face in heavy wind, or to protect you from the sun.</p>

	<p>Balaclava</p>	<p>Full face protection from cold and wind.</p>
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## Sleeping Equipment



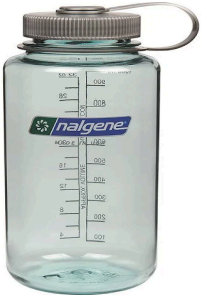


	<p>Sleeping Bag</p>	<p>Rated to -20–40 degrees. This sleeping bag should be down.</p>
	<p>2nd Sleeping Bag</p>	<p>-20– -40 For placing high on the mountain</p>






	Inflatable Sleeping Pad	A lightweight blow up sleeping pad to have a comfortable night sleep.
	Foam Sleeping Pad (optional)	A foam pad in combination with the inflatable pad will insulate you from the snow. It also helps protect your inflatable pad from popping.






## Personal Equipment

	Spoon	A lightweight Fork/Spoon/ or Spork.
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	Mug	Lightweight for Drinking hot drinks. A ½ liter nalgene also works.
	Bowl	A light weight bowl for eating tupperware can work.
	Nalgene x2	Two liters of water carrying capacity
	2 water bottle parkas	This is to keep your water from freezing inside your backpack.
	Insulated thermos	To take hot drinks on the mountain. This should be lightweight.

	<p>Collapsible Pee Bottle</p>	<p>For use high on the mountain so you do not need to get out of the tent.</p>
	<p>Pee Funnel</p>	<p>For women to relieve themselves without having to get out of the tent.</p>
	<p>Water treatment</p>	<p>Aquamira drops are the best</p>
	<p>Head Lamp w/ extra batteries</p>	<p>A headlamp for use at night and during the early morning climbing hours.</p>
	<p>Toilet Paper</p>	<p>Enough toilet paper for your trip (you do not need a whole roll.)</p>

	Tooth Brush/ Small Toothpaste	A small tooth brush and tooth paste.
	Sun Screen	Large Sunscreen for the trip sunscreen. A small sunscreen for the summit push.
	Lip Balm	Lip Balm with SPF.
	Personal First Aid Kit	A personal first aid kit with IBuprofen, any meds you need, and blister repair such as athletic tape and mole skin. Any medications you may be taking.
	Ear Plugs	Can be nice if someone is snoring or it is windy.

	Hand Sanitizer	For sanitation purposes
	Hand warmers	2-3 sets of hand and foot warmers for cold days or nights.
	Small personal charger	For keeping things charged on trail. There is charging at the tea houses.
	Trash Compactor bags x2	For lining your pack so things stay dry on the trail.

**Travel:**

	<p>Large Duffel Bag x2</p>	<p>A large duffel bag for your gear 90-120L. If you can fit everything for your trip into 1 checked duffel then 1 is ok. If not most people need 2.</p>
	<p>Travel and going out clothes. Include a bathing suit.</p>	<p>Comfortable dinner attire + clothing for warm climate such as short and flip flops.</p>
	<p>Travel Items</p>	<p>Bring all normal travel + electronic items you need. We will store our things in secure places while climbing. Include wet wipes.</p>
	<p>Travel Adapter</p>	<p>Make sure to get the correct travel adapter for Asia.</p>
	<p>Pack Towel</p>	<p>Lightweight towel</p>

**Food:**

Bring a mix of salty and sweet. These should be snack foods, nothing that requires a stove.



## Snacks from the USA.

Bring Snack food you enjoy from the usa. This is things such as cliff bars/gels. You are provided lunch daily but you definitely want extra snacks you enjoy eating for high altitude.