

EVEREST EXPEDITION GEAR CHECKLIST

1. Head Wear

- Warm Hat
- Sun Hat
- Bandana or Buff
- Neoprene Face Mask (Optional)
- Neck Gaiter / Fleece Buff (Optional)
- Sun Glasses (2 Pairs)
- Ski Goggles

2. Body Wear

- Waterproof Shell Jacket
- Waterproof Shell Pants
- Expedition Down Suit
- Base Camp Down Pants
- Base Camp Down Jacket
- Lightweight Insulated Pants (Optional)
- Midweight Insulated Jacket

- Softshell Climbing Pants
- Lightweight Fleece Top & Pants
- Windshirt (Optional)
- Trekking/Glacier Shirt
- Base Layer Tops (3) & Leggings (2)
- Underwear (5-6 Pairs)
- Trekking Clothes
- Casual Wear

3. Hand Wear

- Liner Gloves (2 Pairs)
- Fleece Gloves (2 Pairs)
- Mountaineering Gloves (Removable Liners)
- Expedition Mitts

4. Foot Wear

- Socks (6-8 pairs)
- Lightweight Shoes/Sandals
- Trekking Boots
- 8000m Mountaineering Boots

- 6000m Mountaineering Boots (Optional)
- Snow Gaiters
- Down Bivvy Boots
- Camp Boots (Optional)
- Foot Warming System (Optional)

5. Packs & Bags

- Small Duffel (30–40 L)
- Large Duffels (2 × 90–120 L)
- Daypack (30–40 L)
- Mountaineering Pack (55–65 L)

6. Accessories

- Headlamps (2) + Spare Batteries
- Personal First Aid Kit
- Personal Toiletries
- Sunblock & Lip Balm
- Moist Wipes
- Pocket Knife / Leatherman
- Camping Towel
- Chemical Warmers (Optional)
- Pee Bottle

Chargers & USB
Flash Drive

Steripen (Optional)

Trekking Poles
(Optional)

7. Camping Gear

Down Sleeping Bags
(-20°C & -40°C)

Foam Sleeping Mat

Inflatable Sleeping
Mat

Water Bottles (2) &
Covers

Cup, Bowl & Spoon

Thermos Flask
(Optional)

8. Climbing Equipment

Helmet

Harness

Ice Axe

Crampons

Belay/Rappel Device

Locking Carabiners
(3)

Non-Locking
carabiners (3)

Mechanical Ascender
(Jumar)

Prusik & Cord

Avalanche
Transceiver

9. Travel Gear

Passport &
Documents

International Adapter

Passport Photos (4)

Insurance Papers

Emergency Contacts

HIMALAYA SACRED