

EQUIPMENT LIST

	EVEREST	MANASLU	LOBUCHE	TREKS
PRIMARY ESSENTIALS				
Passport	✓	✓	✓	✓
Money, Travellers Cheques, Credit Cards	✓	✓	✓	✓
Personal Travel Insurance	✓	✓	✓	✓
CLOTHING				
Casual clothing for travel and Kathmandu	✓	✓	✓	✓
Polypropylene Shirt	2	2	1	1
Lightweight Shirt	2	2	1	1
Heavyweight Shirt	1	1	1	1
Fleece Jacket	1	1	1	1
Wind Jacket	1	1	1	1
Down Suit	1	1	-	-
Down Jacket (lightweight)	1	1	1	1
Down Pants (lightweight)	1	1	1	1
Lightweight Trousers	1	1	1	1
Heavyweight Trousers	1	1	1	1
Fleece Trousers or Salopettes	1	1	1	1
Wind Pants	1	1	1	1
Polypropylene Long Johns	2	2	1	1
Underwear	6	6	3	3
Shorts	1	1	1	1
Lightweight Gloves	2	2	1	1
Heavy Mitts	1	1	1	-
Down Mitts	1	1	-	-
Ski Gloves	1	1	1	1
Sun Hat	1	1	1	1
Warm Hat	1	1	1	1
Headband	1	1	1	1
Lightweight Walking Socks	4	4	4	4
Climbing Socks	6	6	1	-
SLEEPING				
Sleeping Bag (minus 20 C)	1	1	1	1
Thermarest	1	1	1	1
FOOTWEAR				
Climbing Boots (Millet / Sportiva)	1	1	-	-
Plastic / Leather Climbing Boots	1	1	1	-
Trekking Boots	1	1	1	1
Gaiters	1	1	1	1
EQUIPMENT				
Harness	1	1	1	-
Plain Karabiner(s)	2	2	1	-
Screw Lock Karabiners	2	2	1	-
Descender	1	1	1	-
Ascender	1	1	1	-
Tape Slings	2	2	1	-
Set Prussic Loops	1	1	1	-
Ice Axe	1	1	1	-
Retractable Poles	2	2	2	2
Crampons	1	1	1	-
Helmet	1	-	-	-
Head Lamp, Spare Bulbs, Batteries	1	1	1	1
Pocket Knife	1	1	1	1
Sunglasses	1	1	1	1
Goggles	1	1	1	-
Water Bottle	2	2	1	1
Pee Bottle	1	1	1	1
Large Pack	1	1	1	1
Day Pack	1	1	1	1
Kit Bag	1	1	1	1
PERSONAL				
Sun & Lip Creams	2	2	1	1
Personal First Aid Kit	1	1	1	1
Repair Kit	1	1	-	-
Reading Material	✓	✓	✓	✓
Diary & Writing Material	✓	✓	✓	✓
Camera/Video	✓	✓	✓	✓
Personal Toilet Equipment	✓	✓	✓	✓