

Ama Dablam Equipment List 2019

Having the right equipment on your expedition will make almost as much a difference to your safety, comfort, and enjoyment as any physical training you do to prepare for your trip. It's essential that you take the time to acquire the correct gear and don't wait until the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online at Eddie Bauer and at your local gear store.

The purpose of this gear list is to help guide your purchases. Sometimes, salespeople in your hometown don't have first hand knowledge of high-altitude climbing, so balance their advice with what you read here. And don't hesitate to call us for more information on any of these items.

For the best personalized shopping experience with a climbing and mountaineering equipment expert, contact Alpenglow Sports' Brendan Madigan at 530-583-6927 (w), 530-414-1472 (c), or Brendan@alpenglowsports.com. Located in Tahoe City, CA, Alpenglow Sports is a gear shop dedicated to great customer service and they have an unparalleled knowledge of the products they sell. Alpenglow Sports stocks or can quickly order everything you might need for your trip. And, of course, they will be happy to ship to your location if you are not in the Tahoe area. Let them know you are going on an Alpenglow Expeditions trip. They're familiar with our expeditions, gear preferences, and the mountains we climb.



Hat - Bring your favorite baseball hat for shelter from the sun. No white under the brim - the reflection off of it from the sun is blinding.
Recommended: *Stylish Alpenglow Flatbrim*



Neck Gaiter (Buff) - A multi purpose neck gator that can also be worn under your hat. Make sure that it covers as much skin as possible and yet is still comfy.
Recommended: *Alpenglow Expeditions Neck Gaiter or Eddie Bauer Multiclava and the Original Buff*



Balaclava - We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours.
Recommended: *Patagonia Balaclava*



Beanie - A comfortable, warm well-fitting hat that covers your ears. Make sure that one of your hats fits under a helmet.

Recommended: *Eddie Bauer Telemetry or Patagonia Lined Beanie*



Climbing Helmet - Easily adjustable lightweight helmet that fits with hat and Balaclava. Make sure this is a climbing-specific helmet.

*Climbing helmets are also available to rent at no charge from Alpenglow Expeditions on a first come, first serve basis.

Recommended: *Black Diamond Vapor*



Glacier Glasses - Must have dark lenses. Minimal light should come in below, above, or around the sides of the lenses. "Wrap" style is best. Ventilation is important and a retainer strap recommended (Chums or Croakies).

Recommended: *Kaenon Klay or Revo Guide II*



Goggles - These will be worn on stormy or windy days. Make sure you are getting a snug fit with lenses for bright sun. Ventilation and anti-fog features are recommended.

Recommended: *Smith I/O 7, or Julbo Universe Goggles*



Liner Glove - These gloves keep the inside of your mitts or other gloves from accumulating sweat on the inside and turning inside out when you take them off, as well as provide additional insulation.

Recommended: *Black Diamond Powerweight Liner Glove*



Lightweight Glove - All-around gloves for mountaineering, backcountry skiing, and hiking. These gloves (and similar options) are warm, wind-resistant, durable and have a sure grip. You will rarely take these gloves off. They should be snug-fitting, and have some sort of reinforced palm.

Recommended: *Eddie Bauer Mountain Glove or Black Diamond basic work glove*



Midweight Gloves - These gloves should be full GORE-TEX®, and insulated. These will be your main glove for the trip until summit days, or when it gets especially cold.

Recommended: *Eddie Bauer Guide Glove, Black Diamond Spark, or Punisher*



Big Mountain Mittens - These mittens should be warm and worn over either a liner glove or windstopper glove. Down mittens are not required. You should choose a pair that allows you to still operate locking carabiners.

Recommended: *Black Diamond Absolute Mitt*



Liner Socks (2 pair) - (Optional) A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.

Recommended: *Ice Breaker Hike Liner Crew*



Hiking Socks (2 pair) - Your everyday sock, good for day hikes, trekking, and in- town. NO COTTON.

Recommended: *Patagonia Midweight Hiking Crew Socks*



Warm Socks (2 pair) - A wool synthetic blend. Pure rag wool socks are not nearly as effective in wicking moisture or retaining their shape and reducing blisters. NO COTTON.

Recommended: *Patagonia Ultra HW Mountaineering Socks, or Smartwool Mountaineering Extra Heavy Crew Socks*



Heated socks - These are optional, but highly recommended. Bring 2 sets of batteries. Hotronics boot heaters are another option instead of heated socks, but socks are preferred by our guides.

Recommended: *Lenz Heat Sock 1.0*





Hotronics brand with wire extenders and two sets of batteries. (optional alternative to the heated socks, however the socks are preferred by our guides)

Recommended: *Hotronics Brand Boot Heaters*



Hiking shoes - These light to mid-weight shoes are for every day use. The ideal shoe is comfortable to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe stays drier when hiking in rain or snow.

Recommended: *La Sportiva Bushido Hiking Shoes or La Sportiva trail running shoes*



Base Camp Boots - These snow boots are good for wearing around camp and should be comfortable when you slip into them after spending significant time in your mountain boots.

Recommended: *Sorel Caribou Boots*



Mountaineering Boots - Should be double boots that have a stiff sole and accept a step-in crampon. The boots should be comfortable, have adequate wiggle room for your toes, and your heel should not lift more than 1/8th of an inch when walking.

Recommended: *La Sportiva G2SM Boots, Sportiva Spantik, Baruntse and Scarpa Phantom 6000*



Down Booties - (optional) You'll love having a warm, comfortable shoe to slip into when tent-bound.

Recommended: *Western Mountaineering Flash Down Booties*



Upper Body Light Weight - Ultra-light base layer that effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option.

Recommended: *Eddie Bauer Quantum Short-Sleeve T-Shirt, or Patagonia Capilene 1 T-shirt and Icebreaker 150/200 weight shirt*



Mid Weight Layer - A poly-pro mid-layer that you will never take off. Fitted, light-weight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.

Recommended: *Eddie Bauer Resolution IR 1/4 Zip*



Warm layer - A polarguard or fleece jacket. Warmer than your expedition weight top, but not as extreme as your big puffy jacket. Full zip is recommended.

Recommended: *Eddie Bauer Cloud Layer Pro 1/4 Zip, or Patagonia R1 Jacket*



Synthetic Jacket - A simple, lightweight synthetic jacket. This item is good for layering systems and the Primaloft keeps you warm when wet.

Recommended: *Eddie Bauer Ignitelite*



Soft Shell Jacket - (Optional) While this item isn't required, we know that those who don't have one wish they did! More breathable than Gore-tex, these jackets block wind and light precipitation. A windshirt is an option for this layer.

Recommended: *Eddie Bauer Sandstone, Patagonia Guide Jacket, or Black Diamond Induction Shell*



Gore-Tex®/Weather Edge Flux jacket - A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it.

Recommended: *Eddie Bauer BC Alpine Light Jacket, or Patagonia M10 Jacket*



Down parka - A puffy jacket with a hood that will keep you warm during the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight.

Recommended: *Eddie Bauer XV Down Jacket*



Quick-dry shorts - Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON.

Recommended: *Eddie Bauer Guide Pro Short, or Patagonia Baggies Shorts*



Light to mid-weight - Fitted and quick drying. This piece will be a base-layer that will get you through a wide range of temperatures.

Recommended: *Midnight FreeDry Merino Hybrid Baselayer, or Patagonia- Capilene 2 Bottoms and Icebreaker 200/260 weight*



Soft Shell pants - You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant. These pants should have an ankle zip so they will accommodate your mountain boot.

Recommended: *Eddie Bauer Guide Pro Alpine, or Patagonia Simul Alpine Pant*



Gore-tex® pro shell pants - Your waterproof bottom layer for extreme weather days. Make sure you have water-resistant zippers, crampon patches + good pockets.

Recommended: *Black Diamond Sharp End Pants*



Insulated pants - Full-length side zippers are recommended, for throwing on top of all of your layers. This layer is required.

Recommended: *Black Diamond Stance Belay Pants*



Daypack - Mid-size pack for city days and trekking. Streamlined, neat and lightweight (10-20 liters).

Recommended: *Eddie Bauer Bacon Pack, or Black Diamond Bullet 16 Pack*



Backpack - Internal frame pack that is between 50 and 60 liters. Either purchase a matching pack cover, or use garbage bags as liners. Make sure the pack is fitted to YOUR body.

Recommended: *Eddie Bauer Terrain 55 Pack, or Black Diamond Mission 50 Pack*



Hydration System - (optional) Should carry 70-100 ounces. Must be durable and have a reliable closure system.

Recommended: *MSR Dromlite 2L with Hydration Tube*



2 Duffel Bags - 2 Duffel Bags - At least one bag should be extremely durable, waterproof, and big - between 90L and 120L. You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own, plus what you anticipate buying. Two duffel bags are necessary to fit all your equipment for travel (we don't recommend checking your backpack, best is to put all gear into duffel) Once in country, you can consolidate your gear into one duffel and your backpack. It's common to leave the second duffel with city clothes and other non-necessary items behind in a locked and secure location that your guide will arrange for you.

Recommended: *Eddie Bauer Maximus Duffel*



Sleeping Pad - 72 inch long inflatable pad required. Make sure you also purchase and bring a repair kit + bag for the sleeping pad.

Recommended: *NeoAir Xtherm*



Sleeping Bag - Rated to -20° F. Choose an 800+ Fill Premium Goose Down bag. Make certain that the sleeping bag is the right length. **DON'T FORGET A COMPRESSION SACK FOR THE SLEEPING BAG.** Many climbers also like a silk liner. Granite Gear Compression Sack is desired.

Recommended: *Eddie Bauer Kara Koram with Compression Sack*



Headlamp - L.E.D. headlamps are required.. Make sure they have 3+ bulbs. Bring extra batteries. We highly recommend a tilting lamp.

Recommended: *Black Diamond Spot Headlamp*



Locking Carabiner (2) - Lightweight small carabiners are best.

Recommended: *Petzl Attache*



Non-Locking Carabiner (2) - Lightweight small carabiners are best, wire-gates are fine.

Recommended: *Petzl Spirit*



Belay Device - Light, easy to use + simple. Should have teeth/grooves for skinny ropes.

Recommended: *Petzl Reverso 4*



Prusik Cord - (20' of 6mm) This will be used to make prusiks This cord should be uncut and not kevlar.

Recommended: *Sterling Ropes or Blue Water Ropes*



Ice Axe - One semi-technical climbing axe, approximately 50cm long, with an adze. Bent or straight shaft tools are ok.

Recommended: *Petzl Summit Evo*



Crampons - Steel crampons with anti-balling plates are required (so that snow does not build-up in the base of your foot). Make sure that crampons have a heel bail. *Crampons are also available to rent at no charge from Alpenglow Expeditions on a first come, first serve basis.

Recommended: *Black Diamond Sabretooth Crampons, or Petal Vasak*



Ascender - Should have large opening for gloved hands, and an easy thumb trigger. Be sure to choose your dominant hand (they are left/right handed).

Recommended: *Petzl Ascension*



Harness - Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight + comfortable. *Harnesses are also available to rent at no charge from Alpenglow expeditions on a first come, first serve basis.

Recommended: *Petzl Altitude Harness*



Trekking pole(s) - (Optional) Make sure that they are durable, lightweight + easily adjustable.

Recommended: *Black Diamond Contour Trekking Pole*



Two Lexan 1 liter, wide mouth bottles.

Recommended: *Nalgene wide mouth Water Bottle x2*



Wide mouth compressible 1-1.5 liter bottle.

Recommended: *Nalgene Cantene PEE Bottle*

MISCELLANEOUS: underlined items are required

PASSPORT (with visa, if necessary)

TRAVEL WALLET POUCH (waist or neck)

2 LUGGAGE LOCKS (TSA compliant)

LEATHERMAN/ SWISS ARMY KNIFE (think lightweight- Leatherman Juice C2 is guide's favorite).

PLASTIC BOWL, SPOON + MUG

2 LIGHTERS

2 WAG BAGS (used while defecating on the mountain as to leave no trace)

NON-COTTON UNDERWEAR (men- polypro boxers or briefs / women-poly-pro sports bras, cotton or polypro briefs are fine)

4 HEAVY DUTY GARBAGE BAGS (at least)

ZIP LOCK BAGS (large size, for organizing small items and waterproofing)

STUFFSACKS (assorted sizes, for organizing your clothes and gear)

SUNSCREEN: SPF 30 (or higher) LOTS

LIP BALM with SPF 15 (or higher) Dermatone, Blistex

PERSONAL FIRST-AID KIT (Band-aids, Ibuprofen, Cough Drops, Moleskin, Pepto-bismol, Immodium, Personal Medications)

PEE FUNNEL (optional for women) One popular model is the Freshette.

TOILETRIES [Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Quick Dry Towel, Moisturizer, Purel Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)]

SNACK FOOD (trail mix, balance bar, GU, candy, powdered drink mixes – don't bring a whole suitcase, but bring a variety of things you know you can eat while in the mountains. Carbohydrate energy gels are essential for summit days. 20 packets should be sufficient unless you love the stuff!)

HAND WARMERS (5-10 packs)

IN TOWN:

T-SHIRTS

SHORTS

SKIRTS (WOMEN)

GOING-OUT CLOTHES (for a celebration night out in town, clothes that will not go into the mountains)

LONG PANTS

UNDERWEAR

SOCKS
WARM SWEATER
SWIMSUIT
SNEAKERS (a pair of shoes that will not go into the mountains)
SPENDING MONEY (souvenirs, gifts, departure tax, staff/guide tips)

OPTIONAL:

SMARTPHONE - for music and photos.
EXTERNAL BATTERY PACK for phones, and other electronics. Recommended: Anker PowerCore Speed 10000.
EAR PLUGS
JOURNAL/ CARDS/ GAMES FOR PERSONAL ENTERTAINMENT
LANGUAGE PHRASE BOOK OR DICTIONARY
CAMERA - Full size DSLRs not recommended as your summit camera. Sony RX100 is a guide's favorite. Remember extra SD cards and batteries.
COMPACT BINOCULARS
SANDALS (flip-flop Chacos or Tevas)
LAPTOP OR TABLET - for watching movies, emails, social media, etc. in base camp.

A NOTE ON PACKING

For your international flights we recommend that you pack all of your equipment in your two duffel bags. Do not simply pack your backpack (since its straps can be damaged by baggage handling machines). It is important to lock these bags for their trip. Depending on airport, you may be able to put your travel locks on after they have been searched. If not, lock the bag with zip ties. If the TSA cuts off the zip tie to search your bag, they will replace it. You will still need travel locks to lock your bags in the hotel and in Basecamp. Generally, you will take one duffel to Basecamp, and leave one in the hotel with your belongings for town.

GEAR CHECKLIST

- HAT
- NECK GAITER
- BALACLAVA
- BEANIE
- HELMET
- SUNGLASSES
- SUNGOGGLES
- LINER GLOVES
- LIGHTWEIGHT GLOVES
- MIDWEIGHT GLOVES
- MITTS
- LINER SOCKS X3 (OPTIONAL BUT RECOMMENDED)
- HIKING SOCKS X2
- WARM SOCKS X2
- HEATED SOCKS (OPTIONAL BUT RECOMMENDED)
- BOOT HEATERS (OPTIONAL BUT RECOMMENDED)
- HIKING SHOES
- BASE CAMP BOOTS
- MOUNTAINEERING BOOTS

- OVERBOOTS
- DOWN BOOTIES (OPTIONAL BUT RECOMMENDED)
- LIGHT WEIGHT TEE
- MID WEIGHT LAYER X2
- WARM LAYER
- SYNTHETIC JACKET
- SOFT SHELL JACKET (OPTIONAL BUT RECOMMENDED)
- GORE TEX SHELL
- DOWN PARKA
- DOWN SUIT
- SHORTS
- BASE LAYER BOTTOMS X2
- SOFT SHELL PANTS
- LIGHT SOFT SHELL PANTS
- GORE TEX PANTS
- INSULATED PANTS (OPTIONAL BUT RECOMMENDED)
- DAY PACK
- BACKPACK
- HYDRATION SYSTEM
- DUFFLE BAGS X2
- SLEEPING PAD
- SLEEPING BAG
- HEADLAMP
- LOCKING CARABINER X2
- NON-LOCKING CARABINER X2
- BELAY DEVICE
- PRUSIK CORD (6MM AND 3MM)
- ICE AXE
- CRAMPONS
- ASCENDER
- HARNESS
- TREKKING POLES (OPTIONAL BUT RECOMMENDED)
- NALGENE 1L X2
- NALGENE PEE BOTTLE
- PASSPORT
- LUGGAGE LOCKS
- BOWL, SPOON, MUG
- LIGHTERS X2
- NON-COTTON UNDERWEAR
- SUNSCREEN
- LIP BALM
- FIRST AID KIT
- TOILETRIES
- SNACKS
- HAND WARMERS
- WAG BAGS (POOP BAGS)