



Ama Dablam Expedition Equipment List

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 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.

These brands are products that our guides have used extensively and are happy with. If you choose these items you can be confident you have the right tool for the job.



Your favorite Baseball 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.



Marmot DriClima Lightweight 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.



Patagonia Lined Beanie

A comfortable, warm well-fitting hat that covers your ears. Make that one of your hats fits under a helmet. We also recommend the Marmot Summit Hat.



Black Diamond Half Dome Climbing Helmet

Easily adjustable, hard plastic helmet. 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.



Kaenon Klay 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). Revo Guide II glasses also recommended.



Smith I/O 7 Goggles

These will only be worn during extreme weather conditions. Make sure you are getting a snug fit with low light lenses. Ventilation and anti-fog features are recommended. Julbo Universe Goggles also recommended.



Marmot Windstopper Glove

WINDSTOPPER®/Lightweight leather/Schoeller Gloves - You will rarely take these gloves off. They should be snug-fitting, and have some sort of reinforced palm. The Black Diamond basic work glove is also recommended.



Black Diamond Guide Glove

Big Mountain Gloves - These gloves should be full GORE-TEX®, with a removable fleece liner (so you can take the liner out and dry it at night). The warmer the liner the better. Marmot Big Mountain Glove is also recommended..



Marmot 8000 Meter Mitt

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 you can still operate locking carabiners with. Black Diamond Mercury Mitt/Absolute Mitt also recommended.



Patagonia Ultra Lightweight Crew Socks

Liner Socks (3 pair) - 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. Bridgedale liner socks also recommended.



Patagonia Midweight Hiking Crew Socks

Hiking Socks (3 pair) - Your everyday sock, good for day hikes, trekking, and in- town. NO COTTON. Bridgedale endurance trekker sock also recommended.



Patagonia Ultra HW Mountaineering Socks

Warm Socks (3 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. Also recommended: Bridgedale Endurance Summit Socks



La Sportiva Bushido Hiking Shoes

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. La Sportiva Raptor shoe also recommended.



La Sportiva Spantik 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. Sportiva Batura 2.0 and Scarpa Phantom also recommended.



Forty Below K2 Superlight Overboots

Overboots required with 6000m boots, not required with Spantiks.

Insulated overboots for the cold climbing above Camp II. These must be easily removable from your boots for rock climbing lower on the mountain.



Western Mountaineering Flash Down Booties

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



Sorel Caribou Boots

Base Camp boots (optional)-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.



Marmot Windridge SS Upper Body Silkweight

Upper Body Silkweight - 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. Patagonia Capilene 1 T-shirt and Icebreaker 150/200 weight shirt also recommended.



Marmot Elance 1/2 Zip LS

Mid-weight (2 pair) - 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. The new wool blends are also an option. Also recommended: Patagonia 2 Zip Neck.



Marmot Thermo Hoody

Expedition-weight top – Warmer than your mid-weight, but still breathable and lightweight. Patagonia R2 Jacket also recommended.



Marmot Baffin Jacket

Warm jacket - A polarguard or fleece jacket. Warmer than your expedition weight top, but not as extreme as your big puffy jacket. Full zip is recommended. Patagonia Lightweight R4 Jacket and Patagonia Nano Puff Jacket are also recommended.



Marmot Up Track Soft-shell Jacket

Softshell 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.



Marmot Minimalist Jacket

Gore-Tex® 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. PacLite® is preferred for lightweight. Patagonia M10 jacket is also an option.



Marmot Greenland 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. Marmot Ama Dablam jacket and Patagonia Fitz Roy Down Parka are also good choices.



Marmot Stride Shorts

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. Patagonia Baggies Shorts also recommended.



Marmot Thermal Clime Tights

Mid-weight (2 pair) - Fitted, light-weight and quick drying. The mid-weight will be a base-layer that will get you through a wide range of temperatures. We also recommend Patagonia- Capilene 2 Bottoms and Icebreaker 200/260 weight.



Marmot Zeal Pant

Expedition-weight bottoms - Fitted, light-weight and quick drying. The mid-weight will be a base-layer that will get you through a wide range of temperatures. Also recommended: Patagonia R1 pants and Capilene 4 pants.



Marmot Scree Pant

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. Also recommended: Patagonia Alpine Guide Pant.



Marmot Alpinist Bib Pant

Gore-tex® pants - Your waterproof bottom layer for extreme weather days. Make sure you have water-resistant zippers, crampon patches + good pockets. Bibs are highly recommended. Marmot Minimalist Pant also recommended.



Patagonia Nano Puff Pant

Insulated pants - Full-length side zippers are recommended, for throwing on top of all of your layers. We also recommend the Mountain Hardwear Compressor Pant and Black Diamond Stance Belay Pant.



Black Diamond Bullet 16 Pack

Jaypack - Mid-size summit pack for day climbs, city days and trekking. Streamlined, neat and lightweight (10-20 liters). Marmot Kompressor Pack also recommended.



Black Diamond Mission 50 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. Marmot Apollo 50 pack also recommended.



MSR Dromlite 2L with Hydration Tube

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



Marmot Long Hauler Duffle Bag XL x2

2 Duffle Bags - At least one bag should be extremely durable, waterproof, and big! 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.



Therm-a-rest Prolite Plus

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



Marmot Col Membrain

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. Recommended: Granite Gear Compression Sack.



Black Diamond Contour Trekking Pole

Trekking pole(s) - Must be collapsible poles. Make sure that they are durable, lightweight + easily adjustable. You must have at least one, but we recommend 2.



Black Diamond Spot Headlamp

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



Black Diamond Sabretooth Crampons

Crampons - Steel crampons with anti-balling plates are required (so that snow does not build-up in the base of your foot). For most trips, ice climbing or mountaineering crampons are fine. *Make sure that crampons have a heel bail. Also recommended: Petzl Vasak



Black Diamond Aspect Harness

Harness - Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight + comfortable.



Black Diamond ATC-XP Belay Device

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



Black Diamond Venom Axe

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



Black Diamond Index Ascender

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



Nylon Accessory Cord

12 feet of 7mm and 6 feet of 3mm- Will be used to make prussiks, jumar and tether systems. This cord should be uncut and not kevlar.



Black Diamond Carabiners

2 Locking, 2 non-locking- Hotwire and Vaporlock recommended.



Nalgene wide mouth Water Bottle x2

Two Lexan 1 liter, wide mouth bottles.



Nalgene Cantene PEE Bottle

Wide mouth compressible 1 liter 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
- WATER PURIFICATION TABLETS (IODINE OR EQUIVALENT)
- BANDANAS
- 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!)

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:

- iPOD/ Phone for music and photos. Remember ear buds.
- SOLAR CHARGER: Goal Zero 13.5 for iPhones. 30+ Sherpa 50 battery for laptops.
- 64GB THUMB DRIVE (for photo sharing)
- EAR PLUGS
- JOURNAL/ BOOKS/ GAMES FOR PERSONAL ENTERTAINMENT
- LANGUAGE PHRASE BOOK OR DICTIONARY
- CAMERA- Full size DSLRs not recommended. Sony RX100 is a guide's favorite. Remember extra SD cards and batteries.
- BINOCULARS
- SANDALS (flip-flops, Chacos or Tevas)
- HAND WARMERS (5-10 packs)



A NOTE ON PACKING

For your international flights we recommend that you pack all of your equipment in your two duffle 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 duffle to Basecamp, and leave one in the hotel with your belongings for town.



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