

Mt. Khuiten GEAR LIST:

This equipment list is meant to help you compile your personal gear for climbing Mt. Khuiten. Most items are required. Please consider each item carefully and please ask us if you have any questions.

| Trekking Gear: | |
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| [] | Trekking Poles: Poles come in handy for balance and easing impact to your knees. Get collapsible poles that can attach to your backpack. |
| [] | Backpack: The "day pack" is great for a travel carry-on, but climbers will need a larger (60 liter) pack for climb. This must get packed into one of the duffle bags for the flights. Trekkers need a pack big enough for your clothes, water, camera, food, etc during the day. |
| [] | Pack Cover: Waterproof rain cover for your pack. |
| [] | Sleeping Bag: Rated to at least 0 degrees Fahrenheit. Synthetic or Down. Base Camp can get down to around 0-10°F at night. |
| [] | Sleeping Pad or Thermarest (one light one is probably sufficient) |
| [] | Tip: Bring 5 large plastic garbage bags to pack gear inside duffels to protect gear from rain. |
| Camp Accessories: | |
| [] | Headlamp: With several sets of extra batteries. Climbers should bring a second "back up" headlamp. |
| [] | Water Bottles: 2 water bottles with foam insulation shells. Bring a Pee bottle too. |
| [] | Water Treatment: Iodine tablets (Potable Aqua or similar) or iodine crystals (Polar Pure). UV Light / Filters will work as well. |
| [] | Camera: With spare batteries, and film or memory cards. Small USB drive to make it easy to share photos with your teammates. |
| [] | Pocket Knife. |
| Footwear: | |
| [] | Lightweight Shoes: Running/tennis shoes and sandals for camp, around town, etc. |
| [] | Hiking Boots: Medium-weight hiking boots, waterproofed and broken-in. |

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| [] | Gaiters: To keep snow, mud, and scree out of your hiking boots. |
| [] | Socks: At least 3 complete changes of socks, in a combination that you have used and know works for you. Boots must be enough for the sock combination; tight boots will make your feet cold. |
| Clothing: | |
| [] | Base Layer: 2 pair synthetic long johns: one midweight set and one expedition weight set. |
| [] | Mid Layers: At least one additional warm layer (wool sweater, fleece jacket, shelled vest, etc, that can be worn in conjunction to the other layers). |
| [] | Shell Jacket: Waterproof/breathable jacket with hood. |
| [] | Shell Pants: Waterproof/breathable pants (full side zips are best). |
| [] | Climbing/Trekking Pants: Look for construction that provides freedom of movement and/or stretch materials. Fabric should be a breathable synthetic that preferably holds up to abrasion and dries quickly. You can wear them over longjohns if it is cold. |
| [] | Warm Parka with a hood: Down or synthetic. REQUIRED. Big enough to go over other garments. |
| [] | Trekking Clothes: Light hiking pants and / or hiking shorts for warm weather down low- NOT cotton. Shirts for hiking on nice days (t-shirts OK, quick-drying synthetic fabric far better.) |
| [] | Casual Clothes: For travel/meals in dining rooms. You'll want a shirt or two with a collar to wear on flights and for restaurants. A sweatshirt or light jacket might be nice in the evening. Throw in a bathing suit, just in case! |
| Clothing Accessories: | |
| [] | Gloves: Light gloves for hiking and warm ski gloves. Bring mittens too if your hands tend to get cold. |
| [] | Hats: Warm wool or heavy fleece hat, sun hat and bandana. |
| [] | A "Buff" or light balaclava to breathe through in the cold dry air. Good for preventing coughs. |
| Personal Accessories: | |
| [] | Wrist Watch: With alarm and light for reading in the dark. We like the Suunto ones. |

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| [] | Eyewear: Bring good sunglasses. For contact lens wearers, ski goggles with light color lenses (for use at night) might be useful in windy conditions that cause blowing dust. |
| [] | Vision correction: If required, bring extra prescription eyeglasses, contact lenses and lens solution. |
| [] | Skin Care: Maximum SPF sunscreen and lip balm. |
| [] | Basic First Aid and personal: Bring plenty of hand sanitizer (Purell). Also you'll want moleskin, tape, ibuprofen / acetaminophen, Imodium and Pepto Bismol for diarrhea, Band-Aids, antacid, insect repellent, ear plugs, and extra roll of toilet paper, small towel, soap/shampoo, a few disposable dust masks, hand cream. |
| [] | <p>Prescription Medications:</p> <ol style="list-style-type: none"> 1 Antibiotic for upper respiratory problems (Zithromax Z-Pak) 2 Antibiotic for GI problems (Cipro and/or Z-Pak) 3 Diamox (acetazolamide) for acclimatization (125 mg tabs recommended, enough for a week) 4 A few Sleeping pills for the first few days of jet lag 5 Malaria Chemoprophylaxis, (not needed for Mongolia unless your travel plans also include other areas of concern, in which case we suggest Malarone) 6 Asthma medication, if any history (for example an Advair inhaler — many people find this VERY useful for "Khumbu Cough" bronchitis/irritation which can ruin your expedition and prevent you from climbing.) |
| [] | Cold medicine (Sudafed, etc), Chloroseptic or Tessalon Perles throat lozenges. |
| [] | Personal Snack Food: Lunches are included but you might like to bring a modest amount of personal snacks, also some drink mixes if you like these (add drink mix to your water bottle after giving iodine tablets 30 minutes of contact time). |
| [] | Book / Music |
| [] | Pee bottle |
| [] | Chemical hand warmers(6) |
| Climbing Equipment: | |

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| [] | Ice axe: We like a general purpose axe in the 60-70 cm range, similar to what you would use on Mt Rainier. A wrist leash is useful for wearing while crossing snow bridges or on steep slopes where losing an axe would be a big problem. |
| [] | Crampons: The number one rule with crampons is that they need to stay on your boots no matter what. Make sure your boots are compatible with your crampons. Avoid "cookie cutter" crampons with a vertical side rail, as they tend to ball up in soft snow. |
| [] | Helmet |
| [] | Climbing Harness: We prefer a harness with a minimum of padding that can be adjusted to fit over bulky clothing. It's also nice to have a harness with leg loops that open so you don't have to step into the harness. |
| [] | Ascender and Hardware: Two locking carabiners, mechanical ascender with slings, rappel device (figure 8 or similar that will work on a variety of rope diameters from 6mm to half inch braided rope), 3 extra shoulder slings with 'biners. Bring 30 feet of 7mm accessory cord or ½ inch tape webbing to rig your ascender and safety sling (we will show you a good way to do this). |
| [] | Warm shelled mittens |
| [] | Plastic double boots (recommended) or equivalent. |
| [] | 1 pair of Glacier glasses, with a spare pair as backup. |
| [] | Small repair kit. We'll have a large repair kit at Base Camp with tools, etc. |