

Ama Dablam Expedition

Equipment List

Climbing Equipment

- Ice Axe w/Leash.** Specialized mountaineering tool. You will want a shorter and more versatile tool for climbing on steep terrain. We recommend a 55 or 60 cm straight shafted tool with an alpine or Alaska pick. Please no bent shafts or recurved picks.
- Crampons.** Technical crampons as opposed to basic crampons for glacier travel. Step-in bindings highly recommended. Vertically oriented frontpoints are okay but no monopoints.
- Alpine climbing harness.** Harness should fit over all clothing, have gear loops, adjustable leg loops and be reasonably comfortable to hang suspended in. Make sure you can get into the harness without having to step through any part of it.
- Climbing helmet.** Must be adjustable to fit, with or without hat or balaclava on.
- Carabiners (4) Locking; (6) Regular. 2** Twistlock & **2** small screwgate lockers; **6** standard ovals recommended.
- Ascenders (1 pair).** Left and Right.
- Rappel/Belay device.** Figure 8 (**required**)
- Perlon.** 40 ft of flexible 6mm or bring completed prussiks.
- Webbing.** 20 ft tubular webbing.(9/16 or 1 inch.)
- Adjustable 3 Section Ski or Trekking poles.** (Optional) For the trek.

Technical Clothing

- Lightweight Long Underwear. 2-3 pair** tops & bottoms, Capilene, other synthetic or wool. **No Cotton.** Lightweight is preferable as it is more versatile (worn single in warmer conditions and double layer for colder). Zip-T-neck tops allow more ventilation options. One set of white for intense sunny days on the glacier and one pair of dark for faster drying gives the most versatility.
- Heavyweight Long Underwear. 1 pair.** Expedition weight.
- Synthetic/Soft Shell Jacket.** A full-zip version is easier to put on and has better ventilation than a pullover.
- Insulated Synthetic Pants.** Full separating side zippers (This is very important for ventilation. Full side zips also allow pants to be taken off without having to remove boots).
- Expedition Down Parka.** Fully Baffled, Expedition Weight, must have good hood.
- Down Pants.** To fit over insulation layers. Outer shell must be windproof.
- Insulated Synthetic Jacket w/ hood. (Optional.)** This lighter weight second jacket allows you to leave your down parka higher on the mountain as we establish the higher camps.
- Hard Shell jacket w/ hood.** We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.
- Hard Shell Pants.** Waterproof, breatheable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants, no short lower leg zippers allowed.

Handwear

- Synthetic/Soft Shell gloves. 2 Pair.** Should fit comfortably inside mitts. A heavier fleece will do a better job of keeping hands warmer when wet than lighter polypropylene or Capilene.
- Hard Shell gloves w/ insulated removeable liners.** To go over fleece gloves when climbing on lower mountain.
- Expedition Gloves.** A heavy glove for warmth high on the mountain.

Footwear

- Light hiking boots or trekking shoes.** For day hikes and trek to Base Camp. The trail to Base Camp is rocky and rough. Light weight, high comfort, plenty of room in the toe bed, and good support should be stressed here.
- Tennis shoes or low top shoes.** For travel days
- Booties. Optional.** Synthetic recommended.
- Camp Boots. Optional.** Insulated boot for warmth and comfort at Basecamp.
- Double Plastic Climbing Boots w/ high altitude liners.** Good quality plastic shells with inner boots. Avoid tight fit with heavy socks.
- Insulated Supergaiters. (Optional)** This gaiter covers the entire boot but leaves the sole exposed. It is warmer than regular gaiters but not as bulky as an overboot.
- Gaiters.** Please make sure your gaiters fit around the boot without being too tight around your leg. Gaiters should have cordura on the inside of the leg. Not needed with One Sports.
- Trekking Socks. 3 pair.**
- Wool or Synthetic Socks. 4 pair** heavyweight wool or synthetic socks (wool is warmer) to be worn over the liner socks. When layering socks, check fit over feet and inside boots. Remember to keep one fresh, dry pair of socks available at all times. It is very important to buy new socks regularly as they lose their cushioning over time. Socks with padded shins are especially nice with plastic boots.
- Liner Socks. 4 pair** of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.

Over Please

Headwear

- Warm synthetic/wool hat.**
- Climbing helmet.** Must be adjustable to fit, with or without hat or balaclava on.
- Balaclava (1) Heavyweight, (1) Lightweight.** Heavyweight must fit over lightweight.
- Baseball cap/sun hat.** One with a good visor to shade the nose and eyes.
- Glacier glasses (w/ side covers or wrap around).** 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers and leashes. No more than 8% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber). Regular sunglasses are not dark enough and do not provide any side protection from the sun.
- Noseguard.**
- Ski Goggles, 1 pair. 100% UV & IR.**
- Face mask. (Optional)** Neoprene or Fleece.
- Neck Gaiter. (Optional)**
- Bandanas (2).** Used to shade your neck.

Personal Equipment

- Expedition Backpack.** Internal frame pack 4,500 cu.in. Keep it simple and light, avoid unnecessary zippers which add weight.
- Trekking Pack. (Optional)** For travel and trek. 3,000 cu. in.
- Sleeping Bag. (Expedition quality rated to at least -20° F).** Goose down preferred over synthetic for bulk & weight. If well-cared-for a down bag will last much longer than a synthetic bag. Your bag needs to be long enough that your feet are not pressing out the foot box which will make you colder. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.
- Compressions stuff sacks. (2)** 1 For sleeping bag, 1 for down clothing.
- Self Inflating pad.** One 3/4 or full length pad. If you are over 6' a long is recommended. Make sure to include a valve stem and patch repair kit.
- Closed-Cell foam pad.** One full length closed cell is recommended.
- Head lamp.** (Spare bulbs & batteries). **No Halogen bulbs.**
- Small personal first-aid kit.** (Simple and Light) Aspirin, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal medications, etc. The guides will have extensive first-aid kits, so leave extras behind. Please let your guide know about any medical issues before the climb.
- Cooking Gear:**
 - Cup:** 16oz. plastic **insulated mug** with snap-on lid (retains heat well and is spill-resistant in the tent).
 - Spoon:** Good quality tough plastic (lexan).
 - Bowl:** Deep plastic with 2-3 cup capacity.
- Sunscreen.** SPF 40 or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating, make sure that you have new sunscreen.
- Lipscreen.** SPF 30, at least 2 sticks. Make sure your lipscreen is new.
- Water Bottles:** 2 to 3 Wide mouth bottles with minimum 1 Litre capacity per bottle. **No water bag or bladder systems,** they freeze or are hard to fill.
- Water Bottle parka.**
- Thermos (1 Liter).** Optional. Needs to be strong. Stainless Steel Vacuum bottle.
- Toiletry bag.** Include a towel and toilet paper for travels to base camp, 2 rolls are sufficient.
- Pee Bottle (1 Liter).** Large mouth, clearly marked water bottle.
- Pee Funnel (for women).** It is a good idea to practice, practice, practice.
- Knife.** Medium sized. Keep the knife simple.
- Trash Compactor bags (4).** To line stuff sacks to keep gear dry & one large enough to line pack. Trash Compactor bags are made of a heavier plastic.
- Camera gear. Optional.** We recommend a small instant or point and shoot cameras. Please do not bring large SLR cameras with extra lenses. For the best pictures bring slow speed film, 50, 100, or 200. Simple and light. Digital and disposable cameras also work well.
- Travel clothes.** We trek for approximately 6 days to get to the mountain. Trekking pants, walking shorts, a few t-shirts and long sleeve shirts.
- Large duffle bags w/ travel lock (2).** Used for transporting your gear.

First Aid

- Personal first aid kit (small and simple).** Aspirin, Moleskin, Adhesive tape, Band-Aids.
- Drugs/Medications/Prescriptions.** Climbers should bring Mupirocin (Bactroban) cream, excellent topical antibiotic for scrapes and cuts. Cirprofloxin (Cipro) 500mg tablets for traveler’s diarrhea and for urinary tract infections. Loperamide (Lomotil) or Immodium for diarrhea. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity.



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This list is only a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our Current Suggested Brand List we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you. If you have questions please give us a call (8:30am-4:00pm M-F PST). Or email Climb@AlpineAscents.com.