

# Cho-Oyu Expedition

## Equipment List

### Climbing Equipment

- Ice Axe w/Leash.** General mountaineering tool. Sizing is important: under 5'7" use a 60cm tool; 5'7"- 6'1" use a 65cm tool; over 6'1" use a 70cm tool. (Too short is preferable to too long). Make sure you have a leash that is designed for use on a glacier axe. Please no technical leashes.
- Crampons.** With "step in" bindings and flat rather than "cookie cutter" frame rails, aluminum are o.k. Keep in mind that ice specific crampons are for technical ice climbing. These crampons are not recommend for glacier travel.
- Accessory cord.** 40 ft of flexible 6mm or bring completed prussiks.
- 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.
- Carabiners (3) Locking; (2) Regular.**
- Ascenders (1).** Left or Right.
- Rappel/Belay device.**
- Adjustable 3 Section Ski/Trekking poles.** For stability on ascents and descents. Extremely important if you have knee problems. **Must bring both snow baskets and trekking baskets.**

### 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 Capilene. Or a one-piece suit.
- Synthetic/Soft Shell Jacket.** A full-zip version is easier to put on and has better ventilation than a pullover.
- Soft Shell Pants.** These highly breathable, water repellent, 4-way stretch, durable pants are worn when conditions are mild.
- 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, breathable. 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.
- 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.
- Down Suit. (Optional)** Would replace the Expedition Down Jacket and Down Pants.
- Down Jacket.** Optional. Lighter weight second jacket allows you to leave your down parka higher on the mountain as we establish the higher camps.

### Footwear

- Light hiking boots or trekking shoes.** For day hikes and trek to Base Camp and Camp 1. 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.** A packable synthetic or down bootie.
- Camp Boots. Optional.** Insulated boot for Advanced Base Camp.
- Trekking Socks. 3 pair.**
- High Altitude All-In-One Mountaineering Boot(also called triple boot or single boot system).** Expedition boot that is a high altitude double boot with an integrated gaiter.
- Wool or Synthetic Socks. 4 pair** heavyweight socks to be worn over the liner socks. When layering socks, check fit over feet and inside boots.
- Liner Socks. 4 pair** of smooth thin wool, or synthetic to be worn next to the skin. Facilitates moving moisture away from your foot and helps reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed.
- Booties.** Down recommended.

*Note: A High altitude double plastic boot in conjunction with a fully insulated overboot can substitute for the High Altitude All-In-One you will want to bring a pair of gaiters for lower on the mountain before switching to the insulated overboot.*

### Headwear

- Warm synthetic/wool hat.**
- Balaclava (1) Heavyweight, (1) Lightweight.** Heavyweight must fit over lightweight.
- Baseball cap or other 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, leashes, and a nose guard is particularly helpful. 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.
- Goggles.** 100% UV & IR.
- Buff or neck gaiter.**
- Bandanas (1).** Used to shade your neck.
- Noseguard. (optional)**
- Neoprene face mask. (optional)**

*Over Please*

## Handwear

- Lightweight Synthetic gloves.** 1 pair. Should fit comfortably inside mitts or gloves. Lighter capilene preferred.
- Heavyweight Synthetic/Soft Shell gloves.** 1 pair. Windstopper is helpful
- Expedition Shell Gloves w/ insulated removable liners.** 1 pair. For use lower on the mountain when expedition mitt is not needed.
- Expedition Shell Mitts.** 1 pair. Should be big enough so that synthetic gloves fit inside pile liners.
- Hand warmers and Toe Warmers:** Bring 3 sets of each. Toe Warmers are different than hand warmers because they are formulated to work in a lower oxygen environment, like the inside of a boot, they also burn out more quickly.

## Personal Equipment

- Expedition Backpack.** 3,500 - 4,000 cu. in. There are many great packs.
- Trekking Backpack.** 2,000 - 2,500 cu. in. (Optional)
- Sleeping Bag.** (Expedition quality rated to at least -30°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.
- Sleeping Bag.** (Expedition quality rated to -20°F). A second bag for Base Camp. This allows us to avoid carrying our Expedition Bag up and down the mountain after we have established the higher camps. We have limited rentals
- Compressions stuff sacks. (3)** 2 For sleeping bags, 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.
- Headlamp.** (spare bulbs & batteries). **No Halogen bulbs**
- 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.** Insulating sleeve for water bottle.
- Thermos (1 Liter).** Needs to be strong. Stainless steel vacuum bottle. Optional.
- Toiletry bag.** Include toilet paper for travels to base camp, 2-3 rolls is 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 from a heavier plastic.
- Camera gear. Optional.** We recommend a small digital camera.

## Traveling

- Travel clothes.** We travel for 6 days and trek for 2 days to get to the mountain. Trekking pants and a few t-shirts and or long sleeve shirts are nice.
- 2 Large duffel bags one should be < 7000 cu with travel locks.** Used for transporting your gear.

## First Aid

- 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.
- 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. Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections. 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.

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](mailto:Climb@AlpineAscents.com).



**109 W Mercer Street**  
**Seattle, WA 98119**  
**P: 206.378.1927**  
**F: 206.378.1937**  
**Climb@AlpineAscents.com**  
**www.AlpineAscents.com**