



Mera Peak (6,476m)


Expedition Kit List

Our comprehensive kit list has evolved over many successful expeditions to the Nepalese Himalaya. For specific advice on individual items please contact us or talk to a specialist outdoor retailer prior to your trip. Mountain Expeditions has negotiated a 15% discount at Cotswold Outdoors, simply enter discount code AF-MEXP-C2 at checkout. Items marked  can be hired in advance from Mountain Expeditions or hired in-country.



General

- Passport & Travel Documents plus photocopies:** Passport, Visa, Credit Cards, Airline tickets, etc.
- Rucksack:** 20-30L daypack. Good quality with hip belt.
- Holdall:** To put everything else in.
- Waterproof Liners:** For your day pack and holdall, keep everything dry.
- Sleeping Bag:** A good quality 4 season sleeping bag.
- Sleeping Pad:** Thermarest (or similar) inflating, insulating sleeping mat.
- Sleeping Bag Liner:** Adds warmth and will keep your sleeping bag clean.
- LED Headtorch:** For use in huts and on summit night. Please bring spare batteries.
- Trekking Poles:** Highly recommended. 
- Camera:** Plus Memory Cards & Spare Batteries.
- Personal Entertainment:** Music, book, cards, diary, notepad & pen.


Head & Hands

- Sun Glasses:** Cat.3 or 4, 100% UVA/UVB
- Sun Hat.**
- Buff:** Essential against the wind and Sun.
- Warm Hat.**
- Thin Gloves:** Windproof liner gloves.
- Thick Gloves/Mittens:** Warm and insulated. Sized to go over your liner gloves for extra warmth. 
- Ski Goggles:** Essential against the wind and glare.

Upper Body

- Down Jacket:** Essential for summit day and evenings. 
- Waterproof Jacket:** Fully Waterproof and breathable with taped seams e.g. GoreTex, eVent.
- Baselayers:** T-shirts or lightweight long sleeve shirts (not cotton); polypropylene, Capilene or merino wool in lighter colours are better.
- Lightweight Fleece.**
- Heavyweight Fleece,** 200/300 weight softshell or Primaloft jacket. 



Legs & Feet

- Double Boots:** 6,000m boots. Double boots are best e.g., Scarpa 6000 or La Sportiva Spantik. 
- Walking Trainers:** For use in huts in the evenings. You can also trek the first few days in good sturdy walking trainers.
- Socks:** 3-4 pairs of trekking socks plus 2 pairs of thicker mountaineering socks e.g. Smartwool or Thorlo.
- Walking Trousers:** Comfortable, lightweight and quick-drying (not jeans or cotton).
- Long Thermal Leggings:** To sleep in and wear under your trousers on summit day.
- Waterproof Trousers:** Fully Waterproof and breathable with taped seams e.g. GoreTex, eVent.
- Walking Shorts:** To wear in the valley.
- Gaiters:** To keep snow out of your boots.

Hygiene, Food & Toiletries

- Water Bottles:** 2-3 x 1 litre Nalgene water bottles.
- Sunscreen & Lip Protection:** Essential. High SPF (30+).
- Wash Kit:** Wet wipes, hand sanitizer, toothbrush & toothpaste, travel towel and toilet paper.
- Snacks:** to supplement the food provided. High energy, lightweight and tasty.
- First Aid Kit:** Your Mountain Expeditions Guide will carry a comprehensive group first aid kit. A small blister/first aid kit of your own is advised: Compeed/Second Skin; plasters, painkillers (Paracetamol and Ibuprofen), Zinc Oxide tape, powdered rehydration sachets, anti-bacterial foot powder plus any personal medication you need.
- Small Repair Kit:** Gaffer tape, needle and thread, zip ties, spare bootlaces and para-cord are useful for little repairs.

Climbing Equipment

- Ice Axe:** Mountaineering/walking axe. 
- Crampons:** C2 walking crampons e.g. Grivel G12. 
- Harness:** Properly fitted Climbing harness.
- Gear:** A 3 metre length of 9mm dynamic cord; 2 x screwgate carabiners.