






Mera Peak Expedition Kit List

Our comprehensive kit list has evolved over many successful expeditions to Nepalese Himalaya. Having the correct clothing and equipment on the mountain makes your climb more enjoyable and comfortable. For specific advice on individual items please don't hesitate to contact us or talk to a specialist outdoor retailer prior to your trip. Items marked  can be hired from Mountain Expeditions or hired in-country.



General

- Passport & Travel Documents plus photocopies:** Passport, Visa, Credit Cards, Airline tickets, etc.
- Rucksack:** 20-30L daypack.
- Holdall:** To put everything in for our local porters to carry.
- Bag to leave in hotel.**
- Waterproof Liners:** For your day pack and holdall. Everything goes inside these so your kit is always 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 & spare batteries.
- Personal Entertainment:** Music, book, cards, diary, notepad & pen.


Head & Hands

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

Upper Body

- Baselayers:** T-shirts or lightweight long sleeve shirts (not cotton); polypropylene, Capilene or Merino wool in lighter colours are better.
- Lightweight Fleece:** One or two fleeces or softshell jackets for layering.
- Primoloft Jacket:** Warm insulation layer, ideally with a hood. 
- Waterproof Jacket:** Fully waterproof and breathable e.g. GoreTex, eVent.
- Down Jacket:** Big and warm. Essential for summit day and evenings. 





Legs & Feet

- Socks:** 3-4 pairs of lightweight trekking socks plus 2 pairs of thicker mountaineering socks e.g. Smartwool or Thorlo.
- Long Thermal Leggings:** To sleep in and wear under your trousers on summit day.
- Walking Trousers:** Comfortable winter trekking/mountaineering trousers.
- Walking Shorts:** To wear in the valley.
- Walking Trainers:** For use in huts in the evenings. You can also trek the first few days in good sturdy walking trainers.
- Double Boots:** 6,000m double boots e.g. Scarpa 6000 or La Sportiva G2SM or Spantik. 
- Gaiters:** To keep snow out of your boots. Optional.
- Waterproof Trousers:** Fully waterproof and breathable. Ideally with full length side zips. e.g. GoreTex, eVent.

Hygiene, Food & Toiletries

- Water Bottles:** 2-3 x 1 litre Nalgene water bottles plus 1 or 2 0.5L Nalgene water bottles.
- Sunscreen & Lip Protection: Essential.** High SPF (30+).
- Wash Kit:** Wet wipes, hand sanitizer, toothbrush & toothpaste, travel towel and toilet paper.
- Snacks & Sweets:** To supplement the food provided. 1-2 per day is enough. 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, antibacterial foot powder plus any personal medication you need.
- Small Repair Kit:** Gaffer tape, needle and thread, zip ties 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.
- Helmet:** Lightweight plastic helmet preferred to a polystyrene one, e.g. Petzl Elios or Black Diamond Half Dome. The ultralight helmets are very easily crushed or damaged during transit. 
- Gear:** 1 x 3 metre length of 9mm dynamic cord; 3 x screwgate carabiners; 1 x Fig 8 descender and 1 x Jumar/Handled Ascender. 

Discount Codes

 Cotswold code:
AF-MEXP-C2

 MONTANE Montane code:
M3XP3D20