

Ama Dablam Expedition Equipment List, 2010



Having the right equipment on your expedition will make almost as much difference to your safety, comfort, and enjoyment as any physical training you do. It is essential that you take the time to acquire the correct gear; don't wait for the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online and at your local gear store. The purpose of this gear list is to help guide your purchases. Often salespeople in your hometown do not have first hand knowledge of high-altitude climbing, so be sure to balance their advice with what you read here. And do not hesitate to call us for more information on any of these items. We have strived to create a list heavy on detail, but there are always further questions!

For the best personalized shopping experience with a climbing and mountaineering gear expert, contact Alpenglow Sports' Brendan Madigan at 530.583.6927 (w), 530.414.1472 (c), or Brendan@alpenglowsports.com. Located in Tahoe City, CA, Alpenglow Sports is a gear shop dedicated to great customer service and unparalleled knowledge of the products they sell. They either stock or can quickly order everything you might need for your trip. And of course they will be happy to ship to your location if you are not fortunate enough to regularly be in the Tahoe area! Be sure to let them know you are going on an Alpenglow trip. They are very familiar with our expeditions, our gear preferences, and the mountains we climb.




Finally, a note on our recommendations: these are not the only good brands out there. They are products which our guides have used extensively and been happy with. For the safest shopping experience, choose these specific items and you can be confident you have the right tool for the job. Enjoy your shopping!

HEAD





<input type="checkbox"/>	<p>Baseball cap- Bring your favorite baseball cap for shelter from the blazing sun. No white under-brim—the reflection off of it from the sun is blinding.</p>	
<input type="checkbox"/>	<p>Balaclava- We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours.</p>	<p><u>Marmot-</u> Lightweight Balaclava</p> 
<input type="checkbox"/>	<p>Polar fleece or wool hat- A comfortable, warm hat that covers your ears. Make sure that it fits well, and that one of your hats fits under a helmet.</p>	<p><u>Marmot-</u> Summit Hat <u>Patagonia-</u> Big Mountain Beanie</p> 
<input type="checkbox"/>	<p>Glacier Glasses- Should have very dark lenses (85%+ visible light blocked). Minimal light should come in below, above, or around the sides of the lenses. Glasses with leather/plastic side shields or “bug-style” wraps are best. Ventilation is also important. Be sure to have a retainer strap (Chums or Croakies).</p>	<p><u>Kaenon-</u> Rhino, Lewi <u>Julbo-</u> Nomad, Explorer</p> 
<input type="checkbox"/>	<p>Goggles- These will only be worn during extreme weather conditions. Make sure you are getting a snug fit with light color lenses. Ventilation + anti-fog features are recommended.</p>	<p><u>Julbo-</u> Apollo <u>Smith-</u> Regulator Fuse</p> 



<input type="checkbox"/>	<p>Headlamp- L.E.D. headlamps are recommended. Make sure they have 3+ bulbs. Bring extra batteries. We highly recommend a tilting lamp.</p>	<p>Petzl- Tikka® XP headlamp Black Diamond- Spot LED Headlamp</p> 
<input type="checkbox"/>	<p>Climbing Helmet- Easily adjustable, hard plastic helmet. Make sure this is a climbing-specific helmet.</p>	<p>Camp- Starlight Black Diamond- Half Dome</p> 

HANDS

<input type="checkbox"/>	<p>WINDSTOPPER® Gloves- You will rarely take these gloves off. They should be snug-fitting, made of WINDSTOPPER® fleece, and have some sort of reinforced palm. We also recommend (additionally) a thinner liner glove for optimum dexterity.</p>	<p>Marmot- Windstopper Glove Black Diamond- Windweight Glove</p> 
<input type="checkbox"/>	<p>Big Mountain Gloves- These gloves should be full GORE-TEX®, with a removable fleece liner (so you can take the liner out and dry it at night). The warmer the liner the better. Mittens are warmer, so if you are worried about having cold hands, buy mittens.</p>	<p>Black Diamond- Guide Glove Marmot- Ultimate Ski Glove OR- Alti Gloves</p> 
<input type="checkbox"/>	<p>Big Mountain Mittens - These mittens should be super warm and worn over either a liner glove or your windstopper glove. Down mittens are not required. You should choose a pair that you can still operate a jumar and locking carabiners with.</p>	<p>Marmot- Expedition Mitt Black Diamond- Mercury Mitt, Absolute Mitt OR- Alti Mitts</p> 


FEET

<input type="checkbox"/>	<p>Liner Socks (3 pair) - A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.</p>	<p>Patagonia- Ultra Lightweight Hiking Crew Liners Socks Bridgedale- Liner sock</p> 
<input type="checkbox"/>	<p>Hiking Socks (3 pair) - Your everyday sock, good for day hikes, trekking, and in-town. NO COTTON.</p>	<p>Patagonia- Midweight Hiking Crew Socks Bridgedale- Endurance Trekker</p> 
<input type="checkbox"/>	<p>Warm Socks (3 pair) - A wool synthetic blend. Pure rag wool socks are not nearly as effective in wicking moisture or retaining their shape and reducing blisters. NO COTTON.</p>	<p>Bridgedale- Endurance Summit Patagonia- Ultra HW Mountaineering Sockd</p> 
<input type="checkbox"/>	<p>Hiking shoes- These light to mid-weight shoes are for every day use. The ideal shoe is comfortable enough to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe often stays drier when hiking in rain or snow.</p>	<p>Sportiva- Exu m Ridge Montrail- Torre GTX™ **For those who need more ankle support, a high-top lightweight boot is also appropriate.</p> 







<input type="checkbox"/>	<p>Mountaineering Boots- Leather insulated mountaineering boot or plastic double boot that climb ice, snow and rock with ease. These boots should have a stiff sole and accept a step-in crampon. The boots should be comfortable, have adequate wiggle room for your toes, and your heel should not lift more than 1/8th of an inch when walking.</p>	<p><u>La Sportiva-</u> Batura <u>La Sportiva-</u> Spantik <u>Scarpa-</u> Phantom 6000</p>	
<input type="checkbox"/>	<p>Overboots- Insulated overboots for the cold climbing above Camp II. These must be easily removable from your boots for rock climbing lower on the mountain.</p>	<p><u>Forty Below-</u> K2 Superlight (this is the only overboot we recommend. It climbs well, is super warm, and relatively lightweight.</p>	

UPPER BODY


<input type="checkbox"/>	<p>Silkweight- Ultra-light base layer that effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option.</p>	<p><u>Patagonia-</u> Capilene® 1 T-shirt <u>Marmot-</u> Lightweight Crew SS</p>	
<input type="checkbox"/>	<p>Mid-weight (2 pair) - A poly-pro mid-layer that you will never take off. Fitted, lightweight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.</p>	<p><u>Patagonia-</u> Capilene® 2 Zip Neck <u>Marmot-</u> Midweight Zip Neck LS</p>	
<input type="checkbox"/>	<p>Expedition-weight top – Warmer than your mid-weight, but still breathable and lightweight.</p>	<p><u>Patagonia-</u> R2® Jacket <u>Marmot-</u> Reactor Full Zip Jacket</p>	
<input type="checkbox"/>	<p>Warm jacket- A polarguard or fleece jacket. Warmer than your expedition weight top, but not as extreme as your big puffy jacket. Full zip is recommended.</p>	<p><u>Patagonia-</u> Lightweight R4® Jacket <u>Patagonia-</u> Micro Puff Jacket <u>Marmot-</u> Baffin Jacket</p>	
<input type="checkbox"/>	<p>Softshell Jacket (optional) – While we do not require this item, we also know that those that don't have one will wish they did! These jackets are much more breathable than Gore-tex, but still effectively block wind and light precipitation. A windshirt is also an effective option for this optional layer.</p>	<p><u>Marmot-</u> Super Hero Jacket <u>Patagonia-</u> Talus Jacket <u>Marmot-</u> DriClima Jacket</p>	
<input type="checkbox"/>	<p>Gore-Tex® jacket- A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it. PacLite® is preferred for lightweight.</p>	<p><u>Marmot-</u> Minimalist Jacket <u>Patagonia-</u> Stretch Element Jacket</p>	










<input type="checkbox"/>	<p>Down parka- A puffy jacket with a hood that will keep you warm during the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight.</p>	<p><u>Marmot-</u> 8000 Meter Parka <u>Marmot-</u> Greenland Jacket</p> 
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LEGS

<input type="checkbox"/>	<p>Quick-dry shorts- Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON.</p>	<p><u>Patagonia-</u> Baggies™ shorts <u>Marmot-</u> Yonder Short</p> 
<input type="checkbox"/>	<p>Mid-weight (2 pair) -- Fitted, light-weight and quick drying. The mid-weight will be a base-layer that will get you through a wide range of temperatures.</p>	<p><u>Patagonia-</u> Capilene® 2 Bottoms <u>Marmot-</u> Midweight Bottom</p> 
<input type="checkbox"/>	<p>Expedition-weight bottoms --Fitted, light-weight and quick drying. The mid-weight will be a base-layer that will get you through a wide range of temperatures.</p>	<p><u>Patagonia-</u> R1® Pants</p> 
<input type="checkbox"/>	<p>Soft Shell pants- You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant. These pants should have an ankle zip so they will accommodate your mountain boots.</p>	<p><u>Patagonia-</u> Guide Pants <u>Marmot-</u> Scree Pant</p> 
<input type="checkbox"/>	<p>Gore-tex® pants- Your waterproof bottom layer for extreme weather days. Make sure you have water-resistant zippers, crampon patches + good pockets. Bibs are highly recommended.</p>	<p><u>Marmot-</u> Torre Bib <u>Marmot-</u> Exum Pant</p> 
<input type="checkbox"/>	<p>Insulated pants- Full-length side zippers are recommended, for throwing on top of all of your layers.</p>	<p><u>Patagonia-</u> Micro Puff Pants <u>Mountain Hardwear -</u> Chugach 3D pants (super-warm)</p> 

GEAR

<input type="checkbox"/>	<p>Daypack - Mid-size summit pack for day climbs, city days and trekking. 2,000-2500 cu in. (30-40 liters) Streamlined, neat and lightweight. (optional – you can use your big backpack for the trek and day hikes provided it is lightweight and comfortable)</p>	<p><u>Marmot-</u> Eiger 35 <u>Camp-</u> X4 Evo</p> 
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<input type="checkbox"/>	<p>Backpack- Internal frame that is expandable to at least 4500 cu in (approx. 75 liters). Women should shoot for a minimum of 4000 cu in. Either purchase a matching pack cover, or use garbage bags as liners. Make sure the pack is fitted to YOUR body. The lighter and more streamlined the pack, the better.</p>	<p>Wild Things- Andinista Black Diamond- Quantum</p> 
<input type="checkbox"/>	<p>Hydration System- Must have shoulder straps + be insulated. Should carry 70-100 ounces. This will be worn <u>under</u> your gore-tex layer (not in your pack) on summit days, so choose the lowest profile model you can find.</p>	<p>CamelBak- Zoid</p> 
<input type="checkbox"/> <input type="checkbox"/>	<p>2 Duffle Bags- At least one bag should be extremely durable, waterproof, and big! You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own, plus what you anticipate buying.</p>	<p>Marmot- Long Hauler Duffle Bag XL Gregory- Long Haul™ Duffle XL or XXL</p> 
<input type="checkbox"/>	<p>Crazy Creek (optional)- Bring a lightweight camp chair with no frills. A luxury that you will be glad that you brought. Can also be used as an extra sleeping pad.</p>	<p>Crazy Creek</p> 
<input type="checkbox"/>	<p>(1 or 2) Sleeping Pad- 72 inch long inflatable pad required. Make sure you also purchase and bring a repair kit + bag for the sleeping pad. ** if you have two pads, bring them both—you can leave one at base & one on the mtn.</p>	<p>Therm-a-rest- ProLite™ Plus</p> 
<input type="checkbox"/>	<p>(1 or 2) Sleeping Bag- Rated to -20 F. Choose an 800+ Fill Premium Goose Down bag. Make certain that the sleeping bag is the right length. DON'T FORGET A COMPRESSION SACK FOR THE SLEEPING BAG. Many climbers also like a silk liner. ** if you have two bags, bring them both—you can leave one at base & one on the mtn.</p>	<p>Marmot- Col EQ Granite Gear- Compression stuff sack</p> 
<input type="checkbox"/>	<p>Harness- Must have belay loop, gear loops and adjustable leg loops so that you can layer up underneath it. Easy to pack, lightweight + comfortable.</p>	<p>Camp- Air CR Black Diamond- Momentum SA ***Available to rent at no charge from Alpenglow Expeditions***</p> 
<input type="checkbox"/> <input type="checkbox"/>	<p>Carabiners (4 locking carabiners and 4 non-locking carabiners) - Lightweight small carabiners are best. Non-lockers can be wire gates.</p>	<p>Camp- Base Twist Lock Camp- Nano 23 ***Available to rent at no charge from Alpenglow Expeditions***</p> 
<input type="checkbox"/>	<p>Belay Device- Light, easy to use + simple.</p>	<p>Black Diamond- ATC-XP Petzl- VERSO</p> 

<input type="checkbox"/>	Daisy Chains (2) – Should be arm length, about 115 cm or 24 inches.	<u>Black Diamond</u> - Daisy Chains <u>Blue Water</u> - Daisy Chains <u>Mammut</u> - Belay Slings 
<input type="checkbox"/> <input type="checkbox"/>	Perlon (22 feet of 6mm and 6 feet of 3mm) - Will be used to make prussiks, “Texas hitch systems”, and “dummy” straps. This cord should be uncut and not kevlar.	<u>Edelrid Ropes</u> <u>Sterling Ropes</u> <u>Bluewater Ropes</u> 
<input type="checkbox"/>	Ice axe – One technical ice climbing axe. Best is to have one with an adze. The tools should be approx. 50cm. long with wrist leashes. Bent or straight shaft tools are ok.	<u>Camp</u> - Awax <u>Petzl</u> - Aztar 
<input type="checkbox"/>	Crampons - Anti-balling plates are required (so that snow does not build-up in the base of your foot). Ice climbing crampons with vertically oriented frontpoints are best. Steel is required (at least at frontpoints) due to the amount of rock we will encounter. **Make sure that crampons have a heel bail.**	<u>Camp</u> - Vector Nanotech <u>Grivel</u> - G14 New matic <u>Black Diamond</u> - Cyborg 
<input type="checkbox"/>	Jumar - Should have large opening for gloved hands, and an easy thumb trigger. Make sure you choose your dominant hand (they are right/left handed)	<u>Petzl</u> - Ascension <u>Black Diamond</u> - nForce 
<input type="checkbox"/>	Trekking poles (optional) - Must be collapsible poles. Make sure that they are durable, lightweight + easily adjustable.	<u>Black Diamond</u> - Contour Trekking Pole 

MISCELLANEOUS: Underlined items are required

- PASSPORT (with visa, if necessary)
- TRAVEL WALLET POUCH (waist or neck)
- 2 LUGGAGE LOCKS
- LEATHERMAN/ SWISS ARMY KNIFE
- PLASTIC BOWL, SPOON + YOUR FAVORITE TRAVEL COFFEE MUG
- WATER BOTTLE: plastic (Lexan) 1 liter bottle with a wide-mouth
- WATER PURIFICATION TABLETS (iodine or equivalent)
- 1 LIGHTER
- BANDANAS
- NON-COTTON UNDERWEAR (men- polypro boxers or briefs / women- poly-pro sports bras, cotton or polypro briefs are fine)
- 4 HEAVY DUTY GARBAGE BAGS (at least)
- ZIP LOCK BAGS (large size, for organizing small items and waterproofing)
- STUFFSACKS (assorted sizes, for organizing your clothes and gear)
- SUNSCREEN: SPF 30 (or higher) LOTS
- LIP BALM with SPF 15 (or higher) dermatone, blistex

- INSECT REPELLENT
- PERSONAL FIRST-AID KIT (Band-aids, Ibuprofen, Cough Drops, Moleskin, Pepto-bismol, Immodium, Personal Medications)**
- TOILETRIES [Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Quick Dry Towel, Moisturizer, Purel Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)]**
- SNACK FOOD (trail mix, balance bar, GU, candy, powdered drink mixes – don't bring a whole suitcase, but bring a variety of things you know you can eat while in the mountains. Carbohydrate energy gels or chews are essential for summit days. 20 packets should be sufficient unless you love the stuff!)

IN TOWN:

- T-SHIRTS
- SHORTS
- SKIRTS (WOMEN)
- GOING-OUT CLOTHES (for a celebration night out in town, clothes that will not go into the mountains)
- LONG PANTS
- UNDERWEAR
- SOCKS
- WARM SWEATER
- SWIMSUIT
- SNEAKERS (a pair of shoes that will not go into the mountains)
- SPENDING MONEY – at least \$500 US (souvenirs, gifts, departure tax, staff/guide tips)

OPTIONAL:

- IPOD
- SOLAR CHARGER: **Solaris™ i6 Foldable iPod® Charger** (make sure if this is how you are charging your camera as well that it has the proper charger)
- EAR PLUGS
- JOURNAL/ BOOKS/ GAMES FOR PERSONAL ENTERTAINMENT
- LANGUAGE PHRASE BOOK OR DICTIONARY
- CAMERA (with all necessary accessories)
- BINOCULARS
- SANDALS (flip-flops, chacos or tevas)
- DVDs—there will be a small DVD player at basecamp

A NOTE ON PACKING:

For your international flights we recommend that you pack all of your equipment in your two duffle bags. Do not simply pack your backpack (since its straps can be damaged by baggage handling machines). It is important to lock these bags for their trip. Depending on airport, you may be able to put your travel locks on after they have been searched. If not, lock the bag with zip ties. If the TSA cuts off the zip tie to search your bag, they will replace it. You will still need travel locks to lock your bags in the hotel and in Basecamp. Generally, you will take one duffle to Basecamp, and leave one in the hotel with your belongings for town.



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