

GEAR LIST

aspire
ADVENTURE EQUIPMENT

TREKKING IN NEPAL & EVEREST BASE CAMP



HIKE CAMP CLIMB TREK TRAVEL

ASPIRE ADVENTURE EQUIPMENT

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GEAR LIST

CARRY

- ☐ KIT BAG/S – *has to be of a durable non-wheeled duffle variety*
 - Sea to Summit Duffle Bag (90L / 130L)
- ☐ BACKPACK – *about 40L – 50L is ideal for commercial trekking in Nepal*
 - One Planet Traverse (40L) – *extremely comfortable and light*
 - One Planet Vertex (45L) – *similar to the Traverse but with climbing accessory attachments*
 - Mont Sentinel (42L / 45L) – *comfortable, light and durable*
- ☐ COLLAPSABLE DAYPACK – *useful secondary bag for flights and in Kathmandu*
 - Sea to Summit Ultra-Sil Dry Daypack (22L) – *packs down extremely small*
- ☐ LINERS, COVERS AND SACKS – *to keep everything dry and organised*
 - Sea to Summit Ultra-Sil Dry Sacks – *a combination of sizes and colours*
 - Sea to Summit Compression Sacks – *great for minimising your sleeping bag and insulated clothing*

SLEEP

- ☐ SLEEPING BAG – *needs to be able to handle the Himalayan cold*
 - Mont Brindabella – *tapered rectangular for versatility*
 - One Planet Bushlite -15 – *tapered rectangular for versatility*
- ☐ SLEEPING BAG LINER – *provides added warmth and keeps your bag clean*
 - Sea to Summit Thermolite Reactor Extreme – *spacious and comfortable*
- ☐ SLEEPING MAT – *for warmth and comfort when tenting*
 - Thermarest Prolite Apex – *self inflating, 5cm thick, R3.8 (foam mats are generally provided by guiding companies to increase R values)*
- ☐ PILLOW – *to put your head on when you sleep*
 - Sea to Summit Aeros Pillow – *compact, light and really comfy*

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CLOTHING – UPPER BODY

- ☐ UNDERWEAR & BASE LAYERS – *merino or a blend is ideal*
 - Icebreaker Anatomica Underwear – *long sleeve, short sleeve or singlet*
 - Mont Powerdry Long Sleeve Thermal Top – *fast drying*
 - Wilderness Wear Fusion 190 – *merino is great for when you can't wash clothes for a few days, polypro dries fast*
- ☐ HIKING SHIRTS AND TEES – *for on the trail, in Kathmandu and transiting*
 - Mont Lifestyle Vented Shirt – *long sleeve for sun protection and ideal for around Kathmandu*
 - Icebreaker Oasis Tee – *merino for multi-day use*
- ☐ FLEECE – *nice for around camp or layering when the temperature drops*
 - Mont Grip Pro Hoodie – *versatile, compact and perfect for layering*
- ☐ INSULATION – *essential for warmth in the Himalayan cold*
 - Montane Prism or Flux Jacket – *synthetic insulation that repels moisture*
 - Mont Guide Hoodie – *synthetic insulation that repels moisture*
 - Mont Neon Hoodie – *lightweight and compressible down jacket or vest*
 - Mont Fusion Jacket – *a mid-weight down jacket*
 - Mont Icicle Jacket – *our warmest down jacket and is also available as a vest*
- ☐ HARDSHELL – *essential to keep the wet and wind out*
 - Mont Supersonic Jacket – *extremely waterproof and breathable*

CLOTHING – LOWER BODY

- ☐ UNDERWEAR & BASE LAYERS – *merino or a blend is ideal*
 - Icebreaker Anatomica Underwear – *perfect for travelling*
 - Mont Powerdry Leggings – *fast drying*
 - Wilderness Wear Fusion 190 Leggings – *merino is great for when you can't wash clothes for a few days, polypro dries fast*
- ☐ TREKKING PANTS – *for hiking, urban and transit use*
 - Mont Mojo – *fast drying and available in regular or zip-off*
- ☐ FLEECE & INSULATION – *use for evenings around camp or in the lodges*
 - Mont El Gringo (men) / La Gringa (women) – *made from polartec power stretch pro fleece*
 - Montane Prism – *a warmer, lighter option than traditional fleece and more water resistant fabric with synthetic insulation that also repels moisture*
- ☐ HARDSHELL – *essential to keep the wet and wind out*
 - Mont Austral (men) / Mont Sienna (women) – *extremely waterproof and breathable*
 - Montane Atomic – *a compact, lightweight option perfect for Nepal trekking*

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HEADWEAR

- ☐ BEANIE – *essential for keeping your head warm*
 - Icebreaker Pocket Hat – *versatile, compact and warm*
 - Mont Powerstretch Beanie – *a fleece option for added warmth*
- ☐ BALACLAVA – *for those frosty mornings*
 - Mont Powerstretch Balaclava – *fleece for added warmth and comfort*
- ☐ SUNHAT / CAP – *the UV rays at altitude are extremely harsh*
 - Mont Sunhat – *great all round coverage*
 - Sunday Afternoons Sunrunner Cap – *neck and side of the face protection*
- ☐ BUFF – *protects the throat from dust and the face from cold and sunburn*

HAND PROTECTION

- ☐ GLOVES & MITTENS – *need to be loose fitting*
 - Black Diamond Soft Shell Gloves – *windproof and great for mild days*
 - Montane Alpine Stretch Gloves – *our warmest gloves*
 - Black Diamond Mercury Mitts – *the warmest option*
- ☐ HAND WARMERS – *can also be used in boots*

FOOTWEAR

- ☐ BOOTS – *sturdy footwear is essential on the rocky and dusty trails*
 - Lowa Camino (men) / Lowa Mauria (women) Hiking Boots - *leather*
 - Salomon Quest 4D Gore-Tex Boots – *a mostly synthetic option*
- ☐ SHOES – *for around Kathmandu and camp*
 - Salomon XA Pro 3D v8 – *waterproof Gore-Tex or mesh*
- ☐ CAMP BOOTIES – *great for in the lodges or even use inside your sleeping bag*
 - Montane Prism Booties – *synthetic insulation that repels moisture*
- ☐ MICROSPIKES – *stay upright on the icy trails*
 - Kahtoola – *simply stretch them over your boots*
- ☐ SOCKS – *merino is ideal*
 - Wilderness Wear Overland Hiker – *plenty of cushioning and warmth*
 - Wilderness Wear Merino Fleece – *a great option for around the lodges or camp*
- ☐ GAITERS – *to keep snow and gravel out*
 - Sea to Summit Grasshopper – *a lightweight option*

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MISC

- ☐ HIKING POLES & RUBBER PROTECTORS – *helps take the strain off the knees*
 - Leki Khumbu Lite – *foldaway with a reliable flick lock system*
- ☐ HEADLAMP – *essential for the evenings*
 - Petzl Actik Core – *rechargeable or batteries, 450 lumen*
- ☐ SOLAR LIGHT – *handy for camp or in the lodges*
 - Luci Solar Light – *light, compact and bright*
- ☐ WATER BOTTLES – *a far better option for Nepal than hydration bladders*
 - Nalgene 1L – *can put boiling water inside and will withstand being frozen.*
Two for drinking and one for a pee bottle
- ☐ SMALL CARABINERS – *handy for attaching items to your pack*
- ☐ EMERGENCY WHISTLE – *just in case*
- ☐ PADLOCKS – *for your kit bag/s*
- ☐ CORD 4mm x 5m – *use as spare shoelace or any running repairs*
- ☐ WATER PURIFICATION – *helps to kill bacteria in addition to boiling*
 - Aquatab
- ☐ MINI TOWEL – *useful when you wash in your tent or lodge of a morning*
 - Pac Towel – *micro fibre in a variety of sizes*
 - Sea to Summit Trek Towel – *micro fibre in various sizes with a case*
- ☐ WILDERNESS WASH – *for you and your clothes*
 - Sea to Summit Travel Wash – *a little goes a long way*
- ☐ HAND WASH CONCENTRATE – *to kill bacteria from cross contamination*
 - Aquim Hand Gel
- ☐ SOLAR PANEL AND POWER BANKS – *to charge your headlamps and camera*
 - Waka Waka Solar Panel – *can be attached on top of your pack*
 - Waka Waka Power Bank – *compact and light*
- ☐ NEPAL TREKKING GUIDE – *it's nice to know what's what*
 - Cicerone – *compact and informative*
- ☐ EAR PLUGS – *snorers, locals, dogs, yaks, yeti's...*
- ☐ MULTI TOOL – *running repairs*
 - Gerber Dime – *compact but full of features*
- ☐ ELECTRICAL ADAPTOR – *for in Kathmandu*
 - OSA Brands Nepal Adaptor or Universal Adaptor
- ☐ MEDICAL KIT – *just the basics for on-trail issues*
 - AMK or Equip Medical Kits – *comes in a waterproof case*
- ☐ UMBRELLA – *very practical for lowland trekking*
 - Helinox Umbrella – *very durable, but light*
- ☐ MONEY BELT – *handy for in Kathmandu*

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TREKKING PEAK SUPPLEMENT

- ☐ ICE AXE – *a non-technical one is ideal*
 - Black Diamond or Petzl – *straight shaft, also get protector tips*
- ☐ PLASTIC INSULATED BOOTS – *essential for above 6,000m*
 - Lowa has a variety to choose from
- ☐ CRAMPONS – *12 point are best for trekking peaks*
 - Black Diamond Sabretooth – *strap-on or clip-on varieties*
 - Petzl Vasak – *strap-on or clip-on varieties*
- ☐ HELMET – *needs to be strong but not heavy*
 - Black Diamond Half Dome – *lightweight with good ventilation*
 - Petzl Boreo – *lightweight with good ventilation*
- ☐ HARNESS – *for use on the fixed lines or when roped together as a group*
 - Black Diamond Vario Speed – *one-size-fits-all with simple design*
 - Petzl Corax – *has gear loops and some padding*
- ☐ ASCENDER – *for use on fixed lines*
 - Black Diamond Index
 - Petzl Ascension
- ☐ CARABINERS – *a variety for when on the fixed lines*
 - Black Diamond Rocklock Screwgate – *four would be ideal*
 - Black Diamond Positron – *two would be ideal*
- ☐ RAPEL DEVICE – *a figure 8 is best understood by the Nepalese guides*
 - Black Diamond Super 8
- ☐ SLINGS – *for attaching the ascender and carabiners*
 - Black Diamond Dynex Runner, 120cm – *two would be ideal*
- ☐ ROPE
 - 5mm x 3m – *for various attachments*
 - 7mm x 3m – *for prussic loops*
- ☐ SUNGLASSES – *category 4 to prevent snow blindness*
 - Julbo – *a variety of styles*
- ☐ WATCH WITH ALTIMETER – *perfect for monitoring your height gain*
 - Suunto Core – *altimeter, barometer and compass, plus it even tells the time*
- ☐ VACUUM FLASK – *for a boost on summit day*
 - A variety to choose from in-store and on our website

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