

RECOMMENDED KIT LIST: *Mera Peak Climb*

The following list should help with packing – please make sure you have all the essential gear. Use your experience and judgement to determine what you bring, or contact our Customer Operations department for more advice. All mountains have a wide range of temperatures, so the best clothing system is lots of layers, which are easier to adjust as the temperature fluctuates and are more effective than a few items of heavy clothing. *Please note: On summit day, temperatures can drop to -30C (-22F) plus windchill and you must be adequately equipped to deal with this.*

GENERAL

- Exodus kitbag/soft duffel bag**
- Backpack:** 30-40 litre capacity, preferably with a rain cover, hip belt for support, and ice axe holder
- Plastic/dry bags:** to line your kitbag and backpack (take spares)
- Down-filled sleeping bag:** four/five-season (rated to minimum of -25C/-13F)
- Headtorch/head lamp:** LED recommended. Lithium batteries work better in the cold and at high altitude
- Two passport photos:** for your climbing permit
- Trekking pole(s):** lightweight aluminium or carbon fibre

OPTIONAL:

- Kit-storage bag (or suitcase):** to leave any items not required for the trek at the hotel in Kathmandu
- Sleeping bag liner**
- Sleeping mat:** decent mattresses are provided in lodges and basic ones while camping but you may wish to bring your own top up
- Solar charger/power bank/chargers/spare batteries:** lithium last longer in cold temperatures
- Travel game/cards**

HEAD & HANDS

- Wide-brim sun hat/baseball cap**
- UV-blocking sunglasses:** should meet EU Class 4 standards with a 'wraparound' design to avoid snow blindness
- Scarf/buff:** for protection from the wind and dust
- Warm hat/balaclava:** for summit day or cold conditions
- Mountaineering mitts:** these should be durable weatherproof mitts with an insulated inner.
- Mountaineering gloves:** again, these should be durable weatherproof gloves with an insulated inner (removable) and reinforced palm. Ensure the fit isn't too tight, as this can lead to your hands getting cold.

LEGS & FEET

- Trekking boots:** worn-in sturdy boots with a level of rigidity. For synthetic versus leather upper - it's a personal preference. There can sometimes be snow on trek, so your boots need to be waterproof
- Spikeys/Microspikes/Yaktrax:** Needed in case of snow/ice on the trek and for the Zatrwa La pass
- Socks:** a few thin wool/synthetic pairs for trekking plus a pair of heavy (ideally wool) mountaineering socks for the summit attempt
- Thermal bottoms:** synthetic/merino wool
- Trekking trousers (pants) and shorts:** lightweight synthetic for the trek and heavier bottoms for the higher altitudes and the summit
- Wind and waterproof overtrousers (overpants):** thicker Gore-Tex or similar fabric
- Gaiters:** for wet/snowy conditions
- Trainers (sneakers) and/or sandals:** for evenings

UPPER BODY

- Down jacket with hood:** heavyweight down jacket (four/five-season)
- Wind and waterproof jacket with a hood:** Gore-Tex or similar breathable fabric
- T-shirts/shirts:** quick-drying short-sleeved tops (cotton/merino wool/synthetic)
- Thermal base layers:** long-sleeved synthetic/merino wool tops (midweight for the trek and heavyweight for summit day)
- Fleece:** long-sleeved, windproof fabric recommended

HYGIENE, FOOD & TOILETRIES

- Two x one-litre water bottles:** plastic/metal wide-mouthed drinking bottles eg Nalgene. **Hydration systems** (bladder plus a tube) can be used on the trek but they will freeze higher up so should be in addition to your bottles. If using a Steripen to treat water, you need a Nalgene or other wide-mouthed bottle.

- Sunscreen and lip balm:** high SPF (50+)
- Personal toiletries:** bring small travel-size containers
- Travel towel:** small and quick drying
- Toilet rolls and/or tissues**
- Personal first-aid kit**
- Steripen or other water-purification treatment**

OPTIONAL:

- Wet wipes and/or hand-sanitiser gel**
- Extra snacks/energy bars**
- Ear plugs**
- Mini Thermos**

CLIMBING EQUIPMENT

We provide: ice axe, climbing harness, ascender, jumar, karabiners, figure of eight, prussic loops and safety rope. You need to bring/hire the following:

- Plastic or other synthetic double boots with insulated liner.** For example **La Sportiva Spantik, La Sportiva Nepal Cube GTX, Scarpa Vega HA, Scarpa Omega IT, La Sportiva Nepal Evo, Boreal G1 Lite**
- Crampons:** 12-point walking crampons compatible with your double boots. Please check the crampons fit your boots before leaving home and make sure the straps are long enough
- Climbing helmet**
- Warm expedition mitts rated to -30C (-22F):** down mittens are the best
- Hand/toe-warmer sachets**
- Snacks for summit day**

Please note: Plastic boots, crampons, gloves and helmets can be hired locally. However, the condition of the rented gear can vary and a good fit/quality cannot be guaranteed. We recommend bringing your own to ensure comfort and that they fit properly.

OPTIONAL:

- Snow goggles**

FINAL NOTES:

Soft duffle or kit bags are required for the porters to carry on trek.

We have included an allowance of 55lb (25kg) for each person for this trip. However, as well as your personal items (kitbag and backpack), this also includes all climbing gear (both what you bring and what we provide for the trek).

For the trek and flight to and from Lukla, we ask that your personal kitbag (excluding climbing boots and helmet) weighs no more than **26lb (12kg)** plus your backpack of up to **11lb (5kg)**.

From Lukla, your climbing gear is taken separately to Khare, leaving you with just your kitbag for the trek, which a porter will carry and should then weigh no more than **26lb (12kg)**.

As part of the climbing equipment, Exodus provides ice axe, climbing harness, ascender, jumar, karabiners, figure of eight, prussic loops and safety rope. These will be at Khare. It is also possible to hire plastic boots, crampons, helmet and gloves from Kathmandu. These are often not in brilliant condition, so we recommend bringing your own. You also need spikekeys/Microspikes/Yaktrax (or your climbing boots and crampons for the Zatrwa La on the way back). The porters carrying the climbing gear will be with you by then. However, the Microspikes need to be carried throughout the trek in case of snow/ice on the trails.

Equipment such as down jackets and sleeping bags can be hired cheaply in Kathmandu through our local agent; these must be pre-booked through the Exodus office to ensure availability – please call for details. There are also many shops in the Thamel district of Kathmandu that sell cheap clothing and trekking accessories of varying quality.

For specific advice on individual items, we recommend that you contact our Customer Operations department on customerops@exodus.co.uk or talk to a specialist outdoor retailer prior to your trip.