



Island Peak Expedition Gear Checklist

Clothing

- Base layers (moisture-wicking tops and bottoms)
- Insulating mid-layers (fleece or down jacket)
- Outer shell jacket (waterproof and windproof)
- Expedition down jacket (for high altitude)
- Trekking pants (convertible recommended)
- Insulated pants (for summit day)
- Waterproof shell pants
- Thermal underwear
- Lightweight trekking shirts
- Warm hat/beanie
- Sun hat or cap
- Buff or neck gaiter
- Liner gloves
- Insulated mountaineering gloves or mittens
- Gaiters

Footwear

- Mountaineering boots (double or insulated)
- Trekking boots (broken-in and waterproof)
- Camp shoes or sandals
- Warm socks (wool or synthetic)
- Liner socks

Climbing Equipment

- Climbing harness
- Helmet
- Ice axe
- Crampons (compatible with boots)
- Carabiners (locking and non-locking)
- Belay device
- Prusik cords
- Ascender (jumar)
- Sling (120 cm and 60 cm)

- Climbing rope (provided by expedition team if guided)

Camping and Sleeping

- Sleeping bag (rated to -20°C or lower)
- Sleeping pad or inflatable mattress
- Pillow or stuff sack (for comfort)

Trekking Gear

- Trekking poles (collapsible)
- Backpack (40–50L for climbing days)
- Duffel bag (80–100L for porters)
- Rain cover for backpack
- Dry bags or stuff sacks

Personal Items

- Sunglasses (UV protection, glacier-rated)
- Goggles (for summit day)
- Headlamp with extra batteries
- Water bottles (2 x 1L)
- Insulated bottle or thermos
- Hydration bladder (optional)
- Personal first aid kit
- Sunscreen (SPF 50+)
- Lip balm with SPF
- Toiletries (biodegradable soap, toothbrush, toothpaste)
- Quick-dry towel
- Wet wipes and hand sanitizer
- Toilet paper
- Personal medications

Technical and Safety Gear

- Altimeter watch or GPS device
- Map and compass (optional if guided)
- Personal locator beacon (optional)
- Whistle
- Multi-tool or knife

Food and Hydration

- Energy bars and gels
- Electrolyte powders
- Snacks (nuts, dried fruits, chocolate)

Documents and Money

- Passport and visa copies
- Travel insurance (including high-altitude coverage)
- Permits (Island Peak and Sagarmatha National Park)
- Cash (Nepalese rupees for tips and purchases)

Optional Items

- Camera or action camera with extra batteries
- Power bank or solar charger
- Journal and pen
- Book or e-reader
- Lightweight entertainment (cards, music)

Group Equipment (Provided by us)

- Tents
- Cooking gear and utensils
- Climbing ropes
- Fixed lines
- Oxygen system (if required)
- Communication devices (radio, satellite phone)

Note: All gear should be tested and fitted before departure. Layering and weight management are key for comfort and safety during the Island Peak climb.