

Everest High Passes Trek with Island Peak Climbing

Url: <https://www.glorioushimalaya.com/trip/everest-high-passes-trek-with-island-peak-climbing/>

Equipment checklist for - Everest High Passes Trek with Island Peak Climbing

Head

- **Sun Hat / Cap:** Wide-brimmed for sun protection.
- **Beanie / Warm Hat:** Essential for cold mornings/nights.
- **Buff / Neck Gaiter:** For dust, wind, and sun protection.
- **Sunglasses:** Category 3 or 4 UV protection for the trekking days.
- **Glacier Glasses / Ski Goggles:** Category 4 with side protection, essential on the glacier and summit ridge.
- **Headlamp:** With extra batteries (the summit push starts around 1-2 AM).
- **Sunscreen & Lip Balm:** SPF 50+ (must-have).
- **Face Mask / Balaclava:** For extreme cold and wind on summit day.

Upper Body

- **Base Layer (Thermal):** Moisture-wicking (Merino wool or synthetic). x2-3
- **Fleece Jacket / Mid-layer:** For warmth.
- **Down Jacket:** Heavy, expedition-weight with hood (rated for around -20°C or colder for summit day).
- **Waterproof Shell Jacket:** Waterproof and windproof, with a hood that fits over a helmet.
- **Trekking T-shirts:** Quick-dry, breathable. x3-4
- **Long-sleeve Sun Shirt:** For hot days.
- **Lightweight Gloves:** Liner or fleece gloves for trekking days.
- **Insulated Gloves:** Waterproof, warm gloves for handling ropes and the ice axe.
- **Summit Mittens:** Down or heavily insulated mittens for the coldest hours of summit day.

Lower Body

- **Trekking Pants:** Convertible (zip-off) or lightweight. x2
- **Fleece / Thermal Pants:** For layering under trekking pants.
- **Waterproof Shell Pants:** Waterproof and windproof, ideally with side zips to fit over boots.
- **Shorts:** For lower altitudes / warm days.
- **Underwear:** Moisture-wicking, quick-dry. x3-4
- **Warm Trekking Trousers:** For higher altitudes.
- **Down / Insulated Pants:** Optional but recommended for High Camp and the summit push.

Footwear

- **Trekking Boots:** Mid to high-cut, waterproof, broken-in.
- **Mountaineering Boots:** Insulated double or high-altitude boots compatible with crampons (for Base Camp, High Camp, and summit day).
- **Camp Shoes / Sandals / Flipflop:** For relaxing in teahouses after trekking.
- **Gaiters:** To keep snow/rocks out of boots.
- **Microspikes:** Useful for icy trails at lower sections (seasonal).
- **Trekking Socks:** 3-5 pairs of moisture-wicking socks to keep your feet comfortable.
- **Warm Wool Socks:** 2-3 thick pairs for cold nights and summit day.

Climbing Gear

- **Climbing Helmet:** Protects against falling ice and rock.
- **Climbing Harness:** Adjustable leg loops to fit over your warm layers.
- **Crampons:** Steel crampons that fit your mountaineering boots.
- **Ice Axe:** A standard mountaineering ice axe (55–70 cm) for balance and self-arrest.
- **Ascender (Jumar):** For climbing safely on the fixed ropes.
- **Descender (Figure-8 or ATC):** For abseiling (rappelling) down the headwall.
- **Locking Carabiners:** 3–4 screw-gate carabiners.
- **Non-Locking Carabiners:** 2–3 for clipping gear and safety.
- **Tape Slings / Prusik Cords:** For anchors, safety connections and personal attachment to the rope.

Toiletries & Hygiene

- **Toothbrush & Toothpaste:** Travel-sized products are convenient.
- **Comb:** To comb your hair after a bath.
- **Blister Kit:** For preventing and treating friction spots during long walking days.
- **Soap / Body Wash:** For personal hygiene during the trek.

- **Shampoo:** Carry a small travel-sized bottle.
- **Quick-Drying Towel:** Lightweight and practical for multi-day trekking.
- **Toilet Paper / Pocket Tissues:** Useful because supplies may not be available everywhere, especially at Base Camp.
- **Hand Sanitizer:** For cleaning your hands when soap and water are unavailable.
- **Wet Wipes:** Useful when shower facilities are limited and at camp.
- **Moisturizer:** Helps protect your skin from dry mountain air.
- **Personal Medications:** Bring sufficient supplies and follow your healthcare professional's advice.
- **Basic First-Aid Kit:** Include personal essentials and basic wound-care supplies.
- **Menstrual Hygiene Products:** Carry your preferred products if needed.
- **Nail Clippers:** Useful for maintaining nail hygiene during the trek.

Other Extra Items

- **Daypack (30-40 Liters):** Big enough for water, snacks, extra layers, and climbing gear on summit day.
- **Duffel Bag (70-90 Liters):** For your main luggage, including climbing gear, especially if using a porter.
- **Rain Cover / Dry Bags:** Protect your backpack and belongings from rain and snow.
- **Water Bottles / Hydration Bladder:** Carry at least one litre insulated water bottle (hydration tubes can freeze on summit day).
- **Water Purification Tablets / Filter:** For treating drinking water when needed.
- **Trekking Poles:** Help improve stability and reduce strain on your knees during ascents and descents.
- **Sleeping Bag:** Rated around -20°C to -25°C for nights at Island Peak Base Camp and High Camp.
- **Sleeping Bag Liner:** Optional for additional warmth and hygiene.
- **Energy Bars / Snacks:** Essential for keeping your energy up on the long summit day.
- **Thermos Flask:** Useful for hot drinks during the summit push.
- **Travel Lock:** For securing your duffel bag or luggage.
- **Earplugs:** Helpful for sleeping in shared teahouse rooms and tents.
- **Notebook & Pen:** Optional for recording your trekking experiences.
- **Small Binoculars:** Optional for viewing distant mountain scenery and wildlife.

Electronics

- **Mobile Phone:** For communication, photos, and navigation.
- **Power Bank:** Useful where charging facilities are limited or expensive; keep it warm in cold conditions.
- **Phone Charger & Cables:** Bring all necessary charging accessories.
- **Universal Travel Adapter:** For charging electronic devices in Nepal.

- **Camera & Spare Batteries:** Optional for capturing Himalayan scenery; spare batteries drain fast in the cold.

Documents

- **Passport:** A valid passport is required for travel, trekking and climbing permits.
- **Passport-size photos:** 2-4 copies of passport-size photos.
- **Nepal Visa:** Required for eligible international visitors.
- **Travel Insurance:** Must cover peak climbing up to 6,500 meters and emergency helicopter evacuation.
- **Route Map:** To navigate trekking trails.

Notes

Note: All climbing gear like mountaineering boots, crampons, harness, ice axe, helmet, jumar, and down gear can be rented in Kathmandu before the trip. Some items are also available for rent in Chhukung. Our guide will check all your climbing gear before the trek and again before the summit push.

Fixed ropes, snow bars, ice screws, and tents at Base/High Camp are provided by the company.

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