BLACK MOUNTAINEERING

HIMLUNG HIMAL EXPEDITION

South West Route | Nepal | 7,126m Summit

GEAR LIST

LOCATION
Nepal

DURATION
29 DAYS

ROUTE
SOUTH WEST

GRADE
HARD

ALTITUDE
7,126M

DAILY ACTIVITY
5-10 HOURS

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Himlung Himal is a serious high-altitude expedition. Climbers must be prepared for extreme cold, strong winds, glacier terrain, fixed-rope climbing and weeks of living at altitude.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | TRAVEL DOCUMENTS

- [ ] Passport (valid for 6 months)
- [ ] Debit / credit cards
- [ ] Insurance papers
- [ ] Photocopy of passport

02 | BASE LAYERS

- [ ] Merino wool underwear (4 pcs)
- [ ] Merino long-sleeve base layer (2 pcs)
- [ ] Merino long pants base layer (1 pc)
- [ ] Merino short-sleeve T-shirt (2 pcs)

03 | MID LAYERS

- [ ] Tech fleece (1 pc)
- [ ] Tech fleece with hood (1 pc)
- [ ] Heavyweight hiking pants (1 pc)
- [ ] Lightweight hiking pants (2 pcs)

04 | WINDPROOF / RAIN LAYERS

- [ ] Hard shell jacket (1 pc)
- [ ] Hard shell pants (1 pc)

05 | INSULATION LAYERS

- [ ] 800+ gram goose down jacket with hood
- [ ] Insulated pants
- [ ] Lite puffer jacket
- [ ] Summit day down suit (optional)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | HEADWEAR

- [ ] Warm hat (2 pcs)
- [ ] Balaclava (1 pc)
- [ ] Baseball cap (1 pc)
- [ ] Bandana or buff (2 pcs)

07 | EYEWEAR

- [ ] Cat 4 glacier glasses
- [ ] UV nose protector
- [ ] Ski goggles

08 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Shell guide glove with insulated liner
- [ ] 7000m expedition mitts

09 | FOOTWEAR

- [ ] Liner socks (3 pairs)
- [ ] Wool or synthetic socks (3 pairs)
- [ ] Double skin mountaineering boots 7000m (Kailas / La Sportiva / Millet)
- [ ] Trekking approach shoes
- [ ] Camp booties (optional)
- [ ] Gaiters (optional)

10 | SLEEPING EQUIPMENT

- [ ] Sleeping bag -30°C
- [ ] Inflatable sleeping pad
- [ ] Closed-cell foam pad
- [ ] Earplugs
- [ ] Inflatable pillow

MANDATORY EQUIPMENT & LAYERING CHECKLIST

11 | MOUNTAINEERING GEAR

- [ ] Large 120L duffel bag (provided)
- [ ] Expedition backpack 100L
- [ ] Trekking backpack 50L
- [ ] Trekking poles (optional)
- [ ] Ice axe (2 pcs)
- [ ] Crampons
- [ ] Climbing helmet
- [ ] Ascender / jumar
- [ ] “Y” rig for ascender & carabiner
- [ ] **Accessory cord:** 9m of 6mm
- [ ] Proper climbing harness
- [ ] Locking carabiners (6 pcs)
- [ ] Unlocking carabiners (2 pcs)
- [ ] Sling 240cm (2 pcs)
- [ ] Belay / rappel device (2 pcs)
- [ ] Headlight 500–700 lumens (2 pcs)

12 | TRAVEL ITEMS

- [ ] Small hotel duffel bag
- [ ] Travel clothes
- [ ] Cash
- [ ] Visa card
- [ ] ATM card

13 | ADDITIONAL FOOD ITEMS

- [ ] Snack food
- [ ] Salty-sweet bars
- [ ] Summit gels
- [ ] Nuts
- [ ] Beef jerky

MANDATORY EQUIPMENT & LAYERING CHECKLIST

14 | MEDICAL

- [ ] Personal first-aid kit
- [ ] Compeed blister packs
- [ ] Sutures & steri strips
- [ ] Ibuprofen
- [ ] Paracetamol
- [ ] 250mg Diamox (20 days)
- [ ] Medicated throat lozenges
- [ ] Medicated throat spray
- [ ] Antibiotic Azithromycin 500mg
- [ ] Laxatives
- [ ] Imodium
- [ ] Mosquito repellent
- [ ] Menstrual products
- [ ] Electrolytes
- [ ] Nail cutter
- [ ] Duct tape – repair kit
- [ ] Hand & feet chemical warmers

15 | TOILETRIES (PERSONAL)

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2 pcs)
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun

MANDATORY EQUIPMENT & LAYERING CHECKLIST

16 | ADDITIONAL ITEMS

- [ ] Compression stuff sacks
- [ ] Plastic cup (high camps)
- [ ] Plastic bowl (high camps)
- [ ] Plastic spoon (high camps)
- [ ] Water bottles 1 litre (3 pcs)
- [ ] Thermos 1 litre
- [ ] Pee bottle 1 litre
- [ ] Female urination device (FUD)
- [ ] Knife or multi-tool (optional)

17 | OPTIONAL ELECTRONICS

- [ ] Country-appropriate power adapters
- [ ] Avalanche transceiver
- [ ] Adventure sports watch
- [ ] GPS / Garmin inReach Mini
- [ ] Sherpa 100AC power bank
- [ ] Phone camera
- [ ] Batteries
- [ ] Charging leads

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

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