BLACK MOUNTAINEERING

MERA PEAK EXPEDITION

Hinku Valley Route | Nepal | 6,476m Summit

GEAR LIST

LOCATION NEPAL	DURATION 14 DAYS	ROUTE HINKU VALLEY
GRADE NON TECHNICAL	ALTITUDE 6,476M	DAILY ACTIVITY 8 HOURS

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Mera Peak is not technically difficult, but its altitude makes it a serious challenge. Climbers must be prepared for a long trek through the Hinku Valley, glacier travel, a 35–40° ice slope on summit day and temperatures of -20°C to -30°C.

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

01 | BAGS

- [ ] Large 120L duffel bag (we supply)
- [ ] Trekking backpack 50L

02 | BASE LAYERS

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

03 | MID LAYERS

- [ ] Fleece (1 pc)
- [ ] Hiking shorts (1 pc)
- [ ] Mid-weight hiking pants (1 pc)
- [ ] Lightweight hiking pants (1 pc)

04 | WINDPROOF / RAIN LAYERS

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

05 | INSULATION LAYERS

- [ ] 800+ gram goose down jacket with hood
- [ ] Lite puffer jacket

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | HEADWEAR

- [ ] Warm hat (2 pcs)
- [ ] Balaclava (1 pc)
- [ ] Baseball cap (1 pc)
- [ ] Buff (2 pcs)

07 | EYEWEAR

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

08 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Leather guide glove
- [ ] Expedition mitts

09 | FOOTWEAR

- [ ] Hiking boots
- [ ] Hiking socks (4 pcs)
- [ ] Trekking shoes
- [ ] Trekking socks (3 pcs)
- [ ] **Refuge shoes:** crocs or sandals

MANDATORY EQUIPMENT & LAYERING CHECKLIST

10 | HUT SLEEPING

- [ ] **Provided:** hut bed, mattress and pillow. No bedding or towel is provided.
- [ ] Sleeping bag -20°C rating
- [ ] Pillow case (1)
- [ ] Earplugs (1)
- [ ] **Hut clothing:** tracksuit / shorts (1)
- [ ] **Hut clothing:** sliders / sandals (1)

11 | MOUNTAIN SLEEP SYSTEM

- [ ] Sleeping bag -20°C rating

12 | MOUNTAINEERING RENTAL GEAR

- [ ] **Rental:** available in Khare hut, €100 (Jason arranges in advance)
- [ ] Mountaineering boots
- [ ] Ice axe & crampons
- [ ] “Y” rig for ascender
- [ ] Climbing harness
- [ ] Insulated pants

13 | TRAVEL ITEMS

- [ ] Travel clothes
- [ ] Passport (valid for 6 months)
- [ ] Cash
- [ ] Visa card
- [ ] ATM card
- [ ] Insurance

MANDATORY EQUIPMENT & LAYERING CHECKLIST

14 | EATING / DRINKING

- [ ] Energy bars (4)
- [ ] Haribos (4)
- [ ] Hydration tabs (1 tube)
- [ ] 1-litre drink bottles (2)

15 | MEDICAL / FIRST AID

- [ ] Personal first-aid kit
- [ ] Hand & feet chemical warmers
- [ ] Personal medicines
- [ ] Paracetamol (headache)
- [ ] Ibuprofen (joint pain)
- [ ] Course of antibiotics (ears, throat, chest)
- [ ] Domerid (anti-sickness)
- [ ] Imodium (diarrhoea)
- [ ] Dulcolax (constipation)
- [ ] 250mg Diamox, 10 days (altitude)
- [ ] Medicated throat lozenges
- [ ] Medicated throat spray
- [ ] Antiseptic wipes
- [ ] Adhesive plasters
- [ ] Blister packs (Compeed)
- [ ] Insect repellent
- [ ] Duct tape – repair kit

MANDATORY EQUIPMENT & LAYERING CHECKLIST

16 | TOILETRIES (PERSONAL)

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2 pcs)
- [ ] Menstrual products
- [ ] Nail cutter
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun
- [ ] Pee bottle 1 litre
- [ ] Female urination device (FUD)

17 | ADDITIONAL ITEMS

- [ ] Headlight 500–700 lumens & charging leads
- [ ] Trekking poles

18 | ELECTRICAL

- [ ] **Power:** available in the refuge
- [ ] Power bank (SOS)
- [ ] Phone & cables
- [ ] Country-relevant plug

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.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

DIRECT CONTACT
info@blackmountaineering.com

OFFICIAL WEBSITE
blackmountaineering.com

EXPEDITION PAGE
View Mera Peak Expedition

CONNECT WITH US ON SOCIAL MEDIA

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