

Ama Dablam

Packing List

Travel Documents

- Passport 6mts Valid
- Debit/Credit Cards
- Insurance Papers
- Photocopy of passport

Base Layers

- Merino Wool Underwear (4 pcs)
- Merino long sleeve base layer (2 pcs)
- Merino long pants base layer (2 pcs)
- Merino Short Sleeve T Shirt (2 pcs)

Mid Layers

- Fleece (2pcs)
- Heavyweight Hiking Pants (2pcs)
- Lightweight Hiking Pants (2pcs)

Windproof/Rain Layers

- Hard Shell Jacket (1pcs)
- Hard Shell Pants (1pcs)

Insulation Layers

- 800+gram Goose Down Jacket with hood
- Insulated Pants
- Summit day Down Suit (optional)

Headwear

- Warm Hat (2pcs)
- Balaclava (1pcs)
- Baseball Cap (1pcs)
- Bandana or Buff (2pcs)

Eyewear

- Cat 4 Glacier Glasses
- UV Nose protector
- Ski Goggles

Gloves

- Lightweight Liner Gloves
- Shell Guide Glove with Insulated Liner
- 7000m Expedition Mitts

Footwear

- Liner Socks (3 pairs)
- Wool or Synthetic Socks (3 pairs)
- Double Skin Mountaineering Boots 6000-8000m (Kailas / Lasportiva / Millet)
- Trekking Approach Shoes
- Camp Booties (optional)
- Gaiters (optional)

Packing List

Mountaineering Gear

- Large 120ltr Duffel Bag
- Expedition Backpack 75L+
- Trekking Backpack 30L
- Trekking poles (optional)
- Ice Axe (2pcs)
- Crampons
- Climbing Helmet
- Ascender/Jumar
- "Y" Rig for ascender & carabiner
- Accessory Cord: 9m of 6mm.
- Proper Climbing Harness
- Locking Carabineers (6pcs)
- Un-locking Carabineers (2pcs)
- Sling / 240 cm (2pcs)
- Belay/Rappel Device (2pcs)
- Headlight 500-700 Lumens (2pcs)

Travel Items

- Small hotel Duffel Bag
- Travel Clothes
- Cash
- Visa Card
- ATM card

Additional Food Items

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

Toiletries (Personal)

- Toilet Paper
- Toothpaste & Toothbrush
- Bio Baby wipes (2pcs)
- Soap
- Shampoo
- Shaver
- Towel
- Small nail-brush
- Sunscreen: SPF 50
- Lip Screen: SPF 30
- Aftersun

Medical

- Personal First-aid kit
- Sutures & steri strips
- Ibuprofen
- Paracetamol
- 250mg Diamox 20days
- Medicated throat lozenges
- Medicated throat spray
- Antibiotic Azithromycin 500mg
- Laxatives
- Imodium
- Mosquito repellent
- Menstrual products
- Electrolytes
- Nail cutter
- Duck tape - Repair Kit
- Hand & Feet chemical warmers

Additional Items

- Compression Stuff Sacks
- Plastic Cup (high camps)
- Plastic Bowl (high camps)
- Plastic Spoon (high camp)
- Water Bottles 1- liter (3pcs)
- Thermos 1- liter
- Pee Bottle 1- litre
- Female Urination Device (FUD)
- Knife or Multi-tool (optional)

Optional Electronics

- Country-appropriate power adapters
- Avalanche Transceiver
- Adventure Sports Watch
- GPS/ Garmin inReach Mini
- Sherpa 100AC Power Bank
- Phone camera
- Batteries
- Charging leads

Additional Personal Items

(Add your own personal items here)

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