

# PROFESSIONAL

## VISUAL GEAR GUIDE BOOK:



“Selecting the right trekking gear can be a challenging decision, particularly when your comfort and safety on the trail are at stake. Drawing on our extensive experience in the trekking community, we've simplified this process for you. These are the essential outfits and equipment trusted by experienced trekkers navigating trails at high altitudes and rugged terrains. Our comprehensive guide offers insights and recommendations from seasoned trekkers, helping you make informed choices about your gear for a successful and enjoyable trekking experience.”



Panuru Sherpa  
(Co-founder of Xtreme Climbers,  
16 times Everest Summiteer)

# Footwear:

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**Running shoes: For travel and easy walking**

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**Sport sandals: They can be worn with socks. (Teva, Chaco)**

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**Lightweight hiking boots: Leather or fabric/leather with a sturdy midsole and a Vibram sole.**

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**Lightweight socks: Three to four pairs of synthetic/wool blend (Bridgedale, Patagonia, Smartwool)**

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**Mid-weight socks: Three to four pairs of synthetic/wool blend (Bridgedale, Patagonia, Smartwool)**

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# Clothing: (Upper Body)

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**Lightweight Thermal Top:**  
(Patagonia Capilene, REI, Mountain Equipment Co-op)

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**Midweight Thermal Top:**  
Zip-T necks are ideal. Light colors stay cooler in sunlight and are equally warm under layers. (Patagonia, North Face, Mountain Hardwear.)

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**Short-Sleeved Shirts:**  
(Synthetic and Cotton) most nylon running shirts or athletic shirts work. (North Face, Patagonia, or any brand of Power Dry)

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# Clothing: (Upper Body)

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**Fleece Jacket:** A fleece jacket makes for perfect camp wear, offering cozy warmth during cool evenings by the fire. It's also an excellent layering piece, providing essential insulation to keep you warm. (Patagonia Better Sweater Fleece)



A down jacket is lightweight, compressible, and designed to keep you insulated in freezing conditions, ensuring comfort and safety in the coldest environments.. (Marmot, North Face, Mountain Hardwear)



**Waterproof Breathable Jacket:** The jacket must have a hood. (Arc'teryx, Marmot, Mountain Equipment Co-op)



# Clothing: (Lower Body)

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**Lightweight Thermal Bottoms:**  
(Patagonia Capilene, REI,  
Mountain Equipment Co-op)

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**Midweight Thermal Bottoms:**  
Dark colors are preferable  
because they do not show dirt.  
(Patagonia Capilene, REI,  
Mountain Equipment Co-op)

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**Fleece Trouser:** Fleece, made from  
polyester, often uses recycled  
plastics extruded into fine fibers  
woven into cloth. Unlike down or  
cotton, fleece is naturally water-  
repellent and keeps you warm  
even when wet.

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# Clothing: (Lower Body)

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**Trekking Pants:** Trekking pants offer comfort, flexibility, and durability. Look for moisture-wicking and quick-drying features. Brands like Columbia and Patagonia have great options.

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**Briefs:** Four pairs of synthetic or cotton. Running shorts also work well for underwear. (Patagonia Capilene)

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**Waterproof Breathable Pants:** The pants must have full-length side zips. (Arc'Teryx, Marmot, Mountain Equipment Co-op)

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# Head and Hand Gear:

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**Liner Gloves: Lightweight synthetic (Patagonia Capilene or any brand of Power Stretch)**

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**Windstopper Fleece Gloves: (any brand of Windstopper fleece)**

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**Sun Hat/Cap: Any lightweight hat with a good brim or visor.**

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**Wool or Fleece Hat: Any brand of warm hat that can go over ears.**

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# Head and Hand Gear:

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**Balaclava:** At least one. Some people layer a very thin Capilene balaclava under a thicker fleece

One.



**Neck Gaiter:** Two. A neck gaiter is an excellent shield against UV rays, preventing sunburns also it can be pulled up to cover your face when the trail gets dusty or buggy.





## Accessories:

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**High Altitude Sunglasses:** A pair of High-quality sunglasses needed: 100% UV/IR protection, minimum 80% light reduction. Large lenses for maximum snow light protection.



**Regular Use Sunglasses:** One pair high quality 100%UV and 100%IR, for lower elevations, also as a backup. It is important to have a spare pair of sunglasses.



**Gaiters w/Reinforced Lower:** Short, simple gaiters are best, such as Outdoor Research Rocky Mountain Low Gaiters.



**Headlamp w/Spare Bulb:** (Petzl, Black Diamond)



## Accessories:

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**Spare Batteries:** For headlamps and other gadgets you bring.



## Personal Equipment:

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A good backpack ensures comfort and ease by providing ergonomic support, organized storage, and efficient weight distribution. This helps you pack essentials securely while reducing strain on your back during long treks. (Osprey, Gregory, Deuter, The North Face) 35-50l



**Backpack Cover:** Recommended. To protect your gear on rainy or snowy days (REI, MEC, Osprey, Gregory).



# Personal Equipment:

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**Sleeping Bag:** At least -20 temperature. It should be lightweight and compressible to fit in your backpack. (Marmot, North Face, Mountain Hardwear)

**Note:** For trekking area, where accommodations aren't available.

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**Water Bottles:** 1-liter, leak-proof wide-mouth. (Nalgene, Lexan)

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**Lightweight Steel Thermal Bottle:** (Zojirushi, Nissan, Outdoor Research)

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**Pack Towel:** Small or medium size. Do not bring “terry cloth”, bandanas work in a pinch. (Pack Towel)

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# Personal Equipment:

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**Trekking Poles:** Make sure they are adjustable and can extend or shorten. (Leki, Black Diamond)

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**Swiss Army Knife:** Remember not to leave in carry-on bags for any international or domestic flight.

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**Sunscreen:** SPF 30 or higher, non-oily (Dermatone or Terrapin)

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**Lip Screen:** SPF 30 or higher, any brand

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# Personal Equipment:

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**Toiletry Kit:** Toothbrush, toothpaste, skin lotion, alcohol-based hand sanitizer, soap, comb, brush, shave kit, (bring travel-size bottles to keep your kit small).

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**First-aid Kit:** Ibuprofen/Aspirin, assorted band-aids, moleskin, Neosporin-type suave, small gauze pad, roll of adhesive tape, tweezers, safety pins. Include any prescription travel meds that might be prescribed by your doctor (antibiotics, Diamox, sleep aids).

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**Water Purification Tablets:** Such as Potable Aqua brand iodine tablets. You will be given plenty of purified water during your trek and climb, but one bottle of backup purification tablets is always a good idea for your travels.

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# Personal Equipment:

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**Expedition Duffel Bag: 8000+ cubic inches (130+ liter). Buy something well-built with large, strong zippers. These bags are strapped to Yaks! (North Face, Patagonia “Black Hole”, Wild Things “Burro Bag”) Note: Xtreme Climbers also provides you a duffel bag for the expedition period.**

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**Nylon Stuff Sacks/Dry Bag: Several different sizes, and light colors are preferable for labeling. (Outdoor Research)**

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**Trekking ice spikes, are essential for providing traction on icy or snowy terrain. Choosing the right ice spikes will enhance your safety and stability on icy terrain, ensuring a more secure trekking experience.**

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# Travel Items:

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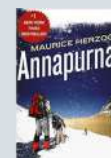
**Small Padlocks: for locking duffle bags**

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**Books/Journal**

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**Camera/Video Camera w/Extra Batteries: We suggest plenty of non-rechargeable power, such as lithium batteries. Cold weather is hard on NiCad and regular alkaline batteries and solar recharging is not always an option.**

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**Film: Bring plenty; it's expensive in Nepal. Keep it in clear zip-lock bags for airport inspections. If you bring a digital camera, don't forget extra media storage cards.**

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**Miscellaneous: Power Bank, Sat Phone (Optional), GPS Tracker, Alti-Meter Watch**

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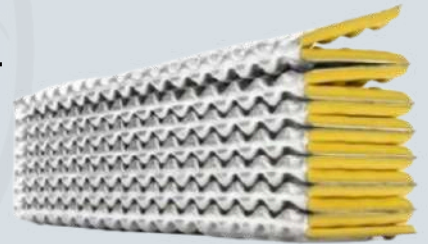
# In Case of Camping Included:

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An inflatable sleeping pad is essential for high altitude expeditions to provide insulation and comfort, ensuring a restful sleep on rough terrain. Consider the Therm-a-Rest NeoAir XTherm for its excellent warmth-to-weight ratio and durability.



A foam pad is essential for high altitude expeditions to provide reliable insulation and durability, ensuring a good night's sleep on rugged terrain. Consider the Therm-a-Rest Z Lite Sol for its excellent insulation and compact design.



Large Mug, Plastic Bowl, Lexan Fork, and Spoon:  
Lightweight metal is ok. (MSR)

