

Mera Peak Equipment List

Note: The items **highlighted in yellow** may be available to rent on request

Clothing / Layers

☐ **Synthetic mountaineering boots**

Examples of suitable boots:

La Sportiva G2SM, Scarpa Phantom 6000 or similar.

Examples of unsuitable boots:

La Sportiva Nepal Extreme, Scarpa Mont Blanc, Meindl Island Pro or similar.

☐ **Gore-Tex trekking shoes**

Hiking boots or trail runners, depending on your preference.

☐ **Runners / trainers or sandals**

To wear in teahouses.

☐ **Midweight hiking socks x 4 minimum**

These can be hand-washed during the trek.

☐ **Heavyweight summit socks x 1**

☐ **Underwear x 4 minimum**

These can be hand-washed during the trek. Merino wool or synthetic is advisable.

☐ **Quick-dry shorts x 1**

☐ **Lightweight hiking trousers x 1**

☐ **Softshell trousers x 1**

☐ **Long johns / thermal leggings x 1**

Silk, wool or synthetic. For cold evenings, sleeping and summit night.

☐ **Short-sleeve base layer x 2**

Silk, wool or synthetic.

☐ **Long-sleeve hooded base layer x 2**

Silk, wool or synthetic.

☐ **Mid-layer x 2**

A combination of midweight fleece, lightweight down jacket and/or softshell jacket. Your Earth's Edge jacket can count as one of these layers.

☐ **Down jacket**

With good loft, large insulated baffles, and a hood. At least 600 g in weight.

☐ **Waterproof jacket**

☐ **Waterproof trousers**

Full-length zips are helpful so they can be put on over boots and crampons.

☐ **Lightweight poncho**

Useful as a backup in heavy rain.

☐ **Fleece hat / beanie**

☐ **Helmet liner hat**

This is a thin hat which can fit under your climbing helmet.

☐ **Bufs x 2**

☐ **Lightweight liner gloves**

Wool or synthetic.

☐ **Heavyweight mountaineering gloves**

Rab Guide Gloves or similar.

☐ **Heavy down mitts**

Rab Endurance Down Mitt or similar.

☐ **Sunglasses (category 3 or 4)**

☐ **Ski goggles (category 3 or 4)**

☐ **Sun hat with a wide brim**

To cover face and neck.

- ☐ **Spare set of clothes**
To leave at the hotel and wear after you finish the expedition.

Trekking Essentials

- ☐ **Duffel bag (120-150 L)**
To transport your equipment while trekking. We recommend using something sturdy, as this bag will be carried by the support team.
- ☐ **Rucksack (30-35 L)**
To carry the items you'll need while trekking: water, snacks, spare layers, waterproofs, sun protection, camera, personal medication, etc. We suggest using this as your hand luggage on your flight.
- ☐ **Small bag for hotel storage**
To leave at the hotel with any clothes or equipment you don't need on the mountain.
- ☐ **Dry bags**
For additional waterproofing and to separate items inside your bag.
- ☐ **Warm sleeping bag**
Comfort rating of -20°C or lower. Please use the comfort rating, not the limit or extreme/survival rating.
- ☐ **Water bottles (3 x 1 L Nalgene) + water bladder (2 L)**
You can use a water bladder at lower elevations if you prefer, but it won't work at high altitude so you also need bottles.
- ☐ **Water bottle insulators**
For each of your bottles.
- ☐ **500 ml Thermos**
- ☐ **Personal snacks**
Although meals are included throughout the trek, bring your favourite high-energy snacks like energy bars, sweets, trail mix or nuts to eat on the trail.

- ☐ **Hand warmer sachets x 3 minimum**
- ☐ **Headtorch with spare batteries**
- ☐ **Walking poles**
- ☐ **12-point crampons**
- ☐ **Climbing helmet**
- ☐ **Mountaineering harness**
- ☐ **Ascender (Jumar)**
- ☐ **Belay device (ATC/Figure 8)**
- ☐ **3 metres of 7 or 8 mm rope**
Can be purchased in Kathmandu.
- ☐ **3 large oval-shaped screwgate carabiners**
Can be purchased in Kathmandu.

Personal Care

- ☐ **Sun cream (at least SPF 30)**
SPF 50 recommended.
- ☐ **SPF lip balm (SPF 50)**
- ☐ **Insect repellent**
- ☐ **Toiletries**
Toothbrush, toothpaste and soap. Wet wipes and a nail brush are very useful.
- ☐ **Small quick-drying towel**
Microfibre or similar.
- ☐ **Tissues / toilet paper**
No toilet paper is provided in teahouses.
- ☐ **Hand sanitiser**
- ☐ **Moisturiser**
Useful for dry skin caused by altitude, wind and sun exposure.

☐ **Glasses / contact lenses (if needed)**

We advise bringing both glasses and contact lenses. Daily disposable lenses are recommended over monthlies.

☐ **Menstrual hygiene products**

It's best to be prepared, even if you're not expecting your period, as cycles can become irregular at altitude. Applicator tampons or pads are best.

☐ **Small rubbish bags / resealable bags**

For used tissues, wipes and personal hygiene products.

 Important Items☐ **Passport**

Must be valid for at least six months after you return and have at least two free pages.

☐ **Copies of your passport, travel insurance and vaccination records**

Bring printed copies and keep digital copies accessible offline.

☐ **Cash and bank card**

For tips, drinks, snacks, optional activities and emergencies.

 Optional Items☐ **Sleeping bag liner**

Helps to keep your sleeping bag clean and adds extra warmth.

☐ **Balaclava**☐ **Down pants**

Recommended for people who feel the cold a lot.

☐ **Rain cover for your rucksack**☐ **Water purification**

All drinking water provided to you will be treated correctly, but you may still wish to bring your own tablets / drops, such as iodine or chlorine. Powdered fruit juice can help disguise the taste.

☐ **Earplugs and eye mask**☐ **Universal travel adaptor, power bank and charging cable(s)**

Nepal primarily uses Type C plugs.

☐ **Camera**☐ **Kindle / book, notebook and pen**☐ **Swimwear / togs**

For the hotel pool.

 Med Kit List

It's essential that you bring your own basic first aid kit. Below are the key items you'll need:

Essential:☐ **Current medications**

Bring a good supply of any tablets, creams, or inhalers you currently take or think you may need.

☐ **Paracetamol and ibuprofen**☐ **Rehydration salts / electrolytes**☐ **Blister kit and plasters**

Compeed (blister plasters), standard plasters, KT tape and a small pair of scissors.

☐ **Throat lozenges**

Useful in dry, dusty or cold conditions.

Recommended:

- ☐ **Diamox (tablet form, not capsules)**
If you have decided to take it.

- ☐ **Antibiotics (one of Azithromycin or Ciprofloxacin)**
The doctor will carry antibiotics for the group, but supplies can be depleted quickly if several people become unwell.

Optional:

- ☐ **Antihistamine cream and tablets**
Useful for allergies, bites or skin irritation.

- ☐ **Nasal spray / decongestant (e.g. Sudafed)**

- ☐ **Diarrhoea relief tablets (Loperamide)**

- ☐ **Buscopan**

- ☐ **Laxatives**

- ☐ **Medicated cream**
For example, hydrocortisone, antifungal cream or cold sore cream, if you normally use them.

If you have any questions or concerns, just get in touch - we're happy to help!