

# IMT Clothing, Equipment and Medical Immunization List

## Clothing, Accessories and other things to bring

- 3-4 pair of synthetic underwear – for example: <https://www.whittakermountaineering.com/brands/patagonia/capilene-daily-boxer-briefs-mens>
- 3 pair Hiking socks – for example: <https://www.whittakermountaineering.com/brands/darn-tough/mens-hiker-boot-sock-cushion>

### Base layer:

- 1 pair long underwear – for example: <https://www.rei.com/product/884935/patagonia-capilene-lightweight-long-underwear-bottoms-mens>
- 1 top layer: for example: <https://www.rei.com/product/118323/patagonia-capilene-midweight-zip-neck-long-underwear-top-mens>

### Mid layer:

- Fleece jacket, light puffy – for example: <https://www.outdoorresearch.com/us/en/mens/mens-jackets-vests/mens-down-jackets/mens-transcendent-down-sweater/p/2430690940007>
- Hiking pants – for example: <https://www.whittakermountaineering.com/brands/patagonia/simul-alpine-pants>
- Rain/Wind shell parka – for example: <https://www.whittakermountaineering.com/brands/bight-gear/neoshell-nuker-jacket>
- Hard shell rain/wind pants – for example: <https://www.outdoorresearch.com/us/en/mens/mens-pants/mens-hard-shell-pants/mens-skyward-ii-pants/p/2680760270006>
- Warm Down Puffy Parka – for example: <https://www.whittakermountaineering.com/brands/bight-gear/caldera-down-parka>
- Hiking shorts – for example: <https://www.backcountry.com/mammut-hiking-short-mens?s=a>
- Short sleeve hiking shirts – for example: <https://www.rei.com/product/125772/patagonia-hybrid-pocket-responsibili-tee-t-shirt-mens>
- 2 pair Gloves – 1 pair light hiking gloves – for example: <https://www.whittakermountaineering.com/brands/black-diamond/Lightweight-soft-shell-gloves1> ; 1 pair warm ski gloves – for example: <https://www.whittakermountaineering.com/brands/black-diamond/guide-glove>
- Hats: Fleece or warm wool – for example: <https://www.whittakermountaineering.com/brands/smartwool/phd-ultra-light-beanie>

- ❑ Baseball hat
- ❑ Buff: <https://www.whittakermountaineering.com/brands/buff/original-uv-buff>
- ❑ Headlamps (2) with extra batteries – for example: <https://www.whittakermountaineering.com/brands/black-diamond/storm-headlamp>
- ❑ Water bottle – for example: <https://www.whittakermountaineering.com/brands/nalgene/rmi-logo-wide-mouth-water-bottle>
- ❑ Hydraulic water system – for example: [https://www.osprey.com/us/en/product/2-liter-hydraulics-reservoir-2LRES\\_649.html](https://www.osprey.com/us/en/product/2-liter-hydraulics-reservoir-2LRES_649.html)
- ❑ Water treatment tablets – for example: [https://www.amazon.com/Potable-Aqua-Water-Purification-Treatment/dp/B001949TKS/ref=sr\\_1\\_3?ie=UTF8&qid=1549469725&sr=8-3&keywords=potable+tablets](https://www.amazon.com/Potable-Aqua-Water-Purification-Treatment/dp/B001949TKS/ref=sr_1_3?ie=UTF8&qid=1549469725&sr=8-3&keywords=potable+tablets)
- ❑ Small pocket knife – for example: <https://www.rei.com/product/871125/petzl-spatha-knife>
- ❑ Wet wipes 2 packs – for example: <https://www.amazon.com/Surviveware-Biodegradable-Cleansing-Cleaning-Hypoallergenic/dp/B074DYPZYK>
- ❑ Wrist watch – for example: <https://www.walmart.com/ip/Casio-Men-s-Pathfinder-Triple-Sensor-Multi-Function-Sport-Watch/15075167>

Eye glasses: bring 2 pair

- ❑ Glacier glasses: <https://www.whittakermountaineering.com/brands/julbo/montebianco>
- ❑ Sun screen: <https://www.neutrogena.com/sun/sun-adult/sun-adult-lotions/ultra-sheer-dry-touch-sunscreen-broad-spectrum-spf-100/6887310.html?cgid=sun-adult-lotions#start=1>
- ❑ Lip balm: <https://www.neutrogena.com/skin/skin-treatments/norwegian-formula-lip-moisturizer-with-sunscreen-spf-15/6804200.html#q=lip%2Bbalm&lang=default&start=1>

Other personal items: Hand sanitizer – 2-3 bottles, ibuprofen, Imodium, Pepto bismol, Band-Aids, small camp towel, soap, shampoo, throat lozenges

## Trekking Gear

Large Daypack which will enable you to stuff and carry the following: your warm puffy, trekking poles, an insulating layer, wind and rain hardshell, gloves, food, H2O. For example: For women:

- ❑ [https://www.osprey.com/us/en/product/eja-38-EJA38\\_576.html](https://www.osprey.com/us/en/product/eja-38-EJA38_576.html)
- ❑ [https://www.osprey.com/us/en/product/kyte-36-KYTE36S19\\_135.html](https://www.osprey.com/us/en/product/kyte-36-KYTE36S19_135.html)
- ❑ For men: [https://www.osprey.com/us/en/product/mutant-38-MUTANT38F18\\_686.html](https://www.osprey.com/us/en/product/mutant-38-MUTANT38F18_686.html)
- ❑ Sleeping Bag: Rated to 0°F. For Women: <http://featheredfriends.com/murre-ex-womens-down-sleeping-bag.html>
- ❑ For Men: <http://featheredfriends.com/snowbunting-ex-down-sleeping-bag.html>

Two Duffles: One large duffle for all your trekking gear and clothing and a smaller one to keep some clean clothes etc. back at the hotel in Kathmandu. Your large duffle should not have wheels! (Wheels make it more difficult for the porters to transport.)

- For example: [https://www.osprey.com/us/en/product/transporter-95-TRNSPTR95\\_756.html](https://www.osprey.com/us/en/product/transporter-95-TRNSPTR95_756.html)
- [https://www.osprey.com/us/en/product/trillium-65-TRILIUM65\\_542.html](https://www.osprey.com/us/en/product/trillium-65-TRILIUM65_542.html)
- Collapsible Trekking Poles: For example <https://www.whittakermountaineering.com/brands/black-diamond/alpine-carbon-cork-trekking-poles>
- TSA Locks

## Climbers of Island Peak or Lobuche Peak

- Mountaineering boots – for example: <https://www.whittakermountaineering.com/brands/la-sportiva/nepal-cube-gtx>
- Heavy duty socks 2 pair – for example: <https://www.rei.com/product/618127/smartwool-mountaineer-socks>
- Climbing Helmet – for example: <https://www.whittakermountaineering.com/brands/black-diamond/half-dome-helmet>
- Ice Axe -- for example: <https://www.whittakermountaineering.com/brands/black-diamond/raven-pro-ice-axe>
- Crampons -- for example: <https://www.whittakermountaineering.com/brands/black-diamond/contact-crampons>
- Climbing Harness – for example: <https://www.whittakermountaineering.com/brands/black-diamond/couloir-harness>

Other climbing hardware: Ascender – for example:

<https://www.whittakermountaineering.com/brands/grivel/ad-ascender-descender>

- 2 locking carabiners – for example: <https://www.whittakermountaineering.com/brands/black-diamond/rocklock-screwgate>
- 2 non-locking carabiners – for example: <https://www.whittakermountaineering.com/brands/black-diamond/light-d-carabiner>
- 2 slings – for example: <https://www.whittakermountaineering.com/brands/mammut/contact-sling-8.0>
- Accessory 7 mm cord – for example: <https://www.rei.com/product/767613/new-england-7mm-accessory-cord-package-of-30-feet>
- Rappel device – for example: [https://www.amazon.com/Black-Diamond-Super-Belay-Device/dp/B019NUNYPA/ref=sr\\_1\\_8?ie=UTF8&qid=1549473924&sr=8-8&keywords=figure+8+rappel+device](https://www.amazon.com/Black-Diamond-Super-Belay-Device/dp/B019NUNYPA/ref=sr_1_8?ie=UTF8&qid=1549473924&sr=8-8&keywords=figure+8+rappel+device)

## Immunizations

Please consult your doctor regarding the following immunizations:

- Hepatitis A and B
- Cholera
- Typhoid
- Rabies
- Tetanus-Diphtheria
- Polio
- MMR