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Essential Gear Lists for Trekking and Expeditions in Nepal

Popular trekking peaks like Island Peak, Mera Peak, and Lobuche East, which are all over 6000 meters, require both trekking and basic mountaineering equipment.

Climbing Gear:

- 1) Mountaineering boots (B2 or B3 rated)
- 2) Climbing harness and helmet
- 3) Ice axe and crampons
- 4) Rope (dynamic for glacier travel)
- 5) Belay/rappel device and carabiners
- 6) Jumar and slings
- 7) Down jacket and windproof shell
- 8) Waterproof gloves and warm mittens

Clothing:

- 1) Base layer (synthetic or merino)
- 2) Insulated jacket (down or synthetic)
- 3) Shell jacket and pants
- 4) Warm hat and balaclava
- 5) Trekking pants and gaiters

Camping & Personal Items:

- 1) Sleeping bag (-20°C rated)
- 2) Inflatable sleeping pad
- 3) Water purification tablets or filter
- 4) Trekking poles
- 5) Sunglasses (UV400+)
- 6) Sunscreen, lip balm, personal meds