



Introduction

Infinite Mountain Adventure (IMA) Amadablam Mountaineering Expeditions are scheduled during spring and autumn climbing seasons. This is when monsoon changes direction preceding by still weather period when wind slows down for a week or so making the climb as safe and as comfortable as it gets.

The expedition starts in Lukla with acclimatization trek via Renjo La, Cho La, Kngma La and acclimatization climb of 6119m high Chulu East. The expedition duration is 30 days and most of the adventure is committed to acclimatization and climbing time is limited to 10 days, two days of Lobuche East acclimatization climb and 8 days of Amadablam climb.

You will spend only 4 days living in a tent in the basecamp as well as in 5 high camps. In the basecamp we provide comfortable conditions with heated dining tent and food cooked by a professional cook and in high camps we will offer rehydrated foods prepared for you by your Sherpa Guides.

Recommended Gear List

The gear listed below is only recommendation and your personal judgement is required to choose the quantity of clothing ensuring that it will be sufficient to keep you warm and comfortable without excessive luggage. Please note that you will be able to wash and dry your cloth at various stages during acclimatization and in Amadablam basecamp prior to the climb. IMA Amadablam expedition strategy is very innovative and different to old methodology employed by Nepalese and most of western operators and it is based on the latest research and developments in high altitude exercise physiology. Our strategy increases summit success due to better acclimatization and preparation for the climb.

ITEM		COMMENTS
FEET		
1	Light Climbing Approach Boots	Use on the trek
2	High Altitude Climbing Boots	For climb from Camp 1 to the summit. These are triple insulated technical climbing boots with incorporated gaiters
3	Gaiters	For trekking through the passes with snowy conditions.
4	Training shoes	Runners/cross-training style for travel and basecamp
5	Socks	Liners, light trekking socks, heavy trekking socks; merino wool recommended for comfort, hygiene and thermal properties; recommended 2 sets of each.
6	Spare laces	
7	Down Booties	For comfort and warmth in the tent
8	Crampons	Step-in 10 or 12 point crampons (steel or aluminum)

Infinite Mountain Adventure - AMADABLAM Expedition – GEAR LIST

LEGS		
9	Underwear	merino wool for comfort, hygiene and thermal properties
10	Long Johns	merino wool Icebreaker 200 for comfort, hygiene and thermal properties
11	Wind-proof Gore-Tex Shell Pants	For ABC and climbing; use for layering purposes
12	Light down or polyfibre over-pants	With side zips for fitting with crampons on use: inside the tent longer stops
13	High Altitude down Bib-Pants Full down Suit	For climbing above Camp 1;
14	Soft-Shell climbing pants	Trekking from Chinese BC to C1; use for layering from C1 to C2
TORSO		
15	Base-layer Short Sleeve Shirts x2	merino wool Icebreaker 200 for comfort, hygiene and thermal properties
16	Base-layer Long Sleeve Shirts x2	merino wool Icebreaker 200 for comfort, hygiene and thermal properties
17	Fleece Jacket	Use in ABC and for layering
18	Wind-proof Gore-Tex Shell Jacket	Use for layering during climbing
19	Light Down Jacket with hood	use for layering and to keep warm inside the tent or during longer stops
HEAD		
20	Sunhat or Cap	
21	Warm Hat	Merino wool or synthetic with spares
22	Neck Buff	Merino wool or synthetic
23	Balaclava	Light balaclava and heavy mask
24	Neck Sleeve(light)	To protect face from sunburn and prevent dehydration
24	UV Polarized Glasses	Up to C1 and as spare
26	Glacier Glasses	Polarized class IV glacier glasses above C1
HANDS		
27	Thin gear gloves	Thin first layer polypro gloves to handle climbing gear
28	Fleece Gloves	Mid-weight with non-slippery surface pads; use alone or with thin gear gloves
29	Heavy climbing Gloves	Heavy gloves with insulation and wind-proof
30	Mittens	Lighter and heavy pair
PERSONAL CLIMBING HARDWARE		
31	Climbing Helmet	
32	Climbing Harness	Black Diamond Alpine Bod must have leg buckles for use with crampons-on
33	Ice-axe	Versatile style to be able to climb up 6m ice cliff
34	Karabiners	4 lockers, 4 non-lockers
35	Rappel Device	ACT for simple use and light weight
36	Ascender	With large handle to use with heavy climbing gloves
37	Prusik loops	4 long, 4 short
38	Safety Daisy Chain	To secure at fixed lines
39	Head Lamp	Recommended 200 lumens
MISCELENOUS		
40	Daypack	Approx. 30L
41	Spare batteries	For your watch, headlamp and other devices
42	Therma-Rest	For your comfort at high camps
43	2x Sleeping Bags	-20°C for the Basecamp; -30°C for high camps.
44	Telescopic trekking poles	Personal preference
45	Water bottle	With insulating neoprene cover; some people use thermos flasks

46	Selection of dry bags	To separate and organize clothing
47	Anti-bacterial hand wash	Handy to keep body hygiene
48	Toiletries	Toothbrush, tooth paste, dental floss, nail brush, nail clippers, scissors,
49	Cloth washing kit	Wash powder or liquid, pegs, cord to rig cloth-line
50	Personal First Aid	Personal medications, Ibuprofen, Paracetamol, Diamox, Antiseptic cream, assortment of Band-Aids, bandage, elastic bandage, athletic tape, Resolve-Plus ointment for fungal infections, Derm-Aid cream for skin rash, moisturizing cream;
51	Sun Block	Minimum 30SPF
52	Lip Balm	Minimum 30SPF

How to Use your Gear

Apply Layering Principle

While climbing and trekking in any mountainous undulating environment, in particularly at high altitudes where the weather is a subject to rapid changes one needs to adopt layering principle.

Using clothing layers to regulate body temperature ensures that the body temperature stays in a comfortable range to prevent excessive sweating followed by rapid cooling. When you start the day wear sufficient number of layers to keep warm but as soon as you feel overheating remove a layer on the go quickly to prevent unnecessary overheating and sweating.

Individuals who over heat and sweat profusely or practice extreme climbing use vapour barrier garments, which absorb the sweat and keep your outer layer dry.

Merino Wool as a first layer

For layer one garments IMA recommends Merino Wool from Icebreaker because the company understands climbers and mountaineers needs and utilizes the best quality material.

No other company can at this stage (spring 2015) match Icebreaker quality. The quality in extreme conditions is essential for your comfort and safety. Merino wool is the finest wool and it matches cotton with softness and polypropylene with insulation and breathing-ability because it takes moisture away from the body and keeps you dry and warm.

Merino Advantage:

Moisture Wicking

Insulation

Antibacterial Properties

The process of taking the moisture away from the body is called wicking. Wool and synthetic fabrics are really good wicking materials hence they are very suitable to wear for hard physical activity such as trekking, mountain biking and climbing.

Due to its natural nano-tube construction wool has also antibacterial properties, so it stays usable for much longer. It is slightly more expensive than polypropylene so is Himalayan biking, climbing and trekking. Using cotton shirts for high altitude biking, trekking or climbing is a wrong and dangerous approach, which can lead to hypothermia.

For more information contact Infinite Mountain Adventure:

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