



Canada West Mountain School - www.themountainschool.com

EQUIPMENT LIST – CHO OYU

Boots – High-altitude mountaineering boots with expedition liners (Intuition, etc.)
Over-boots for upper mountain (40-Below K2's, Outdoor Research Brooks Rangers, etc)
Sleeping bag - good to a minus 30 Celsius range (1)
Sleeping bag liner – optional but a nice luxury and helps on the lower mountain where it is warmer
Sleeping pad - Thermarest type (1)
Sleeping pad - Ensolite type (1)
Backpack - internal frame, approx. 70 - 80 litres (1)
Daypack/summit pack
Expedition style outer shell jacket w/hood - Gore-Tex style (1)
Outer Jacket – medium weight style (wind-stopper, etc) (1)
Full-zip pants or bibs - Gore-Tex style (1 pair)
Thermal underwear – top: Polypro, Capilene, Merino-wool, etc. (2)
Thermal underwear – bottom: Polypro, Capilene, Merino-wool, etc. (2 pr)
Pants – general climbing/hiking pant for all-round use and lower mountain travel (1 pr)
Insulating pants - fleece, pile, synthetic fill or down with full side-zips (1 pr)
Camp boots
Gaiters – standard style for lower mountain (1 pr)
Gloves (medium weight) - wool or poly-pro (1 pr)
Expedition style gloves or mitts w/removable liners (1 pr + extra liners)
Expedition overmitts (1 pr)
Socks - synthetic, wool or wool blend (3-4 pr)
Vapor barrier socks – optional, not required with Intuition-style (closed-cell foam) liners (1 pr)
Liner socks (thin synthetic type) (2-3 pr)
Warm Expedition parka – down-filled (1)
Sweater or vest - wool, fleece or down (1)
Toque - wool or fleece (1)
Extra toque/warm hat
Balaclava and/or face mask (1)
Hat with sun visor (baseball cap, etc) (1)
Bandannas (1-2)
Sunglasses with side shields, nose shield and high-altitude lenses (1 pr + 1 pr extras)
Ski goggles
Personal kit - (hand sanitizer, toothbrush, foot powder, etc.)
Personal 1st aid (blister kit, medications, etc.)
Misc. personal items (camera, books, journal, music player, etc.)
Water bottles w/insulation - minimum 3 litres
Knife - Swiss army style
Sunscreen and lip screen (min. 30 spf & waterproof)
Heating pads for hands/feet (4-6 sets)
Collapsible ski/walking poles (1 pr)
Crampons - adjusted to boots and to over-boots (1 pr)
Ice axe (60 - 70 cm)
Climbing harness - lightweight seat harness only (1)
3 locking & 4 non-locking carabiners
1x 120 cm webbing sling
2 x 5m lengths of 7 mm accessory rope
1 mechanical ascender

Please remember that conditions on Cho Oyu may vary from +30 to -30 Celsius, with extreme winds and snowfall. Climbing is almost exclusively on snow and glaciers. Outer clothing should be capable of venting, and you should be able to get in and out of it easily. Inner layers should dry easily and retain warmth when wet. Take into account your own personal "warmth rating". If you know that your hands don't warm up easily, or your feet are always cold, keep that in mind.

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