



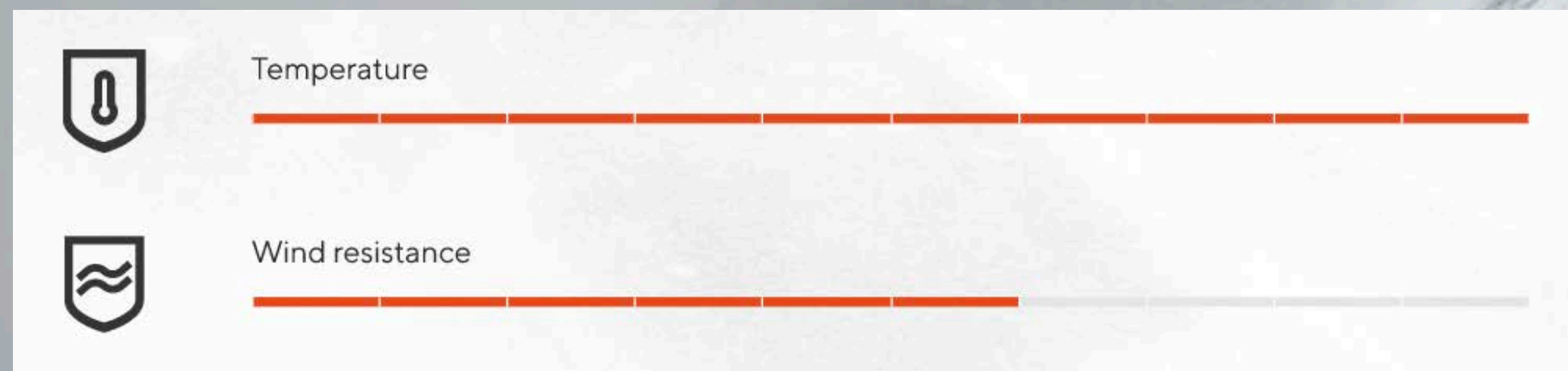
## 6000'er Gear Guide

## THE ULTIMATE NIMSDAI SUMMIT SUIT

Designed, developed and tested in the most extreme high-altitude environments by world record-breaking mountaineer Nimsdai Purja. Filled with 800FP duck down and built with highly weather resistant fabric, the Nimsdai Summit Suit can withstand anything the Big Mountains throw at you - it has integrated RECCO® Technology – designed to aid rescue services when locating people in an emergency via the integrated chip.

Having a down suit will make the time spent resting more enjoyable and when on the summit push it will also ensure you core stays warm and you will enjoy the experience even more, plus you'll look #Badass!

All of our Nimsdai Summit Suits are handmade by artisan tailors in Nepal. This means your Summit Suit will be shipped directly to you from Nepal taking approximately 7 working days to arrive [subject to country of delivery].



Click the images to be redirected to the webpage\*

## PACKS

Your back is one of the most important parts of the body to look after whilst on the exped. So having the correct backpack will provide comfort while carrying the weight during your trek/climb. While selecting the size of the bag, you need to consider the weight of equipment you are going to carry and duration of the trek. Nimsdai has partners with Osprey to develop these 2 packs that are perfect for the Bigmountains. You can find out more about the selections below via the page links.

### DAY PACK



**Mutant 38**

**Qty: 1**

### DUFFLE BAGS



**Nimsdai Duffle Bag**

**Qty: 2** [With locks as well]



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## BOTTLE & THERMALS

While trekking and mountaineering, enough water is essential to keep your body hydrated all the time, which reduces the risk of AMS and keeps healthy metabolism.

It is recommended to carry at least one of each item of the following. 32oz water bottle, insulated water bottles and another wide mouth water bottle.



**Nimsdai - Thermos Flask**  
**Qty: 1**



**Nimsdai - Coffee Mug [Optional]**  
This is a nice to have item but  
not essential  
**Qty: 1**



**32oz Water Bottle**  
**Qty: 1**



**16oz Water Bottle**  
**Qty: 1**



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## HIKING BOOTS OR APPROACH FOOTWEAR

Hiking boots - designed for protecting your feet and ankles during hiking. They should be waterproof, durable, and comfortable for the feet. You will be using them every day while hiking up to basecamp.

There are few options you can choose from but here is Nimsdai recommended for trek up to Basecamp. You only need one pair, and the choice is entirely personal.

Equipped with a breathable mesh, PU and TPU upper, this model envelops the foot and provides stability and protection.



**Scarpa Ribelle Run XT**  
[for Men]



**Scarpa Ribelle Run XT**  
[for Women]

The Scarpa Rusk Trk LT is a lightweight ripstop fabric hiking boot, featuring water-resistant suede uppers with breathable mesh zones and a GORE-TEX® Extended Comfort membrane for additional wet weather protection. This makes the Rusk Trk suited to year-round hiking in both warm and cold temperatures, from dry to wet weather.



**Scarpa RUSH TRK LT GTX**  
[for Men] - Available in other colours



**Scarpa RUSH TRK LT GTX**  
[for Women]

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## SAFETY ROPE

Maximum 3 meters of 8mm Safety Rope is required. This will be used as your safety line to attach yourself on the fixed lines in combination with your Carabiner and Ascender. [\*Available for purchase in Kathmandu Nimsdai Store]



**Qty: 1**

## RAPPEL DEVICE

Used in lowering yourself down a rope in a controlled manner. To rappel, you need to connect yourself to the rope through a system mechanism using rappel device that creates friction to slow you down.



Only one of these devices are needed and its up to personal preference.

**Qty: 1**

## ASCENDER

An ascender is a device used for directly ascending a rope, or for facilitating protection with a fixed rope when climbing on very steep mountain terrain

Model: A & D



**Qty: 1**

Select either a right or left-handed ascender based on your dominant hand. The chosen ascender must be in good condition. Only one needed.



Click the images to be redirected to the webpage\*

## CARABINER

D-shaped or oblong metal ring with one spring-hinged side that is used especially in mountain climbing as a connector and to hold a freely running rope.

A carabiner is designed specifically for the demands of climbing, meaning they will be more than strong enough for their intended and proper use. So, there is no need to worry about the carabiner's strength rating if it meets the European standard [EN 12275] or the UIAA. To find this detail, look for the CE and/or UIAA icons on the spine of your carabiner.

Created with climbers and mountaineers in mind, its larger size and shape facilitate rope manoeuvres, allowing knots and extra ropes to pass through easily.



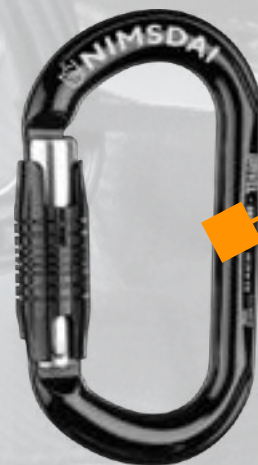
**Nimsdai - K18N WIDE screw lock**

**Qty: 3**



**Nimsdai - K18T WIDE twist lock**

**Qty: 3**



**Nimsdai - K9T SYM twist lock**

**Qty: 1**

This is the carabiner the team use with their rappelling devices due to the oval shape providing freedom of movement, meaning it does not get tangled with ropes.

## HELMET

A helmet protects the head against falling debris (rocks) and on impact. We recommend a Hybrid Helmet: Having a rigid plastic shell with a foam inner layer provides the main protection. The foam inner means the helmet is lightweight and more comfortable, while the hard-shell makes the helmet more durable and resistant to impact.



It features an innovative design with a symmetric hexagon-covered top and a different pattern left to right. This combination of technologies allows a low weight with good all-round protection (on the top and sides) and good ventilation.



**Nimsdai - Mutant Helmet**

**Qty: 1**



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## MOUNTAINEERING AXE

A light axe used by mountaineers for cutting footholds in snow or ice, to provide an anchor point, or to control a slide on snow; it has a spiked tip and a head consisting of a pick and an adze.

Forged in one piece, the steel blade imparts strength, durability, and a well-balanced design. This ice axe is an excellent all round choice for mountaineering, climbing, ice climbing and glacier walking.



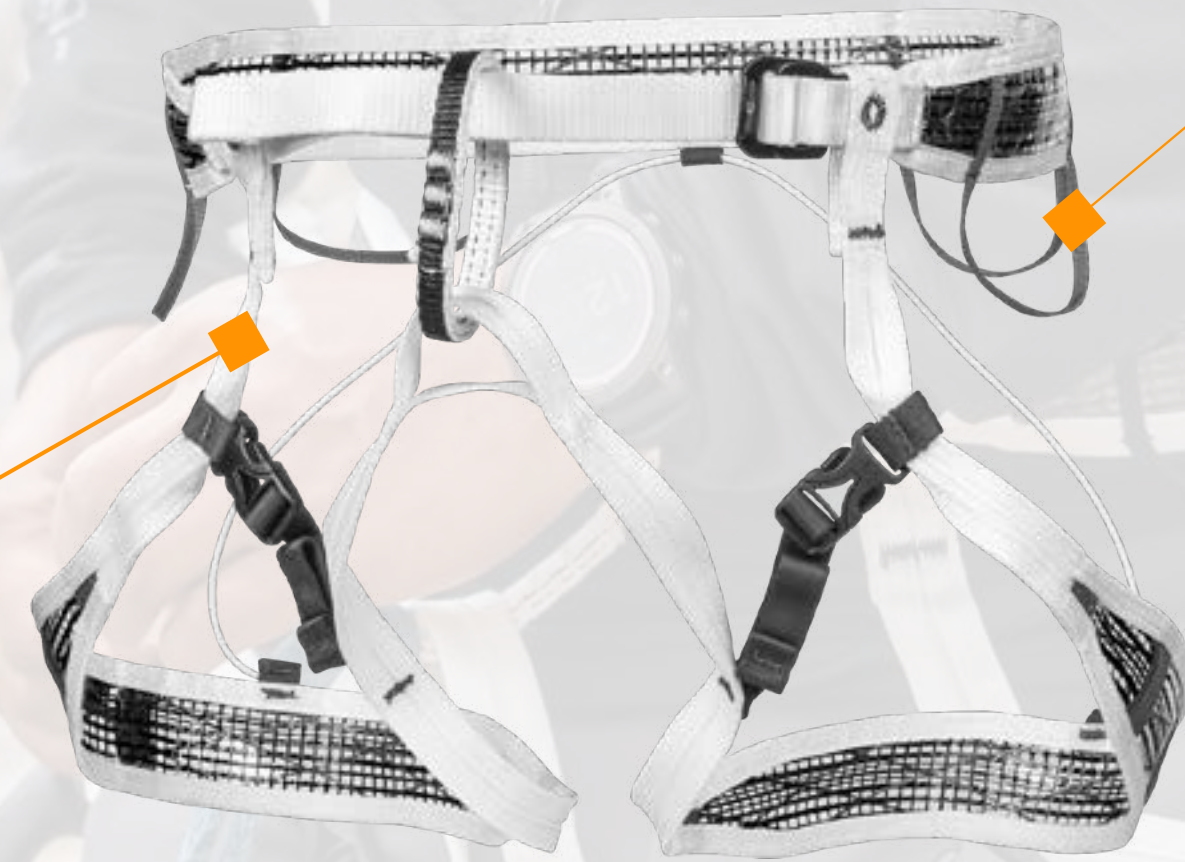
**Nimsdai - Air Tech Light Ice Axe**

**Qty: 1**

## HARNESS

A device which allows a climber access to the safety of the rope. Your Harness should be light weight and UIAA tested.

Hyper lightweight harness designed for high performance, comfort and waterproof capabilities. The belt and leg loops are comfortable and ergonomically shaped thanks to the 3D mesh fabric.



This harness is provided with five gear loops, two ice clipper slots and two ice screw holders. The reinforced tie-in points are designed to provide long-lasting resistance to rope friction.

Nimsdai - "Comfortable and flexible, suitable for wearing within high camp tents. Simple to take off and wear it on."

**Nimsdai x Gravel - Himani Harness**

**Qty: 1**



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## MOUNTAINEERING BOOT

Mountaineering expedition, or high-altitude boots are a type of footwear used in mountain climbing. Mountaineering boots are insulated, waterproof, and have rigid soles.

Integrated RECCO rescue technology to increase search ability. Dry membrane, lightweight and durable for maximum warmth-to-weight ratio. The first boots with an integrated heating system by THERM-IC UK, for paramount safety and heat retention to ensure your feet are protected at all times.



Nimsdai - "The boot is still the best available in the market even without the heating system"

Super easy to use even on 8000m which makes it even simpler to use at lower altitude. Nimsdai have used this design in K2 winter and his 8000m endeavour. The crampon is relatively lightweight, offering an ideal balance for use across all terrains and conditions.

**Nimsdai - Phantom 8000 Nims HD Heated Boots**

**Qty: 1 [Pair]**

## CRAMPONS

A meta frame with sharp points that is attached to the bottom of a boot to make walking on ice or snow easier while mountaineering activities.

12 Points Crampon [Required]

Offer easy clip-in functionality for swift on/off in mountainous terrain.



**Nimsdai x Gravel - G22 Crampon**

**Qty: 1 [Pair]**



Click the images to be redirected to the webpage\*

## NECK WARMER

Buff is a type of neckwear used in outdoor activities to protect your face and neck from the freezing wind and UV rays.

Light weight Merino wool buff

The proper use of buff protects you from the Frostbite in your face.



**Nimsdai Neck Warmer**  
**Qty: 3** [Required for each mountain]

## BEANIE

A beanie, originally made of wool, designed to provide warmth to your head in freezing weather.



**Nimsdai Beanie**  
**Qty: 2** [You always need a spare]



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CLICK TO BUY NOW



CLICK TO BUY NOW

## K2 WINTER WATERPROOF JACKET [HARD SHELL JACKET]

The GORE-TEX Pro membrane and nylon outer fabric offer ultra-durable protection against the harshest conditions, while keeping you dry and providing maximum breathability. The three-layer GORE-TEX is the highest performance membrane possible – for maximum protection when the rain comes down. A unrestricted fabric, combined with flexible construction reduces weight and pressure points. The relaxed fit allows for free movement during any challenging obstacles. Complete with multiple pockets to store your essentials, subtle reflective accents, and RECCO search technology for your extreme adventures.

Qty: 1



Click the images to be redirected to the webpage\*



CLICK TO BUY NOW



CLICK TO BUY NOW

## K2 WINTER WATERPROOF PANTS [HARD SHELL PANT]

These durable shell pants are designed to excel in challenging conditions, making them exceptionally suitable for year-round mountaineering expeditions, whether with or without crampons or skis. Designed with a technical fit and articulated knees to enhance mobility during vertical movement while minimising excess fabric. Furthermore, the lower legs are adjustable at two sections, allowing expansion to accommodate crampon and ski touring boots. Utilising the very best materials, GORE-TEX Pro alongside YKK zips.

Qty: 1



Click the images to be redirected to the webpage\*



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## PROJECT POSSIBLE DOWN JACKET [DOWN JACKET]

A 790 fill power down jacket with a durable two-layer Nylon fabric with DWR treatment and 15k/15K membrane - making it protective, durable and breathable. Combined with hydrophobic down and a patented design construction, the feathers do not clump when wet or create a chamber when compressed. Therefore it maintains maximum warmth and insulation when the environment changes compared to any other jackets. Specially engineered features on the Jacket include; elasticated detailing which is designed to sit closer to the body and keep you warmer, the cuff also has a thumb loop for added warmth and protection on the mountains. Polartec® fleece inside the pockets for extra warmth and micro-fibre fleece round the face to protect from chaffing in extreme conditions, as well as deep mesh inner pockets – perfect for water bottles and gloves.

Qty: 1



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## EXPED FLEECE [MIDLAYER]

The Exped Fleece is the perfect mid-layer for mountaineering expeditions, and stylish enough for urban wear. The high performance polyester Polartec® Thermal Pro fleece fabric, combines with breathable under-arm sections for improved sweat-wicking. With 2 front chest zip pockets, valuables, remain secure and easily accessible when not required.

**Qty: 2**



Click the images to be redirected to the webpage\*



## **BALTORO PANT [SOFT SHELL PANT]**

Built to be versatile for trekking, hiking, climbing and all outdoor adventures, these Nylon Thermalite fabric pants feature a Durable Water Repellent (DWR) treatment with a brushed interior. The contrasting kneepads contain a Nylon/Kevlar® mix making them tear and abrasion resistant. Designed with a partial polyester lining, these lightweight trousers have a pull-on style stretch waistband with adjustable drawcord for comfort. They also have an adjustable hem with zipped gussets and feature multiple pockets. These are the perfect all-rounder for outdoor adventures including trekking, skiing, climbing and mountaineering.

**Qty: 1**

[CLICK TO BUY NOW](#)



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## MERINO BASE LAYER

A piece of clothing worn under your other clothes, made of material that is designed to keep you warm and dry: When you are active in cold conditions, it is important that you wear a base layer that will draw sweat away from your body and keep you dry and warm.



**Nimsdai Base Layer**

**Qty: 4**



**Qty: 2**

## DOWN TROUSERS [OPTIONAL]

Insulated Down Pants to keep your lower body warm and keep the snow, water, and slush away from your inner layers.



**Rab Down Trouser**

**Qty: 1**



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## SOFT SHELL PANT

Soft-shell pants are made of high-performance synthetic fabrics that are resistant to abrasions & tears. They are typically water-resistant (not waterproof) which means they are breathable and shed light rain and snow and dry quickly when they get wets.



**Rab Incline Pants**

**Qty: 2**

## LIGHTWEIGHT NYLON PANTS

Lightweight and breathable, making them ideal for trekking.



**North Face – Paramount Convertible Mid Rise Pant**

**Qty: 1**



Click the images to be redirected to the webpage\*

## SOCKS

Its incredible important to look after yourself whilst on the exped, having clean socks will ensure your feet & Skin will be in the best possible shape to continue your journey.



**Bridgedale Liner Socks**

**Qty: 3** [Pairs]



**Bridgedale Summit Socks**

**Qty: 3** [Pairs]



**Thermic Trekking Socks**

**Qty: 4** [Pairs]

This is the minimum quantity that we recommend for any exped, after long periods of time it is important to have fresh pairs to ensure your feet are clean and dry to maintain your personal hygiene.

## EYE PROTECTION

Sunglasses are indispensable for any outdoor activity. The main purpose of UV protected sunglasses while trekking and mountaineering is to protect your eyes from the harmful UV radiation coming directly from the sun and from reflected rays.



**Flight Tracker L Snow Goggles**

**Qty: 1**



**Vallon - Heron Glacier Nimsdai**

**Qty: 1**

Always good practice to have spare eyewear!



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## GLOVES

One of the most important pieces to spend money on, these will keep your hands protected from the harsh mountain cold and ensure your fingers are protected from the cold mountain bite.

### LIGHTWEIGHT SYNTHETIC LINER GLOVES

Liners gloves are thin gloves that are usually worn inside other mitts or gloves to provide an extra layer of protection, absorb sweat and increase warmth.



**Therm-ic Warm Lightweight Gloves**  
Qty: 3

### SOFT SHELL GLOVES

Built with light, stretchy and weather-resistant soft-shell fabric for high-output pursuits in mild conditions.



**Therm-ic Ski Gloves**  
Qty: 2

### EXPEDITION GLOVES

The warm, waterproof Expedition mittens keep your fingers toasty on frigid winter mornings and climbs at high elevations.



**Therm-ic Ultra Heat Boost Gloves**  
Qty: 2



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## SLEEPING BAG

A sleeping bag is a large deep bag with a warm lining, used for sleeping in, especially when you are camping. Recommend two sleeping bag.

A sleeping bag rated at -40 for the entire exped is needed. It is nice to have 2 for ease when on rotations to and from base camp to the higher camps, but 1 is manageable.



**Mountain Hardware - Sleeping Bag**

**Qty: 2**

Down bags are recommended, down can compress more compactly and is typically lighter in weight.

## SLEEPING PAD

Sleeping pads offer an additional layer of comfort and insulation from the ground.



**Sleeping Mat**

**Qty: 1**

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## CLOSED CELL SLEEPING PAD

The closed cell foam pads offer an additional layer of comfort and insulation from the ground used in conjunction with inflatable sleeping pads.



**Sleeping Mat**

**Qty: 1**

## COMPRESSION STUFF SACK

Compression sacks are stuff sacks with straps around them made of nylon or similar material which are for the storage of sleeping bag and down jacket into a smaller compressed size.



**Compression Bag**

**Qty: 3 - 5**



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## TREKKING POLE

Trekking poles act as another set of limbs to give you more stability when tackling tricky terrain



**Nimsdai x Gravel Condor Pole**

**Qty: 1**

## HEAD TORCH

A head torch or headlight is a light source affixed to the head for outdoor activities at night or in dark conditions such as hiking, camping, mountaineering, etc. [With extra batteries].



**Black Diamond Icon Headlamp**

**Qty: 2**



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## PEE BOTTLE

Buy those that only take up room when filled. Needs to be leakproof (wide neck) lids for men, pee funnel for women.

3 litres [Required]



**Nalgene PE Folding Bottle**

**Qty: 2**

## UTLITY BAG

Used to hold hygiene products such as toilet paper, hand sanitiser, small towel, etc.

Nice to have to keep your essentials safe and dry



**Nimsdai - Everyday Utility bag**

**Qty: 1**



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## HAND & TOE WARMERS

Hands warmers and toe warmer are single use air-activated heat packs that provide warmth and are ideal for keeping your body warm when temperatures drop.



**Therm-Ic Toe Warmer**

Bring Plenty

## TREKKING HAT

To shade your face / neck from the sun on a hot day.



**Nimsdai Delta Cap**

Mandatory and a spare is recommended

## DOWN BOOTIES [OPTIONAL]

Down Booties are the ultralight solution that will keep your feet warm. They pack up exceedingly small and keep your feet warm inside your tent, your sleeping bag, or while walking around camp.



**Down Booties**

Nice to have as the nights are cold in camps and when eating/resting to keep your feet warm and dry

Click the images to be redirected to the webpage\*





## **OTHER ITEMS**

**TRAVEL CLOTHES** - Please also pack some travel clothes, microfibre towel.

**PERSONAL SOLAR CHARGER** - Optional but highly recommended.

**SUNSCREEN** - SPF 50 Sunscreen and lip balm.

**BASE CAMP ITEMS** - Kindle, iPad, Books etc.

**SNACKS** - Please bring a few days of your favourite climbing snack food such as bars, energy gels, nuts, beef jerky, etc. A variety of salty and sweet is good.

**SMALL PERSONAL FIRST AID KIT** - Include athletic tape, Band-Aid's, Ibuprofen [painkillers], Blister care, personal medications, etc.

**MEDICATIONS AND PRESCRIPTIONS** - Bring antibiotics [Azithromycin, etc.], and altitude medicine such as Diamox and dexamethasone. But inform guides at all times if and when you are taking them.

