

Follow the Leaders

NOBODY KNOWS GEAR LIKE THE PEOPLE WHO RELY ON IT EVERY DAY. WE ASKED TWO OF OUR TRAVEL AWARD-WINNING GUIDES WHAT TOPS THEIR LIST.

by Stephanie Pearson

DAWA TEMBA SHERPA, 50, of REI Adventures, has been leading trips in the Himalayas for 18 years.

1. At the top of the world, nothing is more crucial than your sleeping bag. Dawa Temba uses the **REI Expedition** (\$480; rei.com). The 700-fill down provides superior warmth, and the waterproof shell has a pass-through pocket, so you can get what you need without leaving your cocoon.

2 and 3. **Lowaboots Renegade GTX Mid boots** (\$225; lowaboots.com) keep out the pebbles that litter the trek to Base Camp, and the perforated footbed increases breathability while reducing friction. Dawa Temba pairs his with **Smartwool Hiking Light Crew socks** (\$21; smartwool.com).

4. **REI's Traverse 30 daypack** (\$100) is basic and fits everything Dawa Temba needs. "Sunscreen, sunglasses, water bottles—everything," he says. "I don't like a lot of extra pockets, because then I can't find things."

5. **Mountain Hardware's Absolute Zero parka** (\$800; mountainhardware.com) is built for harsh climates: 800-fill waterproof down, big pockets, and Dawa Temba's favorite, an insulated hood. "You've got to protect your neck."

6. Dawa Temba likes the water-resistant **Eagle Creek No Matter What Flashpoint duffel** (\$100; eaglecreek.com) for its simplicity. "Sometimes people bring wheeled bags and we have to put them on the poor yak," he says.

7. Even if the day starts out warm and clear, Dawa Temba stuffs his wool and acrylic **Chaos World Beat Club beanie** (\$33; chaoshats.com) in his pack, because "you never know what the weather is going to do in the mountains."

8. **Julbo's Vermont Classic sunglasses** (\$120; julbousa.com) look like the shades Sir Edmund Hillary wore, but the lenses are made of state-of-the-art Spectron 4 polycarbonate, with a reflective coating. Courage and glory not included.

9. "I always tell my trekkers to drink warm water," says Dawa Temba. "At higher altitudes, it really helps heat your body." He suggests pouring just-boiled water into a BPA-free, 32-ounce **Nalgene wide-mouth bottle** (\$11; nalgene.com).

