



PACKS & BAGGAGE

- 80-100 Liter duffel bag
- Daypack roughly 30-40 Liter with rain cover

SPECIALTY EQUIPMENT

- Trekking Poles
- Helmet
- Crampons
- Headlamp
- Harness
- Grayl Filter Bottle
- Gaiters
- Summit Socks
- Heavy weight Gortex Gloves with fingers
- 2 climbing slings 60cm or safety cord
- Ascender/Jumar
- 3 Locking Carabiners
- Belay Device (ATC climbing device)

ESSENTIAL PERSONAL GEAR

- 0F \ -17C Sleeping Bag
- Inflatable Camp Pillow (optional)

OTHER PERSONAL GEAR

- Dry Bags (optional)
- Polarized Sunglasses
- Personal First Aid Kit
- Power Bank
- Chargers/Phone Cable

TOILETRIES

- Toothbrush, Toothpaste
- Sun Cream (50 spf+)
- Spf Lip Balm
- Biodegradable Soap
- Deodorant
- Wet wipes
- Fast Drying Microfiber Travel Towel

BOOTS & FOOTWEAR

- Trekking Boots
- 6000-meter Boots
- Camp Shoes
- Trainers/Tennis Shoes or similar for use in the lodges

CLOTHING LAYER SYSTEMS

- Rain Shell Pants
- Hard Shell/Rain Jacket
- Fleece
- Base Layer Top
- Base Layer Bottoms
- Sun Hat and Beanie
- Buff and Bandana
- Lightweight warm Gloves
- Trekking Shirts
- Trekking Pants
- Synthetic Multisport Pants
- 4 Merino Trekking Socks
- Underwear / Bras
- Mid weight Down Jacket
- Heavy Weight / Hi Loft Down Jacket