



## PACKS & BAGGAGE

- Expedition Duffle Bag
- Day Trekking Backpack with rain cover

## ESSENTIAL PERSONAL GEAR

- 0F \ -17C Sleeping Bag
- Inflating Sleeping Pad
- Inflatable Camp Pillow

## SPECIALTY EQUIPMENT

- Trekking Poles
- Helmet
- Crampons
- Headlamp
- Harness
- Grayl Filter Bottle
- Gaiters
- Spare Water Bottle
- 2 Locking Carabiners
- 2 climbing slings 60cm
- or safety cord

## BOOTS & FOOTWEAR

- Trekking Boots
- Alpine Boots (optional)
- Camp Shoes
- Sandals/Tevas/Keens

## OTHER PERSONAL GEAR

- Dry Bags
- Polarized Sunglasses
- Personal First Aid Kit
- Power Bank
- Snacks

## TOILETRIES

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

## CLOTHING LAYER SYSTEMS

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