



## PACKS & BAGGAGE

- Expedition Duffel Bag
- Day Trekking Backpack with rain cover

## SPECIALTY EQUIPMENT

- Trekking Poles
- Headlamp
- Grayl Filter Bottle
- Gaiters
- Summit Socks
- Heavy weight Gortex Gloves with fingers
- 2 climbing slings 60cm or safety cord
- 2 Locking Carabiners
- 2 Non-locking Carabiners
- Belay Device (ATC climbing device)
- Helmet \*
- Crampons \*
- Technical Ice Ax \*
- Harness \*

## BOOTS & FOOTWEAR

- Trekking Boots
- Alpine Boots (B1/B2) \*\*
- Camp Shoes
- Sandals/Tevas/Keens

## OTHER PERSONAL GEAR

- Dry Bags
- Polarized Sunglasses
- Personal First Aid Kit
- Power Bank
- Chargers/Phone Cable
- Personal snacks

## TOILETRIES

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

## ESSENTIAL PERSONAL GEAR

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

## 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 Light Weight
- Trekking Shirts
- Trekking Pants
- Synthetic Multisport Pants
- Merinos Trekking Socks
- Underwear / Bras
- Mid weight Down Jacket
- Heavy Weight / Hi Loft Down Jacket

\* Items can be rented

\*\* We do recommend bringing your own 6000 meter boots if you have them.

\*\*\* Optional

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