



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
- 3 Locking Carabiners
- Belay Device (ATC climbing device)
- Helmet *
- Crampons *
- Ascender/Jumar
- Harness *

BOOTS & FOOTWEAR

- Trekking Boots
- 6000-meter Boots **
- Camp Shoes
- Sandals/Texas/Keens for use in the lodges

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 free of charge.

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

*** Optional.

NEPAL | LOBUCHE EAST PEAK EXPEDITION