



PACKS & BAGGAGE

- ☐ Expedition Duffel Bag
- ☐ Day Trekking Backpack w/ rain cover

ESSENTIAL PERSONAL GEAR

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

SPECIALTY EQUIPMENT

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

BOOTS & FOOTWEAR

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

CLOTHING LAYER SYSTEMS

- ☐ 1 Rain Shell Pants
- ☐ 1 Synthetic Multisport Pants
- ☐ 1 Trekking Pants
- ☐ 1 Pair of Shorts
- ☐ 1 Fleece
- ☐ 3 Trekking Shirts
- ☐ 1 Base Layer Top
- ☐ 1 Base Layer Bottoms
- ☐ 1 Warm Down Jacket
- ☐ 1 Heavy Weight / Hi Loft Down Jacket
- ☐ 1 Hard Shell/Rain Jacket
- ☐ 1 Gloves Light Weight
- ☐ 1 Gloves Mid Weight
- ☐ 1 Sun Hat and Beanie
- ☐ 1 Buff and Bandana
- ☐ 5 Merino Trekking Socks
- ☐ 5 Underwear / Bras

* 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