



Climbing Gear List for over 7,000m

❖ Climbing Gears

- Ice Axe with Leash
- Crampons
- Climbing Harness
- Carabiners
- Ascender (Jumar)
- Belay Device
- Prussiks
- Trekking Poles
- Helmet

❖ Headwear

- Headlamp (min. 200 lumens) with sufficient batteries (Li-Ion batteries)
- Sunglasses (Polarized/ UV Protected)
- Woolen Cap
- Sunhat
- Buff Scarf
- Balaclava

❖ Hygiene kit (toiletries)

- Sun screen (min. 50 SPF)
- Lip guard
- Water bottle
- Thermos
- First Aid Kit
- Personal medications
- Personal first aid kit

❖ Miscellaneous

- Camera and associated gears
- Camp knife/ multi-tools
- Binoculars/ magnifiers
- Personal reading accessories
- Games and entertainment mediums
- Pee bottles
- Dry bag/ compression bags

❖ Body wear (Clothing/Layering)

- Down suit
- Down jacket
- Down pant
- Gore-Tex set \ Hardshell set
- Insulated mid-layer
- Fleece jacket
- Thermal set
- Quick dry (half and full-sleeved)
- T-shirts
- Trekking trousers
- Additional as per necessity

❖ Footwear

- Trekking shoes
- Expedition climbing shoes (7000er series)
- Camp shoes/ slippers
- Gaiters
- Liner socks
- Woolen socks/ trekking socks
- Summit socks (7000er series)

❖ Personal Kit

- Trekking backpack
- Expedition backpack
- Sleeping bag (-20°C for base camp)
- Sleeping bag (-40°C for climbing)
- Sleeping Mattress

❖ Handwear

- Liner gloves
- Fleece gloves
- Expedition Gore-Tex gloves (heavy duty)
- Mittens