

## Travel Items:

- Travel wallet
- Hand sanitizer
- Swimwear for Russian banya spa (optional)
- 1x large duffel bag (with locks)
- Passport, personal travel documents including Russian visa
- Casual travel and in-town clothes

## Lower Body:

- Trekking boots (medium weight)
- 2x pairs of trekking socks
- Double insulated Mountaineering Boots
- 2x pairs of climbing socks (1 thin, 1 thick)
- 2x pairs of thermal underlayers (1 medium, 1 light)
- 2 x pairs of synthetic climbing pant (1 medium, 1 light)
- 1 x pair of full zip shell pants
- 3x pairs of synthetic underwear (travel, climbing, trekking)
- 2 x pairs of synthetic climbing pant (1 medium, 1 light)
- 1 x pair of insulated pants (medium weight)
- 1 x pair of full zip shell pants

- Heavy gaiters (only if your climbing boot doesn't have built in gaiters)

## Upper Body:

- 2x thermal long john tops (1 medium, 1 light)
- 2x medium weight layers (i.e synthetic pile jacket, down jacket)
- 1 x shell jacket
- 1 x down parka with a hood
- 2 x buff neck gaiters
- 1 x facemask
- 1 x winter hat
- 1 x sunhat
- 1 x pair of fleece gloves
- 1 x pair of climbing gloves
- 1 x pair of 8000m mitts
- Chemical hand and foot warmers (optional)
- 2 x pairs of glacier glasses (1 as a spare set)
- 2 x pairs of goggles (1 clear lens, 1 cat 4 lens)
- 1 x sun hoodie
- Water treatment/purification



## Climbing / MSC Gear:

- Water treatment/purification
- Ear plugs
- Camera or camera phone
- 1x sleeping bag (rated to 0 degrees F)
- Personal toiletries
- Lip balm with spf
- Book/kindle
- Baby wipes
- Small medical kit including (Acetazolamide 125mg x 14 tablets, Dexamethasone 4mg x 4 tablets, Nifedipine 30 mg slow-release x 2 tablets)
- 1 roll toilet paper
- Pee bottle (1L wide opening nalgene)
- pee funnel for women
- 1 x large trashbag
- 2x headlamps (1 main, 1 as backup)
- Extra batteries for headlamp
- Battery bank/solar charger for devices
- 50-60L Climbing Pack
- Waterbottles (2x 1L)
- Insulating bottle covers
- 1x Lightweight climbing harness
- 1x climbing sling (double length)
- 1x locking carabiners
- 3x non-locking carabiners
- 20ft of 8mm prussik cord
- Climbing helmet
- Alpine Ice axe
- 12 point crampons
- Trekking poles
- Pack cover
- 2x down sleeping bags (1x -20 & 1x -40)
- 2 x sleeping pads (1x closed cell, 1x inflatable)
- 2x headlamps
- Water bottles (either 2x 1L wide opening nalgene or 1x 1.5L & 1x 0.5L)
- Insulating bottle covers
- 3x compression sacks
- Multitool
- Altitude watch
- Sunscreen
- 5lbs/2kgs of snack food
- Gu energy gels & hydration tabs
- Toothbrush and toothpaste