

## Travel Items:

- Travel wallet
- Day Pack (30L - 40L)
- 2x XL Duffel bags (with locks)
- Passport, personal travel documents
- 3x Passport photos
- Casual travel and in-town clothes
- Lightweight sneakers

## Lower Body:

- 2x pairs of light socks
- Trekking boots (ankle support and waterproof)
- 2x pairs of trekking socks
- Double Insulated Mountaineering Boots (& gaiters if your boots don't have them)
- 2x pairs of climbing socks
- Gaiters for trekking boots
- Foot powder
- Down booties
- 2x pairs of thermal underlayers (1 medium, 1 light)
- 4x pairs of synthetic underwear (travel, climbing, trekking, basecamp)
- 2 x pairs of synthetic climbing pant (1 medium, 1 light)
- 1 x pair of insulated pants

- 1 x pair of full zip shell pants

## Upper Body:

- 2x medium weight long john tops
- 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
- 2 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 x pairs of goggles (1 cat 4 lens)



## Travel Items:

- 50-60L Climbing Pack
- Lightweight climbing harness
- 1x climbing ascender
- 3x slings (2x double length, 1x single length)
- 3x locking carabiners
- 4x non-locking carabiners
- 20ft of 8mm prussik cord
- Climbing helmet
- Alpine Ice axe
- 12 point crampons
- Figure 8 and rapel device
- Trekking poles
- Pack cover
- 1x down sleeping bag (1x -20F)
- 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
- 0.5L Thermos
- Water purification
- Book or Kindle/iPad with movies/tv series
- Camera
- Multitool
- Altitude watch
- Mug, bowl, cutlery
- Sunscreen
- Hand Sanitizer (several small bottles)
- Lip Balm with spf
- Small Soap
- Small Shampoo
- Umbrella and Rain Poncho
- Trek towel
- Tooth Brush and Toothpaste
- Nail trimmers
- Baby wipes
- Basic medical kit with high altitude meds
- Snack food
- Portable humidifier (optional)