

Travel Items:

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

Lower Body:

- Arctic boots
- Arctic ski boots
- 3x pairs of heavy climbing socks
- Foot powder
- Down booties
- 2x pairs of thermal underlayers (1 medium, 1 light)
- 3x pairs of synthetic climbing underwear
- 2 x pairs of synthetic climbing pant (heavy weight) and belt if required
- 1 x pair of insulated pants
- 1 x pair of full zip shell pants

Upper Body:

- 2x heavy weight long john thermal tops
- 2x medium weight layers (i.e synthetic pile jacket, down jacket)
- 1 x shell jacket
- 1 x heavy down parka with a hood
- 2 x buff neck gaiters
- 1 x full facemask
- 2 x winter hat
- 1 x sunhat
- 1 x pair of fleece gloves
- 1 x pair of skiing/climbing gloves
- 1 x pair of 8000m mitts
- 2 x pairs of glacier glasses (cat 4)
- 1 x pairs of goggles (cat 4)
- 1 x sun hoodie



Skiing/Expedition Gear:

- Skis with skins and bindings to fit your boot
- Trekking/ski poles
- 1x down sleeping bag (-40)
- 2 x sleeping pads (1x closed cell, 1x inflatable)
- Battery charger/solar charger
- Earplugs
- Small bottle of aloe vera (sunburn, cracked skin)
- Prescription medications
- Small medical kit
- 2x rolls Toilet paper
- 2x headlamps
- Water bottles (either 2x 1L wide opening nalgene or 1x 1.5L & 1x 0.5L) and 1x pee bottle (1L nalgene work well - ladies bring pee funnel)
- Insulating bottle covers
- 3 x large, heavy duty trash bags
- 0.5L Thermos
- Book (optional)
- Headphones (optional)
- 4x compression sacks
- Camera
- Multitool
- Altitude watch
- Mug, bowl, cutlery
- Sunscreen (zinc)
- 2x Lip Balm with spf
- Baby wipes
- Snack food