



Travel Items:

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

Lower Body:

- Sorel Type insulated snow boots
- (2) Pairs Light socks
- Medium weight trekking boots
- (2) Pair Trekking socks
- Triple climbing boots
- (2) pair climbing socks
- Medium weight trekking gaiters
- Electric Foot warmers (optional)
- Foot Powder
- Down Booties
- (2) pair thermal bottoms (1 medium, 1 light)
- (4) Pair synthetic underwear/sports bras
- (2) Pair Synthetic climbing/trekking pants

- Insulated pants
- Shell pants with full side zips

Upper Body/Hats & Gloves

- (2) medium weight baselayer tops (longsleeve)
- (2) medium weight insulating layers (puffy/fleece)
- Shell Jacket
- Down Parka
- (2) buffs/neck gaiters
- Facemask
- (2) winter hats
- Baseball/sun hat
- (1-2) Fleece gloves
- Extra warm climbing gloves
- 8000m mittens
- Chemical handwarmers/footwarmers (Optional)
- (2) Pair Glacier glasses
- (2) sets of goggles
- 8000m Expedition Down suit



Climbing Gear:

- | | |
|---|--|
| <input type="checkbox"/> Climbing pack (50-60L) | <input type="checkbox"/> Book/Kindle/tablet for entertainment |
| <input type="checkbox"/> Lightweight Harness | <input type="checkbox"/> Battery pack to charge phone/tablet |
| <input type="checkbox"/> Climbing Ascender | <input type="checkbox"/> Camera |
| <input type="checkbox"/> (2) double length (120 cm) slings | <input type="checkbox"/> Multitool |
| <input type="checkbox"/> (1) single length (60 cm) sling | <input type="checkbox"/> Altitude watch |
| <input type="checkbox"/> 20 feet (6 meters) 8mm prussik cord | <input type="checkbox"/> Cup/bowl/spoon |
| <input type="checkbox"/> (3) locking carabiners | <input type="checkbox"/> Sunscreen and zinc |
| <input type="checkbox"/> (4) non-locking carabiners | <input type="checkbox"/> Hand sanitizer (3-4 bottles) |
| <input type="checkbox"/> Climbing helmet | <input type="checkbox"/> Lip balm (multiple) |
| <input type="checkbox"/> Alpine ice axe | <input type="checkbox"/> Small Soap |
| <input type="checkbox"/> 12 point crampons | <input type="checkbox"/> Small Shampoo |
| <input type="checkbox"/> Figure 8 and ATC style rappel device | <input type="checkbox"/> Umbrella and Rain Poncho |
| <input type="checkbox"/> Trekking Poles | <input type="checkbox"/> Trek Towel |
| <input type="checkbox"/> Pack cover | <input type="checkbox"/> Toothbrush/toothpaste |
| <input type="checkbox"/> -20F (-28C) Down sleeping bag | <input type="checkbox"/> Nail trimmers |
| <input type="checkbox"/> -40F (-40C) Down sleeping bag | <input type="checkbox"/> Baby wipes |
| <input type="checkbox"/> Closed cell foam sleeping pad | <input type="checkbox"/> Basic medical Kit (See full gear list) |
| <input type="checkbox"/> Inflatable sleeping pad | <input type="checkbox"/> High altitude meds (See full gear list) |
| <input type="checkbox"/> (2) headlamps (1 primary, 1 backup) | <input type="checkbox"/> Snack foods (10 pounds/ 4 Kg) |
| <input type="checkbox"/> Extra batteries (lots) | <input type="checkbox"/> Portable Humidifier |
| <input type="checkbox"/> (2) 1L water bottles | |
| <input type="checkbox"/> Insulating water bottle covers for all bottles | |
| <input type="checkbox"/> .5L Thermos | |
| <input type="checkbox"/> Water purification (Chemical or UV) | |