

## Travel Items:

- Travel Wallet
- Day Pack (30L-40L)
- (2) Large Duffel Bags w/ locks
- Passport, personal travel documents
- (3) Passport photos
- Casual travel and In town clothes
- Team Emails and Pre-Trip Packet
- Wall plug adapter and cords
- In town toiletries
- Hand Sanitizer for travel
- Light weight sneakers
- Swimsuit (optional)
- In town clothes (2-3 sets)

## Lower Body:

- Hiking Shoes/light hiking boots
- (2) Pair Trekking socks
- Triple Mountaineering boots
- (2) Pair climbing socks
- Medium weight gaiters
- Electric Foot Warmers (optional)
- Foot Powder
- Down Booties
- (2) pair thermal bottoms

- (4) Pair synthetic underwear/sports bras
- (2) Pair Synthetic climbing/trekking pants
- Insulated Pants
- Shell pants with full side zips
- Belt
- Neoprene Surf Booties

## Upper Body/Hats and Gloves

- (2) baselayer tops (longsleeve)
- Lightweight sun hoody
- (2) medium weight insulating layers (puffy/fleece)
- Shell Jacket
- Down Parka
- (2) buffs/neck gaiters
- (1) facemask/balaclava
- (2) Winter hat
- Baseball/sun hat
- (1-2) fleece gloves
- Climbing gloves - Warm
- 8000m Mitten
- Chemical hand/foot warmers (optional)
- Glacier glasses
- Goggles



## Climbing Gear

- Climbing pack (85-110L)
- Lightweight Harness
- (1) locking carabiners
- (2) non-locking carabiners
- Climbing helmet
- Alpine ice axe
- 12 point crampons
- Trekking Poles
- Pack cover
- 20F degree down sleeping bag
- Closed cell foam sleeping pad
- Inflatable sleeping pad
- (2) headlamps (1 primary, 1 backup)
- Extra batteries (3-4 sets)
- (2) 1L water bottles
- Insulated bottle covers
- .5L Thermos
- Water purification (Chemical or UV)
- Altitude watch

## Miscellaneous Gear

- Book/Kindle/tablet for entertainment
- Battery pack or Solar Charger to charge phone/tablet

- Charging cords
- Camera
- Multitool or pocket knife
- Cup/bowl/spoon
- Sunscreen and zinc
- Ear Plugs
- Hand sanitizer (2-3 bottles)
- Lip balm (multiple)
- Small pack of Baby Wipes
- Trek Towel
- toothbrush/toothpaste
- Personal Toiletries
- Nail trimmers
- Small soap/shampoo
- Umbrella/Rain Poncho
- Basic medical Kit (keep it light)
- Personal Prescription meds and High altitude meds
- Small Aloe Vera
- Snack foods (10 pounds/4 Kg)
- Electrolyte Replacement Tablets or Powder
- Pee bottle/Pee Funnel
- Toilet paper (2 roll)
- (5) Heavy duty trash bags