

## Travel Items:

- Travel Wallet
- Passport and Travel Documents
- (3) Passport Photos
- In town clothes (2-3 sets)
- Cash
- Day Pack (30-40L)
- (2) Large Duffel Bags w/ locks
- Team Emails and Pre-Trip Packet, travel details
- Hand Sanitizer
- Swimsuit (optional)
- Travel Adapters, charging cables, batter pack etc.
- In Town toiletries
- (2) pair in town light socks
- Light weight sneakers

## Lower Body:

- Medium Weight Trekking Boots
- Sorel Type boot
- Double Mountaineering boots
- Down Booties
- (2) Pair Trekking socks
- (2) Pair climbing socks
- Medium Weight trail Gaiters
- Heavy, Knee High Gaiters
- Electric Foot Warmers (Optional)
- Foot Powder

- (2) pair thermal bottoms (1 medium, 1 light)
- (4) Pair synthetic underwear/sports bras
- (2) Pair Synthetic climbing/trekking pants
- Rain Shell pants with full side zips
- Mid weight insulated pants, full side zips
- Belt

## Upper Body/Hats and Gloves

- Lightweight sun hoody
- (2) Baselayer thermal tops
- (2) medium weight insulating layers (puffy/fleece)
- Rain Shell Jacket
- Down Parka
- (2) buffs/neck gaiters
- 1 Facemask/Balaclava
- (2) Winter hat
- Baseball/sun hat
- Fleece/softshell Gloves
- Climbing gloves
- 8000m Mitten
- Chemical hand/foot warmers (optional)
- (2 pair) Glacier glasses
- (2 pair) Goggles



## Climbing Gear

- |   |  |
|---|--|
| <input type="checkbox"/> Climbing pack (50-60L)                                 | <input type="checkbox"/> Cup/Bowl/Spoon                  |
| <input type="checkbox"/> Lightweight Harness                                    | <input type="checkbox"/> Sunscreen and Zinc              |
| <input type="checkbox"/> Climbing Ascender                                      | <input type="checkbox"/> (2-3) Lip Balm                  |
| <input type="checkbox"/> (2) double length (120 cm) slings                      | <input type="checkbox"/> Hand Sanitizer                  |
| <input type="checkbox"/> (1) single length (60cm) sling                         | <input type="checkbox"/> Small Soap                      |
| <input type="checkbox"/> (3) locking carabiners                                 | <input type="checkbox"/> Small Shampoo                   |
| <input type="checkbox"/> (4) non-locking carabiners                             | <input type="checkbox"/> Small Towel                     |
| <input type="checkbox"/> 20 feet 8mm perlon accessory cord                      | <input type="checkbox"/> Personal Toiletries             |
| <input type="checkbox"/> Climbing helmet  | <input type="checkbox"/> Baby wipes                      |
| <input type="checkbox"/> Alpine ice axe + leash                                 | <input type="checkbox"/> Pee Bottle                      |
| <input type="checkbox"/> 12 point crampons                                      | <input type="checkbox"/> Pee funnel (women)              |
| <input type="checkbox"/> Figure 8 and ATC style rappel devices                  | <input type="checkbox"/> Med Kit                         |
| <input type="checkbox"/> Trekking Poles   | <input type="checkbox"/> Prescription Medications        |
| <input type="checkbox"/> Pack cover   | <input type="checkbox"/> Ear plugs                       |
| <input type="checkbox"/> Compressions sacks                                     | <input type="checkbox"/> Aloe Vera                       |
| <input type="checkbox"/> Sleeping bag (-20F/-28C)                               | <input type="checkbox"/> Hand Cream (optional)           |
| <input type="checkbox"/> (1) Closed cell foam sleeping pad                      | <input type="checkbox"/> headphones                      |
| <input type="checkbox"/> (1) Inflatable sleeping pad                            | <input type="checkbox"/> (2 Rolls) Toilet Paper          |
| <input type="checkbox"/> 2 Headlamps  | <input type="checkbox"/> (3) Large heavy duty trash bags |
| <input type="checkbox"/> headlamp batteries                                     | <input type="checkbox"/> Snack food                      |
| <input type="checkbox"/> (2) 1L waterbottles                                    |  |
| <input type="checkbox"/> Insulated water bottle covers                          |  |
| <input type="checkbox"/> (1) .5L Thermos  |  |
| <input type="checkbox"/> Water Purification system                              |  |
| <input type="checkbox"/> Battery bank / recharger / solar charger<br>with cords |  |
| <input type="checkbox"/> Book /Kindle / tablet for entertainment                |  |
| <input type="checkbox"/> Camera or Phone Camera                                 |  |
| <input type="checkbox"/> Knife or Multitool                                     |  |
| <input type="checkbox"/> Altitude watch   |  |