CLIMBING
THE SEVEN SUMMITS

Travel Items:

- [ ] Travel Wallet
- [ ] Day Pack (30L-40L)
- [ ] (1) Large Duffel Bags w/ locks
- [ ] Passport, personal travel documents
- [ ] (3) Passport photos
- [ ] Casual travel and In town clothes
- [ ] Team Emails and Pre-Trip Packet

Lower Body:

- [ ] Trekking boots
- [ ] (2) Pair Trekking socks
- [ ] (2) Pair climbing socks
- [ ] Single or Double Mountaineering boots
- [ ] Medium or heavy weight gaiters
- [ ] Foot Powder
- [ ] (2) Pair thermal bottoms (1 medium, 1 light)
- [ ] (2) Pair synthetic underwear/sports bras
- [ ] (2) Pair Synthetic climbing/trekking pants
- [ ] Shell pants with full side zips

Upper Body/Hats and Gloves:

- [ ] (2) Medium weight baselayer tops (longsleeve)
- [ ] Lightweight sun hoody
- [ ] (1) Medium weight insullating layers (puffy/fleece)
- [ ] Shell Jacket
- [ ] Down Parka
- [ ] (2) Buffs/neck gaiters
- [ ] (1) Winter hat
- [ ] Baseball/sun hat
- [ ] (1-2) Fleece gloves
- [ ] Climbing gloves - Warm
- [ ] Glacier glasses
- [ ] Goggles

Climbing Gear:

- [ ] Climbing pack (65-70L)
- [ ] Lightweight Harness
- [ ] (1) Locking carabiners
- [ ] (1) Non-locking carabiners
- [ ] Climbing helmet
- [ ] Alpine ice axe
- [ ] 12 point crampons
- [ ] Trekking Poles
- [ ] Pack cover
- [ ] 0 Degree or 15 Degree sleeping bag
- [ ] Closed cell foam sleeping pad
- [ ] Inflatable sleeping pad
- [ ] (2) Headlamps (1 primary, 1 backup)
- [ ] Extra batteries (2-3 sets)
- [ ] (2) 1L water bottles
- [ ] .5L Thermos
- [ ] Water purification (Chemical or UV)
- [ ] Book/Kindle/tablet for entertainment
- [ ] Battery pack to charge phone/tablet
- [ ] Camera
- [ ] Multitool or pocket knife
- [ ] Altitude watch
- [ ] Cup/bowl/spoon
- [ ] Sunscreen and zinc
- [ ] Hand sanitizer (1-2 bottles)
- [ ] Lip balm (muliple)
- [ ] Trek Towel
- [ ] Toothbrush/toothpaste
- [ ] Nail trimmers
- [ ] Baby wipes
- [ ] Basic medical Kit (keep it light)
- [ ] Snack foods (3 pounds/ 1.5 Kg)
- [ ] Pee bottle/Pee Funnel
- [ ] Toilet paper (1/2 a roll or so)
- [ ] (2) Heavy duty trash bags
- [ ] Cash, credit or debit cards

5 Day Itinerary Additional Gear

- [ ] Climbing Ascender
- [ ] (2) Double length (120 cm) slings
- [ ] (1) Single length (60 cm) sling
- [ ] 25-30 feet (8-10 meters) 6mm prussik cord
- [ ] (3) Locking carabiners
- [ ] (4) Non-locking carabiners
- [ ] Figure 8 or ATC style rappel device
- [ ] Additional 1 pound snack food (4 pounds total)
- [ ] (1) Extra pair climbing socks
- [ ] Rite-in-the-Rain notebook and pencil