



CARSTENSZ PYRAMID GEAR LIST

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Carstensz Pyramid Gear List

This detailed gear list is provided for your reference. Each item has been selected by our owners and trusted guide staff over the course of many expeditions to the peak and experience from hundreds of expeditions to other peaks. Please follow these guidelines carefully. Every item on the list is mandatory (except where noted as optional), and if you arrive missing some of them, you will be required to track them down prior to the climb at your own expense, which can be difficult and costly. We have identified our favorite items and highly recommend them to you. Please choose items like this, although your selections don't need to be these exact items.

Please make sure you are fully prepared so that your trip and your teammates' trips go smoothly. If you have any gear questions, please shoot us an email or give us a call, and we can discuss them: we're here to help!

Travel Wallet/Crossbody Bag (optional)

- With your passport, cash, travel documents, and pen.

\$1,000 USD Cash Travel Expense Money

- Includes \$200 USD for the local staff tip pool.



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

2 x Large Duffel Bags with Locks

- Ideally made of high-durability PVC with shoulder straps and waterproof.
- Please do not use duffels with a roller frame. They are much heavier and very difficult for porters.



The North Face Base Camp Duffel - XXL

3 x Passport Photos

- You will need one for your entry visa and likely your climbing permit as well.

Casual Travel Clothes

- These should be comfortable and suitable for wearing to nicer restaurants while in town.

Print Out of Team Emails

Travel Adapters, Charging Cables, Battery Packs, etc.

In-Town Toiletries

Lightweight Sneakers

- These must be suitable for travel and to wear around base camp.
- An aggressive tread for traction and some water resistance is important.

2 x Pairs of Light Socks

- For trekking and travel.

Hand Sanitizer

Swimsuit (optional)

Hiking Shoes or Light Hiking Boots

- Midweight warmth.
- These need to have ankle support and be waterproof with good tread.
- Standard hiking/backpacking boots are a great option.
- Boots are for around base camp and acclimatization hikes.



Merrell Moab 2 Mid Waterproof



Salomon Women's Quest 4D 3 Gore-Tex® Boots

Climbing Boots

- Midweight.
- These need to have ankle support, be waterproof with a good tread, and be able to climb in technical terrain.
- Must have a crampon-compatible heel welt.

Foot Powder

- Keeps feet dry and warm.



La Sportiva Trango Tower GTX
(Men's)



La Sportiva Trango Tower GTX (Women's)

4 x Pairs of Trekking Socks

- These should be midweight and need to extend above the boot top.



Darn Tough Coolmax Micro Crew Cushion



Darn Tough Hiker Boot Sock Full Cushion

Climbing Socks

- These need to be heavyweight and extend above the top of your boots.
- They need to fit well so they don't bunch up while climbing.



Darn Tough Mountaineering Over-the-Calf Extra Cushion

Gaiters

- These must be waterproof and fit your trekking boots well.



Outdoor Research Rocky Mountain Low Gaiters

2 x Pairs of Thermal Bottoms

- 1 x lightweight
- 1 x midweight

4 x Pairs of Synthetic Underwear and Bras

- For climbing, trekking, and base camp.



Icebreaker Men's Merino 260 Tech
Thermal Base Layer Leggings



Women's 250 Vertex Leggings
Snow Storm

2 x Pairs of Soft Shell Climbing Pants

- 1 x lightweight
- 1 x midweight
- These need to fit over your thermal underlayer and under your full-zip shell pants.
- Zippered pockets are good, and thigh vents can be useful on hot days.



Outdoor Research Men's
Research Cirque II Pants



Outdoor Research
Women's Cirque II Pants



Outdoor Research Men's
Ferrosi Pants



Outdoor Research
Women's Ferrosi Pants

Insulated Pants

- Synthetic or down is good.
- These should fit over BOTH your thermal base layers and your climbing pants.
- These must have full zips on the sides so you can put them on and off over your climbing boots without taking your boots off.



Mountain Hardwear Men's
Compressor Alpine Pants



Mountain Hardwear Women's
Compressor Alpine Pants

Shell Pants

- These must fit over your thermal underlayers AND climbing pants.
- These MUST be waterproof and have full zips on the side to get on and off over your climbing boots and crampons.
- Lightweight and breathable are ideal.



Outdoor Research Men's Apollo
Rain Pant



Outdoor Research Women's Apollo
Rain Pants

2 x Pairs of Base Layer Thermal Tops

- 1 x lightweight
- 1 x midweight



Icebreaker Men's Merino 260
Tech Long Sleeve Half Zip
Thermal Top



Icebreaker Women's Merino
260 Tech Long Sleeve Half
Zip Thermal Top

Sun Hoody

- Lightweight, non-cotton, long-sleeved sun shirt with a hood.



Black Diamond Men's
Alpenglow Hoody



Black Diamond Women's
Alpenglow Hoody

2 x Midweight Layers

- 1 x synthetic pile jacket
- 1 x down or synthetic vest
- You will want a combination of options, including both a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.
- These should be lightweight with maximum warmth and very packable.



Himali Accelerator Down Jacket 2.0



Patagonia Women's Down Sweater Hoody



Patagonia Men's R1 Air Full-Zip Hoody



Patagonia Women's R1 Air Full-Zip Hoody

Shell Jacket

- This should be lightweight, waterproof, and packable with a hood.
- It must fit over all your upper body layers except your largest down parka.



Outdoor Research Men's
Helium II Jacket



Outdoor Research
Women's Helium II Jacket

Down Parka

- This needs to be very warm yet light and packable with a hood.
- This will be worn at base camp and on the climb.



Feathered Friends Volant
Parka



Mountain Hardwear Nilas
Jacket

2 x Neck Gaiters



Buff Neck Gaiters

2 x Winter Hats

- They must be very warm and cover your ears.

Baseball Hat or Sun Hat

- This should be lightweight and breathable for hot and sunny days yet cover as much exposed skin as possible.



Outdoor Research Vigor Grid
Fleece Beanie



Outdoor Research Sun
Runner Cap

Midweight Fleece Gloves



Outdoor Research Men's Vigor
Midweight Sensor Gloves

Outdoor Research Women's Vigor
Midweight Sensor Gloves

Midweight Climbing Glove

- Midweight insulated gloves
- Leather palm gloves are more durable and preferred.



Outdoor Research Stormtracker Sensor Gloves

2 x Pairs of Leather Gloves

- A few pairs of simple leather work or gardening gloves can be pretty valuable on this climb. The rock is very rough, and it often rains at some point during summit day, so having cheap gloves that you don't mind beating up is great. If you have several pairs, then once one gets wet or torn, you can toss it in your pack and put on another pair.
- To keep these gloves dry for longer on the climb, waterproof them with waterproofing wax under low heat in the oven.
- If you can find some with a thin layer of insulation this will keep your hands warmer up high.



Kinco Men's Lined Premium Grain
Pigskin Palm with Knit Wrist



Kinco Women's Lined Premium
Grain Pigskin Palm with Knit Wrist

Chemical Hand and Foot Warmers (optional)

- Bring enough pairs to get you through the expedition but not more as they are heavy to carry up the mountain.
- If you are bringing the Hotronics electric foot warmers, you will likely not need the chemical warmers.
- Note: chemical hand warmers use oxygen to burn, so they do not work well at high altitudes, and the foot warmers in the boots do not really work at all on summit day.



Hand warmers

Glacier Glasses

- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light for climbing on the snow.
- Bring a second pair as a spare.

Goggles

- These should be the darkest lenses you can buy (Cat 4) to wear on the snow.

Prescription Eyewear

- If you need prescription glacier glasses contact the manufacturer for options well in advance of your trip.

Pair of Normal Sunglasses



Julbo Skydome Reactive 2-4



Julbo Explorer 2.0 Spectron 4

Daypack

- Lightweight and 30 - 40L.
- This pack will be used as a carry-on bag for your flights and then for the climb.
- It should have both a waist belt and a chest strap.



Hyperlite Mountain Gear
Prism Pack (40L)



Mammut Trion 50L
Women's



Mammut Trion 38L
Men's

Rock Climbing Harness

- Must be big enough to fit over your puffy pants but also fit snugly over just a base layer if it is hot.

Climbing Ascender

- Buy the ascender for your strong hand, not your weak hand (i.e., if you are right-handed, buy the right-handed ascender).



Black Diamond Men's
Technician Harness



Black Diamond Women's
Technician Harness

3 x Climbing Slings

- 2 x double-length slings (120cm)
- 1 x single-length sling (60cm)
- These will be used for rigging your ascender and safety for climbing.



Black Diamond Nylon Slings

10 x Carabiners

- 5 x locking carabiners
- 5 x non-locking carabiners



Black Diamond Oval
Wire Carabiner



Black Diamond VaporLock
Screwgate Carabiner

Prusik Cord

- 30 feet of 8mm prusik cord
- This will be used to rig your ascender, safety, and “ditch loop.”

Climbing Helmet

- Must fit well and be lightweight.
- Must accept a headlamp securely.



Black Diamond Vapor Helmet

Alpine Ice Axe

- This must be long enough for walking, and have a leash to clip to your harness.
- You will not be using your ice axe while climbing very often.
- You will mostly be focused on using your ascender and safety while climbing the fixed line, with your ice axe strapped to your pack in case you need it.



Black Diamond Raven Ice Axe

12-Point Crampons

- These MUST fit your boots perfectly.
- There is no way to get new crampons once in the mountains.
- These must be steel (NOT aluminum) and be 12-points.
- Please, no vertical-style front points. These are more aggressive than you need and are dangerous for less technical sections.
- We have found that to get the best fit, you want a clip-on heel bail and rounded plastic toe bail (as pictured on the Petzl Vasak). The wire toe bails can break and often do not fit properly.



Petzl Vasak 12 point crampons



Black Diamond 12 point Sabretooth Crampon

Figure 8 and Rappel Device

- Some guides prefer you to use a figure 8 on tight fixed lines because it is easier to get on the rope and smoother to rappel with, but it twists the rope. Other guides prefer an ATC-style rappel device because it doesn't twist the rope. Please bring both to be able to deal with any scenario.



Black Diamond Super 8



Black Diamond ATC

Trekking Poles

- These must be lightweight and collapsible to fit in your duffel bag.
- The “flick lock” style is the most reliable.
- Larger powder snow baskets are the best option.



Black Diamond Trail Pro

Pack Cover

- To cover your daypack if it rains.



Gregory Rain Cover 30L-50L

Down Sleeping Bag

- Rated to 0°F / -18°C.
- This must be roomy enough to fit your water bottles inside so they don't freeze.



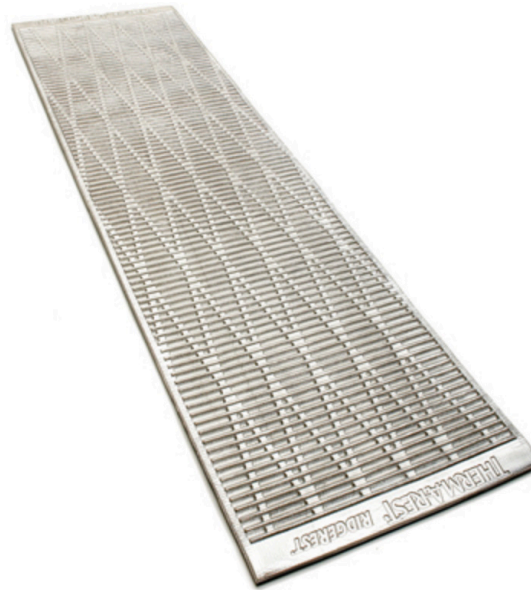
Mountain Hardwear Men's
Bishop Pass 0°F/-18°C



Mountain Hardwear Women's
Bishop Pass 0°F/-18°C

2 x Sleeping Pads

- 1 x closed-cell foam.
- 1 x inflatable.
- You will use these together for more comfort and warmth.
- The closed-cell foam (Ridgerest type) protects your inflatable (Neoair type) pad from the rocks and gravel underneath your tent. Neither is warm enough on their own.



Therm-a-Rest Ridgerest



Therm-a-Rest Neoair XLite

2 x Headlamps

- 1 x medium-sized.
- 1 x small-sized as a backup.
- Your main headlamp needs to be powerful enough to climb during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to use in an emergency should your main headlamp fail.
- Please bring extra batteries for both headlamps (battery-powered headlamps are better than rechargeable headlamps for expeditions because you can bring extra batteries).

Batteries

- Make sure to have enough batteries for the expedition with spares.



Black Diamond Icon 700



Black Diamond ReVolt 350

Water Bottles

- Must be wide-mouth bottles for easy filling.
- Either 2 x 1L water bottles or 1 x 1.5L and 1 x .5L water bottles.
- Camelback-type hydration systems are unacceptable. They freeze, pop, and break, so they are unreliable.



Nalgene 48oz wide
mouth Silo



Nalgene 32oz
wide mouth



Nalgene 16oz
wide mouth

Insulating Bottle Covers

0.5L Thermos



Forty Below Bottle Boot



Thermos 470ml E5

Water Purification

- Iodine tablets, filter, or a UV treatment system.



Katadyn Steripen Classic 3

Book, Kindle, or iPad

- Download movies or TV series.

Camera

Multitool

Battery Bank with Cord



Gerber Suspension NXT Multi-Tool

Altitude Watch

- This should have a long-lasting battery, show the altitude, and have an alarm.



Garmin Instinct 2S Solar



Coros Vertix 2

Sunscreen and Zinc

- Buy a sunscreen with a high zinc content and sweat resistance.
- This must be 30 SPF or higher.



Neutrogena Sheer Zinc

Hand Sanitizer

- Bring several small bottles.

Lip Balm with SPF

Umbrella and Rain Poncho

- This should be compact and quick drying.

Toothbrush and Toothpaste

Baby Wipes

Medical Kit

- A basic medical kit with high-altitude medications should include a blister kit, low-dose aspirin, Band-Aids, wound closure strips, triple antibiotic ointment, basic repair kit, scissors, Diamox (acetazolamide, 125mg) for AMS, nifedipine (for pulmonary edema, time release), dexamethasone (for cerebral edema, 4mg), antacids, NSAIDs such as aspirin or ibuprofen, anti-diarrheal, duct tape, ear plugs, Antibiotics (upper respiratory such as Azithromycin and a gastro-intestinal such as Ciproflaxin), melatonin, Asthma medication if you use it (Advair), cold and flu medication. Prescription medications in consultation with your doctor.

Personal Toiletries

Pee Funnel (women only)

Bug Spray

Earplugs

- For sleeping if it is windy or if a teammate snores.

2 x Rolls of Toilet Paper and a Ziploc Bag for Storage

Pee Bottle

- 1 x liter bottle with a wide mouth.

5 x Trash Bags

- For waterproofing duffels and backpacks.

3 x Compression Sacks

Snack Food

- We recommend 5 pounds / 2.5 kilograms. You need to have an assortment of food you know will be palatable to you at high altitudes when you don't want to eat. We will provide you with most of the food you will need for the mountain but it is invaluable to supplement with food that you know works for you. We recommend a wide variety of cheeses, meats, nuts, dried fruits, hard candies, chocolates, and specialty athletic foods such as "Gu," "Nuun," Clif Blocks, and the like.



Gu Energy Gels



Gu Hydration Tabs



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THE SEVEN SUMMITS

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