



CLIMBING  
THE SEVEN SUMMITS

# CARSTENSZ PYRAMID GEAR LIST

[www.climbingthesevensummits.com](http://www.climbingthesevensummits.com)

## Carstensz Pyramid Gear List

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 favorites as examples of each item, which we highly recommend, but you don't need these specific brands/examples, just items that are similar and fit for the same purpose.

Being fully prepared will ensure that your trip and that of your teammates go smoothly and will contribute to your success in the mountains.

If you have any gear questions, please 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

### Cash

### Passport and Travel Documents

- Print out team emails to bring with you or download them on your phone for quick reference.

### Casual Travel / In-Town Clothes

- These should be comfortable and suitable for wearing to nicer restaurants while off the mountain.
- Bring lightweight sneakers for travel.



**Eagle Creek Stash Neck Pouch**



**Cotopaxi Allpa X 1.5L Hip Pack**

### **Swimsuit (optional)**

- For the hotel pool.

### **In-Town Toiletries**

### **Travel Adapters, Charging Cables, Battery Packs, etc.**

### **2 x Large Duffel Bags with Locks**

- One duffel can be any type of bag or luggage as it will be at the hotel with any items not going on the expedition.
- Your second duffel should be waterproof, PVC, rugged construction with shoulder straps (like North Face XXL).



**The North Face XXL Base Camp Duffel (150L)**

### Trekking Boots

- Medium warmth.
- These need to have ankle support and be waterproof with a good tread.
- Standard hiking/backpacking boots are a great option.
- Foot comfort is the most important; there are many hiking boots out there that work well.

### Gaiters

- Waterproof.
- These must fit over your trekking boots.



**La Sportiva TX Hike Mid GTX**



**Salomon Women's X Ultra  
360 Degree Mid Gore-Tex**



**Outdoor Research  
Rocky Mountain Low Gaiters**



### Single-Layer Climbing Boots

- Lightweight and technical boots.
- 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.



**La Sportiva**  
**Aequilibrium ST GTX Mens**



**La Sportiva**  
**Aequilibrium ST GTX Womens**

#### 4 x Pairs of Trekking Socks

- These should be midweight and need to extend above the boot top.
- These should be merino wool, not cotton.



**Darn Tough Men's Hiker Micro Crew Midweight Hiking Sock**



**Darn Tough Women's Hiker Micro Crew Midweight Hiking Sock**

## 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



**4 x Pairs of Synthetic Underwear / Sports Bras**

**2 x Pairs of Base Layer Thermal Bottoms**

- 1 x lightweight pair.
- 1 x midweight pair.



**Men's Merino 260 Tech  
Thermal Leggings With Fly**



**Women's Merino 260  
Tech Thermal Leggings**

## 2 x Pairs of Trekking Pants

- 1 x lightweight pair.
- 1 x midweight pair.
- 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.

### Belt (optional)



**Outdoor Research Men's  
Ferrosi Convertible Pants**



**Arc'teryx Gamma Pants Women's**

## Shell Pants

- These must fit over your base layers AND trekking pants.
- These MUST be waterproof, yet lightweight
- These should have full zips on the side to get on and off over your climbing boots and crampons.



**Outdoor Research Men's  
Stratoburst Stretch Rain Pants**



**Outdoor Research Women's  
Stratoburst Stretch Rain Pants**

### Insulated Pants

- Synthetic or down is good.
- Midweight is ideal.
- These should fit over BOTH your base layer and trekking pants.
- These must have full zips on the sides to get them on and off over your trekking boots.



**Mountain Hardware Compressor Pants**

## Lightweight Sun Hoody

- Non-cotton, long-sleeved sun shirt with a hood.



**Black Diamond Men's  
Alpenglowl Hoody**



**Black Diamond Women's  
Alpenglowl Hoody**

## 2 x 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**



## 2 x Midweight Layers

- 1 x fleece or sweater.
- 1 x down or synthetic jacket.
- 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.



**Himali Accelerator Down Jacket 2.0**



**Patagonia Women's Down Sweater Hoody**



**Outdoor Research Men's Vigor Grid Fleece Full Zip Hoodie**



**Outdoor Research Women's Vigor Grid Fleece Pullover Hoodie**

## 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.



**Arc'teryx Alpha Jacket Men's and Women's**

### Down Parka

- This needs to be heavyweight, very warm yet packable with a hood.
- This will be worn at Base Camp and on the climb.

### Spec to look for in a down parka:

- A fill weight of around 250 - 400 grams.
- An overall weight of around 600 - 800 grams.
- A water repellent (not resistant) shell.



**Feathered Friends  
Volant Down Jacket**



**Mountain Hardware  
Phantom Jacket**

## 2 x Neck Gaiters

- Daily use of a buff over your face is key for respiratory health.

## 2 x Winter Hats

- It must be very warm and cover your ears.

## Baseball Hat or Sun Hat

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



**Buff Lightweight  
Merino Neck Gaiter**



**Outdoor Research Vigor  
Grid Fleece Beanie**



**Outdoor Research  
Sun Runner Cap**

## Lightweight Gloves

- These need to be slim enough to fit under your climbing gloves.



**Outdoor Research Men's Vigor  
Midweight Sensor Gloves**

**Outdoor Research Women's  
Vigor Midweight Sensor Gloves**

## Midweight Gloves

- Lightly insulated gloves (ideally leather for durability) for general use on the mountain when mittens and climbing gloves are too warm and liner gloves are not warm enough.



**Outdoor Research Men's  
Extravert Gloves**



### 2 x Pairs of Leather Work Gloves

- A few pairs of simple leather work gloves are very valuable on this climb. The rock is very sharp, 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.



**Kinco Lined Premium Grain  
Pigskin Palm with Knit Wrist**

### Insulated PVC Winter Work Gloves

- Rain will be expected at some point during summit day, and the rock quickly becomes slick and saturated. Insulated waterproof PVC gloves will keep your hands dry and functional when conditions turn wet and cold.



**SHOWA 282-02 Waterproof Breathable Insulated Winter/Ski/Ice Glove with Extended Cuff**

### Chemical Hand and Foot Warmers (optional)

- Bring enough pairs to get you through the expedition, but not more, as they are heavy to carry.
- 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.

### Sunglasses

### Prescription Eyewear

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



**HotHands Hand Warmers**

### 30 - 40L Day Pack

- This pack can be used as your carryon bag during your travels to Indonesia.
- It should be lightweight and have both a waist belt and chest strap.



**Hyperlite Prism Pack (40L)**



**Black Diamond Speed Goat 40**



**Osprey Talon 33**

## Trekking Poles

- These must be lightweight and collapsible to fit in your duffel bag.
- The “flick lock” style is the most reliable.

## Pack Cover



Osprey Ultralight Rain Cover



Black Diamond Trail Pro

## 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/dominant hand. (If you are right handed, buy it for your right hand.)



**Black Diamond  
Solution Guide Harness**



**Black Diamond  
Index Ascender**



## ATC & Figure 8 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 twists the ropes.
- 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**

### **2 x Double-Length Slings (120cm)**

- This will be used for rigging and safety while climbing.

### **1 x Single-Length Sling (60cm)**

- This will be used for rigging and safety while climbing.

### **5 x Locking Carabiners**

### **5 x Non-Locking Carabiners**

### **30 feet of 8mm Prusik Cord**

- This will be used to rig your ascender, safety and ditch loop.



**Black Diamond Oval  
Wire Carabiner**



**Black Diamond VaporLock  
Screwgate Carabiner**



**Black Diamond Nylon Slings**

### Climbing Helmet

- Must fit well and be lightweight.
- Must accept a headlamp securely.
- Must be made for climbing (not skiing, biking, etc.)

### Alpine Ice Axe

- This must 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 to climb.



**Black Diamond Vapor Helmet**



**Black Diamond Raven Ice Axe**

## 12-Point Crampons

- These MUST fit your boots perfectly.
- There is no way to get new crampons after arrival in Indonesia.
- These must be steel (NOT aluminum) and be 12-point.
- 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**



**Black Diamond  
Sabretooth Crampons**

## 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 rock and gravel underneath your tent.



**Therm-a-Rest RidgeRest**



**Therm-a-Rest NeoAir XLite**



### 2 x Headlamps

- Your main headlamp needs to be powerful enough to hike during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to climb with during an emergency should your main headlamp fail.
- Please select battery-powered headlamps over rechargeable headlamps because recharging can be difficult on the mountain.

### Extra Batteries

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



**Black Diamond Storm 450  
Headlamp**



**Black Diamond Deploy 325  
Headlamp**

## 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.
- CamelBak-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

- One for each water bottle.

### 0.5 - 1L Thermos

- For hot water and rinks to help with hydration on cold mountain days.
- Avoid narrow mouthed thermoses which are challenging to fill.



**Forty Below Bottle Boot**



**20 oz Coffee with Flex Sip™ Lid**

## Water Purification: Iodine Tablets, Filter, or UV Treatment

- Water on the mountain is usually just melted, not boiled, to save time and fuel. It is important to have a way to purify your drinking water.
- If using a UV water purifier please bring extra batteries.



**Aqua Mira**



**Katadyn Steripen Adventurer Opti  
UV Water Purifier**

## Watch

- This should have a long-lasting battery and an alarm.
- Altitude function is optional.



**Suunto Traverse**



**Coros Verti GPS Watch**

### **Umbrella or Rain Poncho (optional)**

- It can be rainy in Indonesia and having these items helps to keep everything dry.



**Six Moon Designs Silver  
Shadow Ultralight Umbrella**



**Outdoor Products  
Backpacker Poncho**

### Book, Kindle, or Tablet

- Download movies or TV series for entertainment on rest days.

### Headphones (optional)

### Earplugs (optional)

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

### Camera (optional)

### 2 x Lip Balm with SPF

### Hand Sanitizer

- Bring several small bottles.
- Plan to use hand sanitizer many times each day.

### Toothbrush and Toothpaste

### Baby Wipes

### Insect Repellent

### Personal Toiletries



**Ben's Eco Spray Insect Repellent - 30 Percent DEET**



## Sunscreen and Zinc

- Buy a sunscreen with high zinc content and sweat resistance.
- This must be 30 SPF or higher.
- **Balm:** Non-toxic, pocket size for high rotations/lightweight at 25g. We like the balm because you can use for sun and wind protection AND recovery for sunburn, windburn and cuts/abrasions as deeply hydrating, and fits in a pocket for quick, easy access on the go.
- **Stick:** Non-toxic, doesn't have a white cast, the metal tube, means it doesn't get contaminated over a long expedition with microbes. It is a non plastic solution (recyclable) and most importantly it is rugged, durable, and can be applied without taking your gloves off. Product doesn't freeze as contains no water and is sweat resistant for 80mins+.

As a CTSS climber, you can enjoy 20% off **Utu Outdoor Skincare** with code **CTSS20%**.

*Note: CTSS does not receive any commission or affiliate benefit from this offer.*



**Utu Hydrating Sun Balm**  
**Face & Lip Protector**  
**SPF50 Mineral Sunscreen**



**Utu SPF50 Mineral**  
**Sunscreen Stick**

**2 x Rolls of Toilet Paper + Ziploc Bag For Storage**

**Pee Funnel (women only)**

**Pee Bottle**

**5 x Heavy-Duty Trash Bags**

- For waterproofing your backpack.

**3 x Compression Sacks**



**Sea to Summit Lightweight  
Compression Sack**



**Metolius Climbing, G-Whiz**



**Colorful pStyle, pStyle**

### Small Medical Kit

- **First Aid items:**

- Blister kit
- Band-Aids
- Wound closure strips
- Triple antibiotic ointment
- Basic repair kit
- Scissors
- Duct tape

- **Other medications:**

- Antacids
- NSAIDs such as aspirin or ibuprofen
- Anti-diarrheal
- Antibiotics
  - An upper respiratory one, such as Azithromycin
  - A gastrointestinal one, such as Ciprofloxacin
- Melatonin
- Asthma medication if you use it (Advair)
- Cold and flu medication.
- Low-dose aspirin

- **High altitude medications:**

- Diamox (acetazolamide, 125mg) for AMS
- Nifedipine (time release) or pulmonary edema
- Dexamethazone (4mg) for cerebral edema



\*\*\* All prescription medications should be selected in consultation with your doctor. \*\*\*

### Snack Food

- We recommend 5lbs / 2.5kg.
- 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 dinners, lunches and breakfasts on the trek, but you will need to bring additional snacks to supplement while trekking.
- It is invaluable to have an assortment of food that you know works for you.
- Be sure to include an electrolyte powder or tab, these can help keep you hydrated and make your water taste better.
- We recommend a wide variety of cheeses, meats, nuts, dried fruits, hard candies, chocolates, and specialty athletic foods such as Gu, RX Bars, Pro Bar, Nuun, Clif Bloks, and the like. All calories are good calories on the trek.
- We recommend bringing probiotics and a multivitamin along as well.



**Snickers**



**Pro Bar Meal Bars**



**RXBARS  
Protein Bars**



**Gnarly Hydrate  
Electrolyte Drink Mixs**

# Carstensz Pyramid Gear Checklist

## Travel Items:

- ☐ Travel wallet/crossbody bag
- ☐ Cash
- ☐ Passport and travel documents
- ☐ Casual travel/in-town clothes
- ☐ Swimsuit (optional)
- ☐ In-town toiletries
- ☐ Travel adapters, charging cables, battery packs, etc.
- ☐ 2 x XXL duffel bags with locks

## Lower Body:

- ☐ Trekking boots
- ☐ Gaiters
- ☐ Single-layer climbing boots
- ☐ 4 x pairs of hiking socks
- ☐ Climbing socks
- ☐ 4 x pairs of synthetic underwear
- ☐ 2 x pairs of base layer thermal bottoms
- ☐ 2 x pairs of trekking pants
- ☐ Belt (optional)
- ☐ Shell pants
- ☐ Insulated pants

## Upper Body:

- ☐ Lightweight sun hoody
- ☐ 2 x base layer thermal top
- ☐ 2 x midweight layers
- ☐ Shell jacket
- ☐ Down parka
- ☐ 2 x neck gaiters
- ☐ 2 x winter hat
- ☐ Balaclava or face mask
- ☐ Baseball or sun hat
- ☐ Lightweight gloves
- ☐ Midweight gloves
- ☐ Climbing gloves
- ☐ 2 x pairs of leather work gloves
- ☐ Insulated PVC winter work gloves
- ☐ Chemical hand & foot warmers (optional)
- ☐ Sunglasses
- ☐ Prescription eyewear

### Climbing Gear:

- ☐ 30 - 40L day pack
- ☐ Trekking poles
- ☐ Pack cover
- ☐ Rock climbing harness
- ☐ Climbing ascender
- ☐ ATC & Figure 8 rappel device
- ☐ 2 x double-length slings (120 cm)
- ☐ Single-length sling (60 cm)
- ☐ 5 x locking carabiners
- ☐ 5 x non-locking carabiners
- ☐ 30 feet of 8mm prusik cord
- ☐ Climbing helmet
- ☐ Alpine ice axe
- ☐ 12-point crampons
- ☐ 0°F/ 18°C down sleeping bag
- ☐ Closed-cell foam sleeping pad
- ☐ Inflatable sleeping pad
- ☐ 2 x headlamps with extra batteries

### Personal Items:

- ☐ Water bottles
- ☐ Insulating bottle covers
- ☐ 0.5 - 1L thermos
- ☐ Water purification system
- ☐ Watch (altitude function optional)
- ☐ Rain poncho or umbrella (optional)
- ☐ Book, Kindle, or tablet
- ☐ Headphones (optional)
- ☐ Earplugs (optional)
- ☐ Camera (optional)
- ☐ 2 x lip balm with SPF
- ☐ Hand sanitizer (several small bottles)
- ☐ Toothbrush and toothpaste
- ☐ Baby wipes (optional)
- ☐ Insect Repellent
- ☐ Personal toiletries
- ☐ Sunscreen with zinc
- ☐ 2 x rolls of toilet paper + bag
- ☐ Pee funnel (women-only)
- ☐ Pee bottle
- ☐ 5 x heavy duty trash bags
- ☐ 3 x compression sacks
- ☐ Small personal medical kit
- ☐ 5lbs/2.5kg snack foods

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