

Travel Items:

- Travel wallet / crossbody bag (optional)
- Cash
- Passport, passport photos, and travel documents
- Casual travel and in-town clothes
- Swimsuit (optional)
- In-town toiletries
- Travel adapters, charging cables, battery packs, etc.
- Large duffel bag with lock

Lower Body:

- 2 x pairs trekking socks
- 2 x pairs climbing socks
- Hiking boots
- Double-insulated climbing boots
- Down booties (optional)
- Heavy gaiters
- 3 x pairs synthetic underwear
- 2 x pairs base layer thermal bottoms
- 2 x pairs soft shell climbing pants
- Belt (optional)
- Shell pants with full side zips
- Insulated pants

Upper Body:

- Lightweight sun hoody
- Base layer thermal top
- 2 x midweight insulating layers (puffy/fleece)
- Shell jacket
- Down parka
- 2 x neck gaiters
- Balaclava or face mask
- Winter hat
- Baseball or sun hat
- Fleece gloves
- Climbing gloves
- 8,000-meter mittens
- Chemical hand and foot warmers (optional)
- 2 x pairs glacier glasses
- Goggles
- Prescription eyewear (if needed)

Climbing Gear:

- 50 - 65L climbing pack
- Lightweight climbing harness
- 2 x double-length slings (120cm)
- Single-length sling (60cm)
- 1 x locking carabiner



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| <input type="checkbox"/> 3 x non-locking carabiners | <input type="checkbox"/> Toothbrush and toothpaste |
| <input type="checkbox"/> Climbing helmet | <input type="checkbox"/> Baby wipes |
| <input type="checkbox"/> Alpine ice axe | <input type="checkbox"/> Medical kit |
| <input type="checkbox"/> 12-point crampons | <input type="checkbox"/> Personal toiletries |
| <input type="checkbox"/> Trekking poles | <input type="checkbox"/> 1 x roll toilet paper + Ziploc bag |
| <input type="checkbox"/> 3 x compression sacks | <input type="checkbox"/> Pee bottle / pee funnel (women) |
| <input type="checkbox"/> Down sleeping bag rated to 0°F / -17°C | <input type="checkbox"/> 1 x heavy-duty trash bags |
| <input type="checkbox"/> Down sleeping bag rated to -20°F/ -28°C
(Chimborazo climbers only) | <input type="checkbox"/> Snack foods (3 lbs/1.5 kg) |

Personal Items:

- 2 x 1L water bottles
- Insulating bottle covers
- Water purification
- Book, Kindle, or tablet for entertainment
- Battery pack to charge phone and tablet
- Headphones (optional)
- Earplugs
- Camera (optional)
- 2 x headlamps
- Batteries
- Watch
- Multitool
- Umbrella (optional)
- Sunscreen and zinc
- Lip balm (multiple)
- Hand sanitizer (1-2 bottles)