

Travel Items:

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

Lower Body:

- ☐ 2 x pairs of hiking socks
- ☐ 2 x pairs of climbing socks
- ☐ Hiking boots
- ☐ Double-insulated climbing boots
- ☐ Down booties (optional)
- ☐ Heavy gaiters
- ☐ 2 x synthetic underwear & sports bras
- ☐ 2 x base layer thermal bottoms
- ☐ 2 x pairs of soft-shell hiking 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
- ☐ 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 mitts
- ☐ Chemical hand & foot warmers (optional)
- ☐ 2 x glacier glasses
- ☐ Goggles
- ☐ Prescription eyewear



Climbing Gear:

- ☐ 50 - 65L climbing pack
- ☐ Lightweight climbing harness
- ☐ 2 x double-length slings (120cm)
- ☐ 1 x single-length sling (60cm)
- ☐ 1 x locking carabiner
- ☐ 3 x non-locking carabiners
- ☐ Climbing helmet
- ☐ Alpine ice axe
- ☐ 12-point crampons
- ☐ Trekking poles with snow baskets
- ☐ 3 x compression sacks
- ☐ Down sleeping bag rated to 0°F / -18°C
- ☐ 2 x headlamps
- ☐ Batteries

Personal Items:

- ☐ 2 x 1L water bottles
- ☐ Insulating bottle coers
- ☐ Water purification system
- ☐ Book, Kindle, tablet for entertainment
- ☐ Headphones (optional)
- ☐ Earplugs
- ☐ Multitool
- ☐ Umbrella (optional)
- ☐ Camera (optional)
- ☐ Watch
- ☐ Sunscreen and zinc
- ☐ Lip balm with SPF (multiple)
- ☐ Hand sanitizer (multiple)
- ☐ Toothbrush and toothpaste
- ☐ Baby wipes
- ☐ Personal toiletries
- ☐ Small medical kit
- ☐ Prescription medications
- ☐ Roll of toilet paper and Ziploc bag
- ☐ 1 x heavy-duty trash bag
- ☐ Pee funnel (for women, optional)
- ☐ Pee bottle
- ☐ Snack foods (3 lbs/1.5 kg)