

# KIT LIST

## CLOTHING

- Waterproof shell jacket (GORE-TEX or similar)
- Heavyweight Down jacket with hood
- Midweight softshell insulated jacket
- 2 x fleece jackets
- 2 x Base layer tops long sleeve
- 2 x Base layer tops short sleeve
- 2 x cotton T-Shirts
- Leggings x 2 sets
- Waterproof shell pants
- Softshell climbing pants
- Insulated pants
- Softshell shorts
- Underwear

## HAND GEAR

- Thin liners (warm days)
- Softshell fleece gloves
- Thick warm gloves w/insulated liners

## FOOTWEAR

- 5 x Trekking socks
- 3 x synthetic / merino long socks
- Lightweight shoes/sandals
- Trekking boots
- 6000m specific mountaineering boots
- Snow gaiters

## HEAD GEAR

- Warm hat / Sun hat / Balaclava / Buff
- Sunglasses (Cat. 4) / Sunscreen / Lip balm
- Ski goggles

## TRAVEL ITEMS

- Copy of passport and insurance policy details
- Small lockable duffel bag x 1 (30-40 litres)
- Large lockable duffel bag x 1 (90-120 litres)
- Daypack Rucksack (40-50 litres)
- Travel Clothes
- US Dollars for personal expenses

## ACCESSORIES / OTHER

- Headlamp plus spare lithium batteries
- First aid kit and relevant medication
- Knife / multi tool
- Pee bottle
- Stuff sacks
- Hand and toe warmers
- Camera
- Mobile phone
- Water treatment tablets

## CAMPING GEAR / EXTRAS

- Sleeping bag (-20C)
- Foam sleeping mat
- Inflatable sleeping mat
- Camping pillow (Optional)
- Water bottles x 2
- Insulated water bottle covers x 2
- Toiletries
- Wet wipes
- Camping towel
- Cup, bowl and spoon
- Earplugs

## CLIMBING ACCESSORIES

- Ice axe
- Crampons
- Climbing helmet
- Alpine climbing harness
- Belay/rappel device
- Locking carabiners x 2
- Non-locking carabiners x 1
- 6 metres of 8mm cord
- Prusik
- Ascender
- Collapsible trekking poles