

MOUNTAIN CHECK LIST

Climbing equipment for peak climbers

- 1 Pair, Snow glasses
- Sunscreen
- First aid kit
- Rubber boots (for boggy areas)
- Ice axe
- Gaiters
- Crampons
- Harnesses
- Climbing rope
- Helmet

Body and Chest

- 2 Thermal vests and thermal leggings (polypropylene or capilene)
- 1 Fleece pullover (like soft polaretec 100g or 200g, or similar)
- 1 Fleece jacket or alike
- 1 Rainproof or windproof jacket with hood (such as Gore-Tex)
- Kickable T-shirts or shirts (not cotton)
- 1 Buff or similar

** Highly suggest getting a prescription for an Albuterol Inhaler to bring along on the trip in case of any breathing difficulties as well as Ciproxin which is a safe medication for travel diarrhea and can be used as a general antibiotic.

Feet and Legs

- 1 Pair of comfortable hiking boots
- 3 Pairs of outer socks (thick wool or polypropylene)
- 4 Pairs of inner socks (thin silk or polypropylene)
- Sandals or light weight trainers for around camp
- 1 Fleece pants (full length zippers recommended)
- Comfortable trekking pants

Hands

- 1 Pairs of inner thermal gloves (polypropylene or capilene)
- 1 Pair of insulated outer gloves

Sleeping Gear

- Sleeping bag for -15°C / 5°F (down or polar guard)
- Sleeping mats

Others

- Head lamp with extra batteries and bulb
- Block for lips and sun screen (not less than 35 spf)
- 2 Water bottles (32 fl.oz / 1 liter Nalgene recommended. Water bottle insulator needed)
- 1 Stainless steel thermos of one liter or half liter (optional)
- Hand warmers (for summit day)
- Hydrating system (like CamelBak, for approach trek to base camp)
- Personal care elements (small towel and soap, wet wipes recommended)
- 1 Pair of trekking poles (adjustable preferred)

Upper Body Packs

- Comfortable Day pack (for approach to base camp)
- One XL strong duffel bag (to be carried by the porters)

Optional Items

- Book, iPod, games or anything for leisure time
- Camera, memory cards and extra batteries
- Silicon Earplugs (for windy nights)
- Pocket-knife
- Your favorite energy bars. Avoid anything with caramel and toffee.

Head

- Sun cap or hat
- Ski hat (wool or fleece)
- Light balaclava
- Good pair of sunglasses (with UV filter, wrap around)

Drugs against:

Stomach upsets

Headache

1 elastic bandage, Elastoplasts

Water purification tablets

Vitamin C tablets

Sun lotion 20

Lip ointment