

EQUIPMENT CHECK LIST

(FOR EXPEDITION)

Equipment and clothing is very much a matter of personal preference and choice. The list below is general and is intended to give guidance only. However, for expeditions, certain gears are needed, such as the climbing equipment.

CLIMBING EQUIPMENT:

1. Climbing Sunglasses (100% UV blocking, glaciers glasses at 7,000m)
2. Ice axe
3. 2 Ice screws
4. Harness
5. Ascenders
6. Descenders
7. 4 Locking karabiners
8. Helmet
9. Headlamp with spare batteries
10. 2 Water bottles (1 Liter) with insulators
11. Trekking poles (collapsible are best)
12. Repair kit (Needle, thread, glue, small scissors and bailing wire, etc.)

FOOTWEAR:

1. Climbing boots
2. Crampons
3. Trekking boots with good grip and ankle support
4. Sports shoes
5. Flip- flops/sandals
6. Gaiters
7. Climbing socks – 4 pair plus liner socks

CLOTHING:

1. Wind and rainproof climbing trousers
2. Wind and rainproof climbing jacket
3. Climbing down jacket
4. Warm fleece wear
5. Light sweater
6. Hiking shirts
7. Hiking trousers
8. Two non-cotton thermal long sleeved shirts
9. Casual clothes to wear in the city

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10. Enough normal underwear
11. Cap/sunhat/warm hat/balaclava
12. Insulated ski gloves
13. Climbing socks – 4 pair plus liner socks
14. Lightweight thermal trouser and shirt
15. Scarf
16. Wind mask

IMPORTANT ADDITIONAL ITEMS:

1. Sleeping pad
2. Down sleeping bag with fleece/silk inner sheet
3. Duffel bag
4. Daypack to carry camera, water bottle, first aid medical kit and other handy items
5. Trekking map
6. Personal First Aid Medical Kit
7. Compass/GPS
8. Whistle
9. Swiss army knife or equivalent
10. Ear plugs
11. Notebook, pen and pencils
12. Bath/face towels
13. Reading materials
14. Playing cards and games
15. Water filter and water purifier tablets
16. Camera and binoculars (optional, but recommended)
17. Large plastic bags to protect clothes from rain and dust
18. Luggage tag and locks
19. Passport size photos
20. Passport photocopies

TOILETRIES:

1. Sunscreens and lip guard
2. Toothpaste, tooth brush and soap
3. Anti bacterial hand gel
4. Skin moisturizer
5. Wet wipes
6. Insect repellents

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EATERIES/SNACKS:

1. Favorite snacks
2. Energy bars (chocolates)
3. Glucose tablets
4. Electrolytes or Oral Rehydration Solutions (ORS)