



SEVEN SUMMIT TREKS

# TREKKING GEAR LIST

A PROFESSIONAL GUIDANCE



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## ACKNOWLEDGMENT

We strongly believe that trekking transforms people's life. If any sport has to grow, it is important that the gear associated with the sport has to become cheap and easily accessible. The book consists of professional guidance from the past decades and purposely reviewing each year. This book is the first publication.

The detailed gear illustration gear list is provided for reference which has been used over the course of many expeditions. The items match should not be the exact as shown. Following his guidebook will help to make your trip safe and smooth.

To avoid any confusion and doubt we have made this book easy to read and follow with pictures and illustrations. If you find any difficulties and queries feel free to write an email to us.

## HEAD WEAR



### SUN CAP

Any cap which protects your head and face in the mountain. This could be of any style and design.



### FLEECE HAT/ WARM HAT

It should cover your ears and head with air penetrable to avoid moisture in the head.



### NECK GAITER

It should cover your ears and neck. It's now available with UV resistance which can cover the most exposed skin.





## UPPER BODY



### THERMAL TOP BASE LAYER

A base layer is a layer of clothing that is closest to your skin, almost acting as 'second skin' that can keep you warm or cool. Base layers and thermal underwear provide a layer of warmth while, at the same time, absorbing and removing your sweat to keep you comfortable while on the move. We prefer lightweight and comfortable to use beneath other layers.



### FLEECE JACKET

In extremely cold temperatures, fleece jackets can even be used as an underlayer. Put it on under a heavier coat for optimal warmth.



### GORE TEX JACKET

The Gortex jacket is also known as softshell jacket form which is important for a mountaineer to provide protection from rain, snow, and wind. It should be waterproof, breathable, and windproof.



## DOWN JACKET

This down jacket is also known as an expedition jacket below 6000m because it can be used in extreme cold. It should have properties of down insulated with hoody (not synthetic), +800 fill power down filled.



## COTTON/QUICK DRY T-SHIRT

Short sleeve (full synthetic will wick moisture and dry more quickly) and can have extra pair of cotton T-shirt too. and long sleeve base layer shirt is designed to be close-fitting for comfort beneath another layer.



## THERMAL BOTTOM BASE LAYER

Its thermal layer provides a layer of warmth while, at the same time, absorbing and removing your sweat to keep you comfortable while on the move. We prefer lightweight and comfortable to use beneath other layers.

## LOWER BODY



## FLEECE TROUSER

Fleece is made of polyester with many brands utilizing recycled plastics that is extruded into fine fibers then woven into fleece cloth. Because it's made from plastic, fleece is naturally hydrophobic (water repellent) fleece (unlike down or cotton) will keep you warm even when it's wet.

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## GORE TEX PANT

The Gortex Pants is also known as the softshell pants form which is important for a mountaineer to provide protection from rain, snow, and wind. It should be waterproof, breathable, and windproof.

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## MID WEIGHT PANTS

It is known for Hardshell pant which is designed to protect from rain, snow, and wind. It is used for layering and is made up of hard garments.

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## LIGHT WEIGHT QUICK DRY TREKKING PANTS

It is lightweight trekking pants and used over your thermal layer for climbing, trekking, and climbing plants. These are comfortable pants with good flexibility, breathable and easier movement.

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## GAITERS FOR TREKKING BOOTS

This is a tube fabric made materials used over the boots to avoid snow and other stuff from entering your boots. For high mountains, we recommended taller gaiters, shorter is for well-known trekking route and the alps.



## UNDER WEAR

Choose moisture-wicking, quick-dry underwear: You'll want to avoid cotton and choose breathable underwear made from a synthetic material, like polyester, or merino wool. Unlike cotton, these materials wick moisture away from the skin and dry quickly.



## HANDS WEAR



## THIN FLEECE GLOVES

This kind of gloves can serve you well in the mountain as a layer for hand protection. We recommend for possible the one which fit on your hand.



## WIND STOPPER/SCREEN TAP GLOVES

These kinds of gloves are specially made to stop wind and snow . We recommend touch sensitivity for mobile use at a higher altitude.



## FOOT WEAR



## NORMAL SOCKSPANTS

The socks are specially designed for high mountains which are comfortable and warm. It should be synthetic fiber (no cotton). The extra length is for warmth and increases blood flow to the feet on a longer expedition.



## TREKKING SHOES

As an alternative to trekking shoes or in a lighter version. These shoes are on purpose for the short trail on the mountain.



## HIKING/SPORTS SHOES

These are non-technical boots used for walking and stay in the camp, it should be warm, waterproof.



## SLIPPER

For your comfortable and free walk around the camp, it should be of good traction.



## EQUIPMENT



## WALKING STICK/TREKKING POLE

Trekking poles (also known as hiking poles, hiking sticks or walking poles) are a common hiking accessory that function to assist walkers with their rhythm and to provide stability on rough terrain.



## POCKET/SWISS KNIFE

For climbing & mountaineering applications, knives should be simple, small, and lightweight. Very trim multi-tool knives can be nice on longer expeditions where the ability to repair a broader range of equipment is desirable. For shorter climbing trips, simple blade-only models are preferable.



## DOWN SLEEPING BAG

This sleeping bag is specially designed for 8000 meters. We prefer to use down insulated rather than synthetic due to its bulky weight.

*Extreme Comfort -40°C*



## THERMAREST MATTRESS (CELL FOAM)

It's a closed-cell foam pad made to be used for outdoor activities. It is used to provide extra insulation when sleeping on snow, glaciers, or frozen ground.



## **INFLATABLE PILLOW**

It will save you space in your pack, they have some downsides. They're hot, don't stay where you want, and it's tough to get that "real" pillow feel when they over-inflate. It's better than nothing, but not ideal.



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## **SLEEPING BAG LINER**

Sleeping Bag liners are inserted inside your sleeping bag to add extra warmth and prevent dirt from reaching your bag to keep it clean.



## **RUCKSACKS**

It's a single-day-use bag pack. It should be lightweight possible a pouch for the crampon to keep and oxygen to fit. It can be used to take to the summit.

*Net Volume: 35L-50L*

## **BAG PACK**



## WATER PROOF STUFF SACKS

This pouch is to keep your stuff safe from snow and water damages. Your Passport, Travel paper, and others can be kept inside your backpack with this one. We prefer medium and large also for your laundry.



## SUN STUFF & OTHER ESSENTIALS



### SUN CREAM

This sunscreen with high zinc and sweet resistance will help to keep your skin from sun and snow burn.

Ref:  
Banana Boat/Nivea Sun Cream -50 SPF



### MOISTURISER/LOTION

The lotion that contain high zinc and sweet resistance will help to keep your skin from sun and snow burn. Please consult before purchase.

### LIP GUARD

It should contain high zinc and sweet resistance will help to keep your lip from sun and snow burn.

Ref:  
-30 to -50 SPF

## EATING AND DRINKING

Items which are essentials such as water Bottle (1 Ltr.), Thermos Mug (1/ 1.5 Ltr.), Spoon/ Fork, Bowl etc.



## TOILETRIES

The hygiene items needed in daily use such as toilet paper, wet tissue, toothpaste, toothbrush, soap, shampoo, towel, garbage bag etc.

## MISCELLANEOUS

That extra items that you might wanna carry such as Nail Cutter, Umbrella/Rain Coat, Hot Water Bag, Pee Bottle, Tenacious Tape Repair Kits, Camera, Power Bank etc.

## MEDICAL/FIRST AID

The first aids that might come on handy while on journey such as Brufen/Ibuprofens, Antibiotic, Diamox, Paracetamol, Handy Plaster, Crack Bandage, Tincture Iodine, Ondem, Cetirizine, Electrolyte, Minil 10mg (Palpitation, anxiety), Codopar (Headache & chest pain), Salbetol 4mg (Breathless), Azithromycin 500mg (chronic tonsillitis, fever, nose, throat infection-must take 5 days), Flupen 250mg (prevent wound infection), Allegra 120/180mg

