



**SEVEN
SUMMIT
TREKS**

CLIMBING GEAR FOR NANGA PARBAT (8125 m.)

Travel Documents

- ☐ Valid Passport
- ☐ Credit/Debit Card
- ☐ PP Size Photo (4 Pieces)
- ☐ Insurance Paper And Contact Address.
- ☐ Family Members / Company's Contact Address

Foot Wear

- ☐ Summit Boot - 8000m.
(Kailas / Lasportiva / Millet)
- ☐ Climbing Boot - 6000m.
(Kailas / Lasportiva / Millet)
- ☐ Normal Socks (5-8 Pairs)
- ☐ Summit Socks/6000 m. Socks (2 Pairs)
- ☐ Trekking Shoes (Gore Tex)
- ☐ Light Trekking/Sports Shoes
- ☐ Camp Booties (1 Pair)
- ☐ Slipper (1 Pair)

Upper Body

- ☐ Thermal Top Base Layer (2-3 Pcs)
- ☐ Fleece Jacket (1-2 Pcs)
- ☐ Gore Tex Jacket (1 Pcs)
- ☐ Wind Proof Jacket (1-2 Pcs)
- ☐ Down Jacket (1-2 Pcs)
- ☐ Cotton T-Shirt (3-5 Pcs)

Lower Body

- ☐ Thermal Bottom Base Layer (2-3 Pcs)
- ☐ Fleece Trouser (1-2 pcs)
- ☐ Gore Tex Pant (1 pcs)
- ☐ Mid Weight Pants (1-2 Pcs)
- ☐ Light Weight Quick Dry Trekking Pants (2-3 Pairs)
- ☐ Gaiters for trekking boots
- ☐ Down Pants (1pcs)
- ☐ Under Wear (4-6 Pcs)

Head

- ☐ Sun Cap
- ☐ Desert Cap
- ☐ Balaclava
- ☐ Fleece Hat/ Warm Hat (1-2 Pcs)
- ☐ Neck Gaiter (2-3 Pcs)

Hands

- ☐ Thin Fleece Gloves (2 Pairs)
- ☐ Wind Stopper / Screen Tap Gloves (2 Pairs)
- ☐ Heavy Gloves (Guidze Gloves)
- ☐ Summit Gloves - 8000m.

Sleeping Bags

- ☐ Sleeping Bag -20°C to -30°C
(For Base Camp)
- ☐ Down Sleeping Bag -40°C
(Extreme Comfort)
- ☐ Thermarest Mattress (Cell Foam)
- ☐ Down Mattress (Inflatable)
- ☐ Sleeping Bag Liner
- ☐ Inflatable Pillow

Climbing Equipment

- ☐ Climbing Helmet
- ☐ Summit Down Suit - 8000m.
(Kailas / Marmot / Mountain Hardware / North Face / Millet)
- ☐ Crampons (Fit with Boot)/Packing Cover
- ☐ Ice Axe with Spike & Axe Protector
- ☐ Harness
- ☐ Belay Devices/ Figure of 8/ ATC Guide
- ☐ Jumar / Ascender
- ☐ Lock Carabiner (3 Pcs)
- ☐ Unlock Carabiner (2 Pcs)
- ☐ Tape Slings/240 cm
- ☐ Snow Goggle (Summit Purpose, Antifog, Polarized, UV Protection)
- ☐ Head Light 500-700 Lumens Spare
- ☐ Battery (Energizer Ultimate Lithium)
- ☐ Satellite Phone With Credit (Optional)
- ☐ Walking Stick/ Trekking Pole
- ☐ Pocket Knife (Swiss)
- ☐ Altimeter Watch
- ☐ Pee Bottle
- ☐ Power Bank

Bag Packs

- ☐ Rucksacks 35 L - 50 L
- ☐ Duffle Bag 120 L-150 L (2 Pcs)
- ☐ Lundry/Garbage Bag (Large)
- ☐ Water Proof Stuff Sacks/Dry Bag-Small/ Medium/ Large (3-4 Pcs)

Sun Stuffs

- ☐ Banana Boat/ Nivea Sun Cream
(up to -50 Spf)
- ☐ Lip Guard -30 to -50 (Spf)
- ☐ Sun Glasses (Uv Protection)
- ☐ Glaciers Glasses (Uv Protection)
- ☐ Moisturiser / Lotion

Toiletries (Personal)

- ☐ Toilet Paper / Wet Tissue
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Soap
- ☐ Shampoo
- ☐ Towel
- ☐ Garbage Bag

Eating & Drinking

- ☐ 1 Ltr. Water Bottle
- ☐ 1/ 1.5 Ltr. Thermos
- ☐ Mug (Opt.)
- ☐ Spoon/ Fork (Opt.)
- ☐ Bowl (Opt.)

Medical/First Aid

- ☐ 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 (Allergic tonsil)
- ☐ Menstrual Products

Miscellaneous

- ☐ Nail Cutter
- ☐ Umbrella / Rain Coat
- ☐ Hot Water Bag
- ☐ Tenacious Tape Repair Kits
- ☐ Camera
- ☐ GPS Tracker (Recommended)
- ☐ Hand & Toe Warmer

SEVEN SUMMIT TREKS

Kapan, Kathmandu, Nepal | G.P.O. Box: 13522 | T: +977 1 4822940, 4822960
E: info@sevensummittreks.com | W: www.sevensummittreks.com