



CLIMBING GEAR FOR 6000 M. PEAKS

TRAVEL DOCUMENTS

- ☐ Valid Passport
- ☐ Credit/Debit Card
- ☐ PP Size Photo (2 Pieces)
- ☐ Insurance Paper And Contact Address.
- ☐ Family Members / Company's Contact Address

HEAD

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

HANDS

- ☐ Thin Fleece Gloves (1 Pairs)
- ☐ Wind Stopper / Screen Tap Gloves
- ☐ Heavy Gloves (Guide Gloves)
- ☐ Summit Gloves - 7000m. (Mittens)

UPPER BODY

- ☐ Thermal Top Base Layer (2-3 Pcs)
- ☐ Fleece Jacket (1 Pcs)
- ☐ Gore Tex Jacket (1 Pcs)
- ☐ Warm Jacket (1-2 Pcs)
- ☐ Wind Proof Jacket (1 Pcs)
- ☐ Down Jacket (1 Pcs)
- ☐ Cotton/Quick Dry T-Shirt (2-4 Pcs)

LOWER BODY

- ☐ Thermal Bottom Base Layer (2-3 Pcs)
- ☐ Fleece Trouser (1 pcs)
- ☐ Gore Tex Pant (1 pcs)
- ☐ Mid Weight Pants (1-2 Pcs)
- ☐ Light Weight Quick Dry Trekking Pants (1-2 Pairs)
- ☐ Gaiters for trekking boots
- ☐ Down Pants (1pcs)
- ☐ Under Wear (3-5 Pcs)

CLIMBING EQUIPMENT

- ☐ Climbing Helmet
- ☐ Crampons (Fit with Boot)/Packing Cover
- ☐ Ice Axe with Spike & Axe Protector
- ☐ Harness
- ☐ Belay Devices/ Figure of 8/ ATC Guide
- ☐ Jumar / Ascender
- ☐ Lock Carabiner (2 Pcs)
- ☐ Unlock Carabiner (2 Pcs)
- ☐ Tape Slings 240 cm or Dynamic Cord 6mm (300 cm)
- ☐ Head Light 300-500 Lumens Spare Battery (Energizer Ultimate Lithium)
- ☐ Walking Stick/ Trekking Pole
- ☐ Pocket Knife (Swiss)
- ☐ Altimeter Watch (Optional)
- ☐ GPS Tracker (Recommended)

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)

SLEEPING BAGS

- ☐ Sleeping Bag -30°C to -40°C
- ☐ Thermarest Mattress (Cell Foam)
- ☐ Down Mattress (Inflatable)
- ☐ Sleeping Bag Liner
- ☐ Inflatable Pillow

FOOT WEAR

- ☐ Summit Boot - 6000m. (Double Layered Boot) (Kailas / Lasportiva / Millet)
- ☐ Normal Socks (4-6 Pairs)
- ☐ Summit Socks Socks (2 Pairs)
- ☐ Trekking Shoes (Gore Tex)
- ☐ Light Trekking/Sports Shoes
- ☐ Camp Booties (1 Pair)
- ☐ Slipper (1 Pair)

SUN STUFFS

- ☐ Sun Cream (up to 50 Spf)
- ☐ Lip Guard 30 to 50 (Spf)
- ☐ Sun Glasses (Uv Protection)
- ☐ Glaciers Glasses (Antifog, Polarized, Uv Protection)
- ☐ Moisturiser / Lotion

TOILETRIES (PERSONAL)

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

EATING & DRINKING

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

MISCELLANEOUS

- ☐ Satellite Phone with credit
- ☐ Nail Cutter
- ☐ Umbrella / Rain Coat
- ☐ Hot Water Bag
- ☐ Tenacious Tape Repair Kits
- ☐ Hand & Toe Warmer
- ☐ Travel Charger, Earbud
- ☐ Power Bank, Camera (Optional)

*** Available on Rent**

[Extra Charges]

SEVEN SUMMIT TREKS