



## CLIMBING GEARS FOR 7000m.

### 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 (2 Pairs)
- ☐ Wind Stopper / Screen Tap Gloves
- ☐ Heavy Gloves (Guide Gloves)
- ☐ Summit Gloves - 8000m. (Mittens)

### 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/Quick Dry 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)

### 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 / Dynamic Rope 6mm (300 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 (Optional)
- ☐ Pee Bottle
- ☐ 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 -20°C to -30°C (For BC)
- ☐ Down Sleeping Bag -40°C  
(Extreme Comfort)
- ☐ Thermarest Mattress (Cell Foam)
- ☐ Down Mattress (Inflatable)
- ☐ Sleeping Bag Liner
- ☐ Inflatable Pillow

### 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)

### SUN STUFFS

- ☐ 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

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

### MISCELLANEOUS

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

**\* Available on Rent**  
[Extra Charges]

## SEVEN SUMMIT TREKS