

## **CLIMBING GEAR FOR BROAD PEAK (8051 m.)**

Travel Documents	Hands	Sun Stuffs
□ Valid Passport	☐ Thin Fleece Gloves (2 Pairs)	□ Banana Boat/ Nivea Sun Cream
□ Credit/Debit Card	□ Wind Stopper / Screen Tap Gloves	(up to -50 Spf)
□ PP Size Photo (4 Pieces)	(2 Pairs)	☐ Lip Guard -30 to -50 (Spf)
☐ Insurance Paper And Contact Address.	☐ Heavy Gloves (Guidze Gloves)	□ Sun Glasses (Uv Protection)
☐ Family Members / Company's Contact	☐ Summit Gloves - 8000m.	□ Glaciers Glasses (Uv Protection)
Address		□ Moisturiser / Lotion
Foot Wear	Sleeping Bags	Toiletries (Personal)
□ Summit Boot - 8000m.	$\Box$ Sleeping Bag -20 $^{\circ}$ C to -30 $^{\circ}$ C	☐ Toilet Paper / Wet Tissue
	(For Base Camp)	☐ Toothpaste
(Kailas / Lasportiva / Millet )	□ Down Sleeping Bag -40°C	□ Toothbrush
☐ Climbing Boot - 6000m.	(Extreme Comfort)	□ Soap
(Kailas / Lasportiva / Millet)	☐ Thermarest Mattress (Cell Foam)	□ Shampoo
<ul><li>□ Normal Socks (5-8 Pairs)</li><li>□ Summit Socks/6000 m. Socks (2 Pairs)</li></ul>	□ Down Mattress (Inflatable)	□ Towel
☐ Trekking Shoes (Gore Tex)	□ Sleeping Bag Liner	□ Garbage Bag
☐ Light Trekking/Sports Shoes	□ Inflatable Pillow	Eating & Drinking
□ Camp Booties (1 Pair)		□ 1 Ltr. Water Bottle
□ Slipper (1 Pair)	Climbing Equipment	□ 1/ 1.5 Ltr. Thermos
	□ Climbing Helmet	□ Mug (Opt.)
Upper Body	☐ Summit Down Suit - 8000m.	□ Spoon/ Fork (Opt.)
☐ Thermal Top Base Layer (2-3 Pcs)	(Kailas / Marmot / Mountain Hardware / North Face / Millet )	□ Bowl (Opt.)
☐ Fleece Jacket (1-2 Pcs)	□ Crampons (Fit with Boot)/Packing	= bow (opt.)
☐ Gore Tex Jacket (1 Pcs)	Cover	
☐ Wind Proof Jacket (1-2 Pcs)	☐ Ice Axe with Spike & Axe Protector	Medical/First Aid
□ Down Jacket (1-2 Pcs)	□ Harness	□ Brufen / Ibuprofens
□ Cotton T-Shirt (3-5 Pcs)	☐ Belay Devices/ Figure of 8/ ATC Guide	☐ Antibiotic
	□ Jumar / Ascender	□ Diamox
_	□ Lock Carabiner (3 Pcs)	□ Paracetamol
Lower Body	□ Unlock Carabiner (2 Pcs)	☐ Handy Plaster
☐ Thermal Bottom Base Layer (2-3 Pcs)	☐ Tape Slings/240 cm	□ Crack Bandage
☐ Fleece Trouser (1-2 pcs)	☐ Snow Goggle (Summit Purpose, Antifog,	☐ Tincture lodine
☐ Gore Tex Pant (1 pcs)	Polarized, UV Protection)	□ Ondem
☐ Mid Weight Pants (1-2 Pcs)	☐ Head Light 500-700 Lumens Spare	□ Cetirizine
☐ Light Weight Quick Dry Trekking Pants	□ Battery (Energizer Ultimate Lithium)	□ Electrolyte
(2-3 Pairs)	☐ Satellite Phone With Credit (Optional)	☐ Minil 10mg (Palpitation, anxiety)
☐ Gaiters for trekking boots	□ Walking Stick/ Trekking Pole	☐ Codopar (Headache & chest pain)
□ Down Pants (1pcs)	□ Pocket Knife (Swiss)	☐ Salbetol 4mg (Breathless)
□ Under Wear (4-6 Pcs)	□ Altimeter Watch	☐ Azithromycin 500mg (chronic tonsillitis,
	□ Pee Bottle □ Power Bank	fever, nose, throat infection-must take 5 days)
Head	□ FOWEI Dalik	☐ Flupen 250mg (prevent wound infection)
☐ Sun Cap		☐ Allegra 120/180mg (Allergic tonsil)
□ Desert Cap	Bag Packs	☐ Menstrual Products
□ Balaclava	□ Rucksacks 35 L - 50 L	Miscellaneous
☐ Fleece Hat/ Warm Hat (1-2 Pcs)	□ Duffle Bag 120 L-150 L (2 Pcs)	□ Nail Cutter
□ Neck Gaiter (2-3 Pcs)	☐ Lundry/Garbage Bag (Large)	☐ Umbrella / Rain Coat
	□ Water Proof Stuff Sacks/Dry Bag-	☐ Hot Water Bag
	Small/ Medium/ Large (3-4 Pcs)	<ul> <li>□ Hot water bag</li> <li>□ Tenacious Tape Repair Kits</li> </ul>
		□ Camera
		<ul><li>☐ GPS Tracker (Recommended)</li></ul>
		(3PX )tacket (Recommended)