



## CLIMBING GEARS FOR 8000m.

### TRAVEL DOCUMENTS

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

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

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

- ☐ Rucksacks 35 L - 50 L
  - ☐ Duffle Bag 120 L-150 L (2 Pcs)
  - ☐ Laundry/Garbage Bag (Large)
  - ☐ Water Proof Stuff Sacks/Dry Bag- Small/ Medium/ Large (3-4 Pcs)
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### 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
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**\* Available on Rent**  
[Extra Charges]

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### 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)
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### TOILETRIES (PERSONAL)

- ☐ Toilet Paper / Wet Tissue
  - ☐ Toothpaste/Toothbrush
  - ☐ Soap/Shampoo
  - ☐ Towel, Garbage Bag
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### 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.)
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### SUN STUFFS

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

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