



## Climbing Equipment for 7000 Meters Peaks

### Travel Documents

- Valid Passport
- Valid Visa
- 4 PP Size Photo
- Insurance Paper (Medical & Rescue) & Contact Address
- Family / Company Contact Number & Address
- Credit Card

### Upper Body

- Short-Sleeved Shirts/T-shirts
- Lightweight Top / Thermo Coat
- Midweight Top
- Heavyweight Top
- Synthetic or Fleece Jacket
- Down Insulated Jacket
- Windproof Jacket
- Gore-Tex Jacket

### First Aid Kit

- Sunscreen (-50 Spf)
- Lips Guard (-20/-50 Spf)
- Water Purification Tablets
- Baby Wipes or Wet Towels
- Handy Plaster
- Crack Bandage
- Tincture Iodine
- Strepsils
- Antibiotic
- Paracetamol
- Aspirin
- Sinex
- Anti-Diarrhea Capsule / Eldoper
- Brufen / Ibuprofens
- Diamox
- Eye Drops
- Dexamethasone Tablets
- Zip-Lock Bags

### Technical Devices / Climbing Gears

- Climbing Helmet
- Headlamp with Spare Batteries (Petzl / BD)
- Summit Down Suits (Kailas / Marmot / T8K / The North Face)
- Ice Axe Semi-technical
- Crampons
- Harness
- Carabiners (Both Lock & Unlock)
- Ascenders / Jumar
- Belay Device (ATC Guide/Figure of 8)
- Assistant Rope
- Tape Sling
- 2 Sleeping Bag: -30°C to -40°C
- Thermarest Inflatable Mattress
- Thermarest Cell Foam Mattress
- Sun/Glacier Glasses UV Protection
- Snow Goggle UV Protection
- Rucksacks (45 - 55 Ltr.)
- 2 Duffel Bag
- Water Bottles
- Thermos / Flask
- Pee Bottle
- Pack Towel
- 1 Set Extendable Trekking Poles (BD Alpine Flz)
- Swiss Knife
- Mug, Plastic Bowl, Fork & Spoon
- Alpine Boot / G2SM
- Sandals
- Lightweight Hiking/Trekking Boots
- Camp Booties

### Lower Body

- Underwear
- Lightweight Long Underpants
- Midweight Long Underpants
- Heavyweight Long Underpants
- Trekking Pants
- Down / Synthetic Insulated Pants
- Gore-Tex Pants
- Trekking & Climbing Socks (5 Pairs)
- Summit Socks (2 Pairs)

### Toiletries

- Hand Sanitizers & Hand wash
- Wet Tissues
- Toothpaste
- Toothbrush
- Bath Soap
- Shampoo
- Laundry Soap
- Garbage Bag

### Hand & Head

- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves
- Summit Gloves
- Heavy Gloves (Mitten)
- Sun Cap
- Wool / Fleece Hat
- Balaclava
- Hand Warmer
- Neck Gaiter / High Neck

### Miscellaneous

- Umbrella / Rain Coat
- Spare batteries
- Water Proof Stuff Sacks
- Satellite Phone (if possible)