



Climbing Equipment for 6000 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

Technical Devices / Climbing Gears

- Climbing Helmet
- Headlamp with Spare Batteries (Petzl / BD)
- Ice Axe Semi-technical
- Crampons
- Harness
- Carabineers (Both Lock & Unlock)
- Ascenders / Jumar
- Belay Device (ATC Guide/Figure of 8)
- Assistant Rope
- Tape Sling
- 1 Sleeping Bag: -30°C
- Thermarest Cell Foam Mattress
- Sun/Glacier Glasses UV Protection
- Snow Goggle UV Protection
- Rucksacks (45 - 55 Ltr.)
- 1 Duffel Bag
- Water Bottles
- Thermos / Flask
- 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

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
- Zip-Lock Bags

Lower Body

- Underwear
- Lightweight Long Underpants
- Midweight Long Underpants
- Trekking Pants
- Synthetic Insulated Pant
- Gore-Tex Pants
- Trekking & Climbing Socks (4 Pairs)
- Summit Socks (1 Pairs)

Hand & Head

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

Toiletries

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

Miscellaneous

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