

GEAR LIST - 7000M

TRAVEL DOCUMENTS

- ♦ Valid Passport
- ♦ Credit/Debit Card
- ♦ Passport size photos
- ♦ Insurance paper and contact Address
- ♦ Family Members/Company's Contact Address

HEAD

- ♦ Sun Cap/ Desert Cap
- ♦ Balaclava
- ♦ Fleece Hat/ Warm Hat -2 pcs
- ♦ Neck gaiter -2 pcs

UPPER BODY

- ♦ Thermal Top Base Layer -2 pcs
- ♦ Fleece Jacket (1-2 pcs)
- ♦ Wind Proof/ Gore Tex Jacket -1 pcs
- ♦ Warm Jacket (1-2 pcs)
- ♦ Down Jacket -1 pcs
- ♦ Cotton/Quick Dry Tshirt -3 pcs

HANDS

- ♦ Thin Fleece Gloves (2 Pairs)
- ♦ Heavy Gloves/Wind Stopper -2 pair
- ♦ Summit Gloves for 8000m- 1 pair

LOWER BODY

- ♦ Thermal Bottom Base Layer -2 pcs
- ♦ Fleece Trouser -1 pcs
- ♦ Mid Weight Pants (1-2 Pcs)
- ♦ Wind Proof/Gore Tex Pant -1 Pcs
- ♦ Light Weight Quick dry Trekking pants (2-3pcs)
- ♦ Down Pant - 1 pcs
- ♦ Under Wear - 5 pcs

FOOT WEAR

- ♦ Trekking Shoes (Gore Tex)- 2 Pair
- ♦ Camp Shoes/Sport Shoes - 1 pair
- ♦ Summit Boot -8000m
- ♦ Normal Socks -5 pair
- ♦ Summit Socks -2 pair
- ♦ Slipper -1 pair

CLIMBING GEAR/EQUIPMENTS

- ♦ Climbing Helmet- 1 pcs
- ♦ Summit Down Suit -8000m
- ♦ Harness- 1 set
- ♦ Belay Devices/Figure of 8/ATC Guide -1 pcs
- ♦ Ascender/Jumar- 1 pcs
- ♦ Lock Carabiner - 4 pcs
- ♦ Unlock Carabiner-2 pcs
- ♦ Tape Slings- 240cm
- ♦ Safety Cowstails/Dynamic Safety Rope- 8mm's 3 meter
- ♦ Crampons (fit with boots) -1 pcs
- ♦ Ice Axe - Semi Technical- 1 pcs
- ♦ Head Light with spare batteries - 1 set
- ♦ Extendable Trekking pole -1 pair
- ♦ Swiss Knife - 1 pcs
- ♦ Ultimeater Watch -1 pcs
- ♦ GPS Tracker (Optional)
- ♦ Ice Screw - 1pcs (Recommended)

SLEEPING BAGS

- ♦ Sleeping Bag (-30/-40 °C)- 2pcs
- ♦ Sleeping Bag Liner -1 pcs
- ♦ Mattress Thermarest -1 Pcs
- ♦ Down Mattress (Inflatble)-1 pcs
- ♦ Pilow (Inflatble)-1 pcs

♦ Renting Availalbe

EATING & DRINKING

- ♦ Water Bottle-1 liter
- ♦ Thermos- 1 liter
- ♦ Adventure Cup/Bowl/Spoon-1 set

MISCELLANEOUS

- ♦ Satellite Phone with credit
- ♦ Nail Cutter
- ♦ Rain Coat & Umbrella
- ♦ Hand & Back Warmer
- ♦ Travel Charger/Earbud etc.
- ♦ Power bank, Camera (Opt)
- ♦ First Aid Kit Box
- ♦ Pee Bottle

BACK PACKS

- ♦ Ruck Sacks - 50 liters (minimum)
- ♦ Duffle Bags (120-150 liters)-2 pcs
- ♦ Lundry/Garbage Bag
- ♦ Water Proof Sacks/Dry Bag-3-5 pcs

SUN STUFFS

- ♦ Sun Cream (+50 SPF)
- ♦ Lip Guard (+30 SPF)
- ♦ Sun Glass (UV Protection)
- ♦ Glacier Glasses (Cat2/Cat4)
- ♦ Moisturiser/Lotion

TOILETRIES

- ♦ Toilet Paper/Wet Tissue
- ♦ Toothpaste/Toothbrush
- ♦ Soap/Shampoo/Hand Disinfectant