**GEAR LIST**

**Baggage and Sleeping**

o Duffel bag to be carried by your porter – large enough for all climbing gear and clothing.

o An extra bag with all your remaining belongings that will be left at the hotel or in our office.

o Small luggage lock – to lock the zippers on the bag left in the hotel

o Day backpack between 40-45 liters capacity (with elastic waterproof cover)

**Clothing**

o Quick dry T-shirts

o Underwear

o Lightweight hiking trouser (avoid heavy cotton, they don’t dry quickly)

o Fleece (middle layer)

o Thermal underwear (under layers)

o Waterproof, breathable and windproof jacket

o Waterproof, breathable and windproof pants

o Insulated down jacket for summit night (parka)

o One pair thermal socks

o Mittens or warm gloves

o Waterproof gloves

o Good quality hiking socks and thin liner socks Waterproof hiking boots – sturdy and worn-in. Extra shoelaces

o Comfortable shoes for overnight camps (running shoes, sneakers, etc.)

o Sun hat to protect head, ears and neck

**Toiletry and medicine used on the mountain**

o Toothbrush and toothpaste

o Quick-dry wash cloths and soap

o Toilet Paper

o Tissues

o High SPF Sun-block

o Lip Balm with SPF

o Sunglasses with UV-filter lenses

o Lotion

o Sanitary Wipes/Wet Wipes

o Blister Kit

o Tweezers

o Nail Clippers

o Deodorant

o Hair brush/Comb

o Sanitary Products

o Vaseline to prevent chafing skin and heel friction blister

o Antiseptic

o Pain Killers (Ibuprofen)

o Decongestant

o Diamox or High Altitude Medication (optional, please consult with your doctor)

o Anti-diarrhea Medicine

o Malaria pills ( if you choose to take these)

o Cold/Flu Tablets

o Any medication you normally use

o Dioralyte sachets or similar rehydration packs

o Throat Lozenge

o Eye drops (spare Contact Lenses and fluid, if worn)

o Water purification tablets / Iodine drops

o Ear Plugs

o Plastic bags (for dirty washing, wrapping, etc.)

**other items**

o Headlamp with Extra Batteries

o Water Bottles and Camelback (3 litter carrying capacity)

o Sunglasses

o Camera with extra memory card and extra batteries

o Watch

o Playing Cards

o Hand Warmers (optional)

o Pocket Knife

o Notebook and Pen

o High energy snack (Cereal, protein bars, chocolate, trail mix, dried fruit)