

## Required Personal Climbing Gears Check List

### 6,000m Trekking Peak Climbing



SL	Gears	✓	SL	Gears	✓
1	Large pack 45L - 60L		22	(R) Sleeping bag -20 degree rated (900 grams of down with inner lining, winter grade)	
2	Sun hat suitable for snow conditions		23	Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))	
3	Sunglasses: UV & polarized are best		24	Head lamp (we suggest Black Diamond with LED), with spare batteries	
4	Snow goggles (as for skiing)		25	Trekking boots – we suggest strong leather boots ankle protcted	
5	Warm (fleece/wool) hat or beanie - 1/2		26	(R) Double (usually plastic) mountaineering boots (e.g. Scarpa Vega, Koflach Arctis Expeditions, etc; sizes 6-12 / (La Sportiva or Millet Climbing boot)	
6	Fleece scarf or neck gaiter AND balaclava - 1/1		27	(R) Crampons Alpine style with rapid-fix bail type to suit your boots (e.g. Black Diamond Sabretooth)	
7	1-2 pairs of thermal liner gloves		28	Gaiters (for snow) appropriate to your plastic & trekking boots	
8	Windstopper fleece gloves - 1 pair		29	(R) Climbing Helmet - Black Diamond/Camp	
9	T-shirt/long - sleeved shirt - 2		30	(R) Ice axe: one only, 65-75cm in length	
10	Wind/waterproof gloves - 1 pair		31	(R) Climbing harness with a belay loop, tape sling/8mm rope 6 meters	
11	Thermal tops - 2		32	(R) Belay/Abseiling gear/Figure of 8: e.g. Black Diamond ATC	
12	Thermal long pants - 2		33	(R) Ascender/Jumar e.g. Petzl expedition ascender	
13	Fleece jacket or pullover mid weight		34	2/3 Non-locking carabiners	
14	(R) Mid-heavy weight down jacket (+350grms down)		35	2/3 Locking carabiners (wide gate preferred)	
15	Rain and wind-proof jacket, preferably Gore-Tex (make sure jacket goes over other clothing when layered up!)		36	Sandals & running shoe - 1/1	
16	Rain and wind-proof pants (preferably with full side zips)		37	Pee bottle — wide mouth Nalgene are good *Optional	
17	Trekking long pants light weight - 2/3		38	Wash kit (small personal toiletries, nail clippers and pack towel)	
18	Fleece long pants, mid weight -1/2		39	moleskin, band aids, betadine, bandages etc)	
19	Several pairs of Socks - 5/6		40	Sun screen, zinc cream and lip balm	
20	Water containers: minimum 3L: e.g. Nalgene wide mouth bottles 1L + bottles or bladder another 2L capacity		41	Adjustable trekking pole - Optional	
21	Sleeping mat (*recommended; e.g. ThermoRest or RidgeRest)		42	Plenty of under wears/Travel and town clothes (can leave extras in hotel in KTM)	
<b>Note: (R) available on rental basis</b>					
<b>Group Gears by Dream Himalaya Adventures</b>					
✓	Group medical kit (for altitude illness, reserve antibiotics); emergency oxygen or portable altitude chamber				
✓	Satellite phone (pay for air time used: USD \$3/minute)	✓	Sleeping tents, dining tent, all cooking and eating equipment & food on trek/climb		
✓	240V AC generator at BC to recharge camera batteries (only if long stay at base camp)	✓	Barrel or duffle bag for transporting personal gear by Yak and truck		
✓	Climbing ropes, fixed safety ropes	✓	Snow anchors, ice anchors, rock anchors, v-thread cord		