

Required Personal Climbing Gears Check List
7,000m Peak Expedition



SL	Gears	✓
1	Large pack 50L - 70L	
2	Sun hat suitable for snow conditions	
3	Sunglasses: Category 3 or 4, glacier type, UV & polarized are best	
4	Snow goggles (as for skiing)	
5	Warm (fleece/wool) hat or beanie -1/2	
6	Fleece scarf or neck gaiter AND balaclava - 1/1	
7	1-2 pairs of thermal liner gloves	
8	Windstopper fleece gloves	
9	T-shirt/long-sleeved shirt -2/3	
10	Heavy mitts with waterproof shell (note: mitts not gloves)	
11	Thermal tops/bottoms - 2/2	
12	Fleece jacket or pullover mid weight	
13	Fleece jacket heavy weight	
14	(R) Mid-heavy weight down jacket (+350grms down)	
15	Light weight Down pant	
16	Downsuit (-30 degree rated)	
17	Rain and wind-proof jacket, preferably Gore-Tex (make sure jacket goes over other clothing when layered up!)	
18	Rain and wind-proof pants (preferably with full side zips)	
19	Trekking shorts &/or long pants light weight - 3/4	
20	Several pairs socks - 6-8	
21	Fleece long pants, mid weight	
22	Sleeping bag with inner lining for base camp and trek use (-15 degree rated)	
23	Sleeping bag -30degree rated (900 grams of down with Dryloft outer shell, winter grade)	

SL	Gears	✓
24	Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))	
25	Head lamp (we suggest Black Diamond with LED), with spare batteries	
26	Water containers: minimum 3L: e.g. Nalgene wide mouth bottles 1L + bottles or bladder another 2L capacity	
27	(R) Double layered mountaineering boots (Spantik, La Sportiva or Millet Climbing boot)	
28	(R) Crampons Alpine style with rapid-fix bail type to suit your boots (e.g. Black Diamond Sabretooth)	
29	Gaiters (for snow) appropriate to your plastic & trekking boots	
30	(R) Climbing Helmet - Black Diamond/Camp	
31	(R) Ice axe: one only, 65-75cm in length	
32	(R) Climbing harness with a belay loop, and 8mm rope - 9 meters	
33	(R) Belay/Abseiling gear/Figure of 8: e.g. Black Diamond ATC	
34	(R) Ascender/Jumar e.g. Petzl expedition ascender	
35	3/4 Non-locking carabiners	
36	3/4 Locking carabiners (wide gate preferred)	
37	Adjustable trekking pole(s)	
38	Wash kit (small personal toiletries, nail clippers and pack towel)	
39	First aid kit and blister kit (tape or moleskin, band aids, betadine, bandages etc)	
40	Trekking boots – we suggest strong leather boots ankle protcted	
41	Sandals & running shoe - 1/1	
42	Sleeping mat (*recommended; e.g. ThermoRest or RidgeRest)	
43	Pee bottle — wide mouth Nalgene's are good	
44	Plenty of under wears, Sun screen, zinc cream and lip balm	
45	Travel and town clothes (can leave extras in hotel in KTM)	

Note: (R) available on rental basis

Group Gears by Dream Himalaya Adventures

✓	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