

## CLIMBING GEAR FOR 7000m, Peaks

### Climbing Equipment

- Summit Down Suit - 8000m. (Marmot / Mountain Hardware / North Face / Millet)
- Climbing Helmet
- Crampons (Fit with Boot)/Packing Cover
- Ice Axe with Spike & Axe Protector
- Harness
- Belay Devices/ Figure of 8/ ATC Guide
- Jumar / Ascender
- Lock Carabiner (3 Pcs)
- Unlock Carabiner (3 Pcs)
- Tape Slings 240 cm / Dynamic Cord 6mm (300 cm)
- Snow Goggle (Summit Purpose, Antifog, Polarized, UV Protection)
- Head Light 400-500 Lumens Spare Battery (Energizer Ultimate Lithium)
- Walking Stick/ Trekking Pole
- Pocket Knife (Swiss)
- Pee Bottle

### Head

- Sun Cap
- Desert Cap
- Balaclava
- Fleece Hat/Warm Hat (1-2 Pcs)
- Neck Gaiter / Buff Mask(2 Pcs)

### Upper Body

- Thermal Top Base Layer (2 Pcs)
- Fleece Jacket (1 Pcs)
- Gore Tex Jacket (1 Pcs)
- Down Jacket (1 Pcs)
- Cotton T-Shirt (3 Pcs)
- Wind Breaker /windproof jacket
- Quick Dry T-Shirt (3-4 pcs) (\*Full Sleeve T-shirt recommended)

### Lower Body

- Thermal Bottom Base Layer (2 Pcs)
- Fleece Trouser (1pcs)
- Gore Tex Pant (1 pcs)
- Mid Weight Pants (1-2Pcs)
- Light Weight Quick Dry Trekking Pants (2-3 Pairs)
- Underwear(4-5 pcs)
- Gaiters for trekking boots
- Down Pants (1 pcs)

### Hands

- Thin Fleece Gloves (2 Pairs)
- Wind Stopper / Screen Tap Gloves
- Heavy Gloves (Guide Gloves)
- Summit Gloves-8000m

### Foot Wear

- Normal Socks (5-6 Pairs)
- Trekking Shoes/Hiking Boots (Gore Tex)
- Slipper (1 Pair)
- Camp Shoes (1 pair)
- Summit Socks (2 pcs)
- Summit Boots - 8000m (Double layered boot) (Lasportiva/ millet/ scarpa)

### Sleeping Stuffs

- Sleeping Bag -40 °C (Extreme Comfort)
- Sleeping Bag -20 °C to -30 °C (for Base Camp)
- Liners for Sleeping Bag
- Thermarest Mattress (Cell Foam)

### Bag Packs

- Rucksacks 50L - 65L (Day Bag)
- Water Proof Stuff Sacks/Dry BagSmall/ Medium/ Large (3-4 Pcs)

### Sun Stuffs

- Banana Boat/ Nivea Sun Cream (-50 Spf)
- Lip Guard 30-50 (Spf)
- Sun Glasses (Uv Protection)

### Eating & Drinking

- 1 Ltr. Water Bottle
- 1/ 1.5 Ltr. Thermos

### Toiletries

- Toilet Paper / Wet Tissue
- Toothbrush &Toothpaste
- Soap/ Shampoo
- Towel

### Miscellaneous

- Nail Cutter
- Umbrella / Rain Coat
- Hot Water Bag(Optional)
- Power bank (Back up battery)
- Trekking poles-1 pair
- Hand & Toe Warmer
- Foot Wear