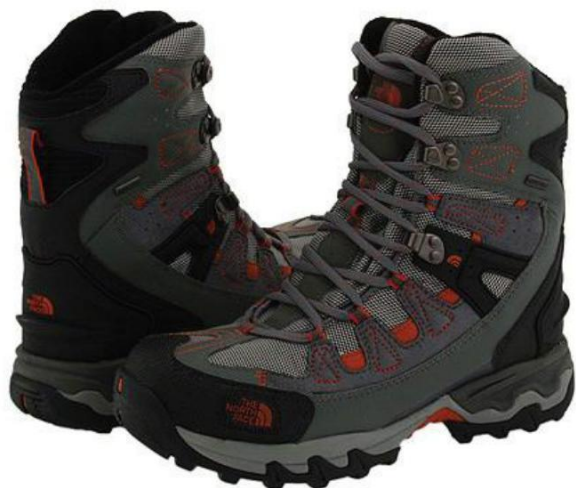




## CHECKLIST OF ESSENTIAL ITEMS



### FEET

- Liner Socks - 3 pair of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavy weight socks.
- Wool or Synthetic Socks - 3 pair lightweight socks to be worn over the liner socks. When layering socks, check fit over feet and inside boots.
- Med – Heavy Wool Socks – 2 pair
- Ankle high Water Proof Trekking Boots – 1 pair. Should be well broken in. Brand new ones can give you serious blisters.
- Lightweight Sandals / Slippers - 1 pair



### HANDS

- Liner gloves – 1 pair thin wool or polypropylene. To wear alone on very sunny days for hand protection or as a layering piece with your Shell gloves.
- Lightweight Insulating gloves – 1 or 2 pair fleece or wool
- Shell gloves – 1 pair, waterproof gloves with insulation to be used on the snow.
- Down Mittens – 1 pair

## CHECKLIST OF ESSENTIAL ITEMS



### LOWER BODY

#### (wear in layers)

- Lightweight Long Underwear – 2 pairs Bottoms. Should be made of moisture wicking synthetic material (capilene, polypropylene or Merino Wool. (NO Cotton) Snug fit is important. Preferably lightweight as it is more versatile (worn single in warmer conditions and double layer for colder).
- Fleece / Wool Trousers - 1
- Shell Pants – 1. Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants and ventilation when it is hot.
- Quick dry Trekking Trousers – 2



### UPPER BODY

#### (wear in layers)

- Lightweight Long Underwear – 2 pairs Tops. Should be made of moisture wicking synthetic material (capilene, polypropylene or Merino Wool. NO Cotton) Snug fit is important. Preferably lightweight, as it is more versatile (worn single in warmer conditions and double layer for colder).
- Light Fleece Jacket - 1
- Thick Fleece Jacket - 1
- Down Jacket – 1
- Shell Jacket w/ hood – 1. We recommend a water proof breathable shell material with full front zipper, (preferably underarm zips too), and no insulation. This outer layer protects against wind and rain.
- Synthetic T-shirt / long shirts – 2/3

## CHECKLIST OF ESSENTIAL ITEMS



### HEAD

- Wool/Synthetic Ski Hat -1. Make sure it covers your ears.
- Balaclava -1. Heavy weight, must fit over wool/ synthetic hat.
- Sun Hat -1. One with a good wide brim to shade the nose and eyes.
- Neck Gaiter / Buff Bandana -1/2.



### SLEEPING GEAR

Sleeping Bag-1 (Expedition quality rated to at least -10 deg C). Goose down preferred over synthetic for bulk & weight. If well-cared-for a down bag will last much longer than a synthetic bag. Your bag needs to be long enough that your feet are not pressing out the foot box which will make you colder. It should be roomy enough for comfortable sleeping but snug enough for efficient heat retention.

## CHECKLIST OF ESSENTIAL ITEMS



### OTHER PERSONALS

- Passport with valid Visa (for foreigners), a valid photo ID proof (for Indians).
- Sunscreen SPF 40 or better - 1 small tube.  
Note: Sunscreen older than 6 months loses half of its SPF rating, make sure that you have new sunscreen.
- Lipbalm - 1 stick.
- Sunglasses - 1. Extra dark with UV protection and side covers
- 1 Litre Water Bottle - At least two bottles with 1 litre capacity. Bottles should be wide mouth and of hard, transparent plastic BPA free plastic. No water bag or bladder systems for the mountain, they freeze or are hard to fill but you can use them on the approach trek. 1 lit NALGENE bottles work best. No metal bottles for the climb as lips stick to the cold metal.
- Water Bottle Insulation Cover -1 (Nalgene Bottle Cover available in Delhi for about INR 1000/-)
- Hand & Toe Warmers (atleast 1 set for the summit night)
- Personal Utensils - Cup / Bowl / Spoon & Fork (preferably all plastic)
- Closed Cell Foam Mattress + Inflatable Mattress.

### OTHER PERSONALS (cont.)

- Headlamp with Spare batteries - 1.
- Toiletry Bag. Nothing but the basics: Toothpaste, Toothbrush, Baby Wipes, Foot Powder, Moisturizer. Include one roll of toilet paper.
- Small quick dry towel and soap
- Hand Sanitizer or other alcohol based hand cleaners. A small bottle is good enough.
- Big Plastic Trash bags. To line main baggage and day pack.
- Personal recreation: camera, books, pen/pencil music, cards etc.
- Small Personal First-Aid Kit. Aspirin, Moleskin, waterproof first-aid tape, athletic tape, Band-Aids, personal medications. Drugs/Medications/ Prescriptions. Acetazolamide (Diamox) 250mg tablets for altitude sickness. Ibuprofen (Bruffen) 200mg tablets for altitude headaches, sprains, Aches etc. Extra-Strength Disprin for headaches, Rehydration Salts like Electral. *We will have an exhaustive first aid kit with us.*
- INR 20-25,000 cash for extra meals, drinks, tips, emergencies etc.

## CHECKLIST OF ESSENTIAL ITEMS



### PACK

- Backpack-1. Min 70 lit bag

On the climb you would be carrying all your personal gear, sleeping bag & mattresses

- Large strong duffel bag with LOCK (about 100 litres). This goes with the MULES, not the best place for a fragile backpack. Duffel bag should either be waterproof or should be lined with plastic bag/s from inside and have a full length zipper. No wheels or rigid/retractable handles.

(White Magic Duffel bags can be rented for INR 600 for the whole trip and can be bought for INR 2500)



### CLIMBING EQUIPMENT

(can be rented also)

- Plastic or synthetic-leather double mountaineering boots for above Base Camp, NOT SINGLE BOOTS
- Climbing Harness - 1
- Crampons, 12 points - 1 pair
- Ice Axe - 1
- Carabiners - 3
- Jumar (Ascender) & Belay Device (Descender) - 1 each
- Waterproof Gaiters - 1 pair
- 6mm cord (3 metres) or a tape sling for Jumar & Self Anchor
- Trekking Poles with Snow Basket - 1 pair.



### OPTIONALS

- You could bring your favourite snacks and power bars etc for the trail.
- Lightweight, metal mini thermos, ½ lit - 1.
- Sleeping Bag liner