

EQUIPMENT LIST

List of gear and equipment required for trekking or mountaineering expeditions



1/ CLOTHES:

- Down or synthetic jacket / parka with hood for cold temperatures
- Rain – waterproof coat / Gore-Tex jacket with hood
- Softshell jacket / thin down or synthetic jacket
- Fleece jacket / warm jumper
- Thermal base-layer shirts (2 x long sleeves, 2 x short sleeves)
- T-shirts
- Thermals for sleeping
- Underwear / sports bra
- Trekking pants (2 - 3x)
- Softshell trekking pants
- Down pants (optional)
- Thermal leggings base-layer / or fleece
- Rain – waterproof / Gore-Tex over-trousers (side zippers if possible)

2/ HEAD GEAR:

- Sunhat / cap / visor
- Buff / bandana / scarf / neck gaiter / balaclava to protect the neck area
- Warm hat - wool or pile ski hat
- LED head lamp / torch + spare batteries
- Sunglasses
- Glacier glasses with side shields
- Snow / ski goggles

3/ HANDS:

- Thin gloves – liner / merino / windstopper / fleece
- Thick gloves – waterproof Gore-Tex / ski gloves
- Mittens thick down or synthetic fill for cold temperatures and high altitudes.



4/ FOOTWEAR:

- Trekking boots – high ankle (no low cut shoes) – water / weather proof – Gore-Tex
- Sandals / trainers – to wear at teahouses / around campsites / or for river crossing
- Gaiters
- Hiking microspikes crampons
- Thick thermal socks – woolen or synthetic for cold weather (3x)
- Thin normal socks - merino wool, nylon or polypropylene, to be worn as a first layer. This reduces blistering. (4x)
- Down or synthetic booties to sleep in
- Spare laces

5/ OTHER EQUIPMENT:

- Trekking poles / telescopic walking sticks
- Duffle bag (100+ liters)
- Small day pack / backpack (30 – 40 liters)
- Backpack rain cover
- Sleeping bag
- Camping inflatable pillow
- Liner for sleeping bag
- Plastic bags / dry sacks to keep your clothing dry during trekking
- Safety lock / padlock for locking your bags
- Pocket knife / multi-tool
- Repair kit (thread, needle, duct tape, etc.)
- Camera / GoPro + spare batteries and charger and memory cards
- Powerbank / solar charger
- Power point adapter
- Water bottle 2x 1 liter – Nalgene
- Water bladder 2 – 3 liters
- Thermos / vacuum flask
- Water purification tablets or drops
- Steripen + spare batteries
- First Aid kit
- Watch with alarm
- Journal + pen
- Hand and toe warmers (pads)
- Electrolytes / hydrolytes tablets or powder
- Spare glasses or contact lenses (if you wear one)

6/ PERSONAL HYGIENE:

- Small towel
- Tooth brush
- Tooth paste



- Dental floss
- Hair brush
- Soap / shower gel
- Shampoo / conditioners
- Hand cream / body lotion
- Shaving razor
- Nail clippers
- Sun screen 50 SPF
- Lip balm 50 SPF
- Toilet paper
- Paper tissues
- Wet tissues / baby wipes (no shower at high camps / teahouses)
- Woman's hygiene items
- Hand antibacterial sanitizer
- Antiperspirant / deodorant
- Pee bottle / pee funnel (ladies)
- Insect repellent
- Eye shade
- Ear plugs

7/ FOR THE JOURNEY:

- Large duffel bag / or other luggage - big enough to be able to transport all your equipment
- Small duffel bag – to store excess equipment at the hotel
- Clothes for the journey and the city
- Luggage locks
- Luggage tags
- Travel / money belt
- Passport
- Visa
- Flight tickets
- Travel insurance
- Copy of your documents
- Passport photos for trekking permits

8/ FIRST AID AND MEDICATION:

- Blister treatment
- Plasters
- Tape
- Sore throat lozenges
- Antiseptic cream
- Any prescription medication you usually take
- Vaccination (Hep A, B; Typhoid, etc. – check with your doctor in advance which vaccine you need for the country you're traveling to)



- Diamox (altitude)
- Imodium (diarrhea treatment)
- Dexamethasone (altitude)
- Tinidazole or similar (giardiasis)
- Painkillers
- Multivitamins
- Nose spray
- Eye drops

Following equipment is for mountaineering / climbing / camping only.

9/ MOUNTAINEERING AND CLIMBING EQUIPMENT:

- Climbing Helmet
- Mountaineering double boots
- Gaiters – big enough to fit over the boots
- Crampons compatible with mountaineering boots
- Ice axe (The size is important: if you are 1.7 m, use a 60 cm tool; 1.7 to 1.9 m, use a 65 cm tool; if you are more than 1.9 m, use a 70 cm tool)
- Climbing harness
- Carabiners – screwgate type
- Jumar / ascender
- ATC / belay device / figure 8
- Prusik loops 2x / cords (6 – 7 mm in diameter rope – 4m in length)
- Sling (120cm)
- Ice screws
- Snow shovel
- Rope (if not provided)
- PLB - emergency beacon

10/ CAMPING EQUIPMENT:

- Big backpack for high altitude ascend around 80 liters
- Expedition quality sleeping bag
- Inflatable insulated sleeping mat
- Foam mat – ThermaRest
- Plate, cup and cutlery
- Dish for cooking
- Gas stove / Jetboil
- Gas cartages
- Tent (if not provided)