

Gear Check List

TRAVEL DOCUMENTS

Valid passport Credit cards Passport photos (4) Insurance & emergency contacts Family/company address

UPPER BODY

Thermal tops (2) Fleece jacket Gore-Tex shell Down jacket Cotton T-shirts (2)

HEAD & NECK

Sun cap Warm hat (1-2) Neck gaiters (2)

SLEEPING GEAR

Sleeping bag (-20°C to -30°C) Sleeping mat Pillow

TOILETRIES

Toilet paper/wet wipes Toothpaste Toothbrush Soap Towel Garbage bags

EATING & DRINKING

Water bottle (1 L) Thermos (1-1.5 L) Mug Spoon/fork Bowl

FOOTWEAR

Socks (2-3) Trekking shoes (Gore-Tex) Slippers

LOWER BODY

Thermal bottoms (2) Fleece trousers Gore-Tex pants Mid-weight pants Quick-dry trekking pants (2-3) Gaiters

HANDS

Thin fleece gloves (2) Wind/touchscreen gloves Trekking poles

SUN PROTECTION

Sun hat/bandana Sunscreen SPF 20+ Lip guard SPF 20+ Sunglasses (UV)

MEDICAL / FIRST AID

Ibuprofen Paracetamol Diamox Antibiotics Plasters Crepe bandage Iodine Ondem Cetirizine Electrolytes

BAGS & MISC

Rucksack (35-45 L) Headlamp Raincoat/umbrella Trail maps