



CLIMBING GEARS LISTS

Travel Documents

- Valid Passport
- Credit Cards
- PP Size Photos (4 Pieces)
- Insurance Paper
- Contact Address
- Family Members / Company's Contact Address

Foot Wear

- La Sportiva / Millet Everest (High Altitude Mountaineering Boots)
- Normal Socks (5-6 Pairs)
- Summit Socks (2 Pairs)
- Trekking Boot (1 Pair)
- Camp Booties (1 Pair)
- Basecamp Slipper (1 Pair)

Head

- Sun Cap
- Desert Cap
- Balaclava
- Fleece hat
- Neck Gaiter (2-3)

Upper Body

- LightWeight Top / Thermal Coat (2-3 Pairs)
- MidWeight Top (2-3 pairs)
- HeavyWeight Top (2 Pairs)
- Fleece Jacket (1 P)
- Gore Tex Jacket (1 P)
- Down Jacket (1 P)
- Windproof jacket
- Cotton T-Shirt For Base Camp (2-3)

Lower Body

- LightWeight Long Under Pants (2-3 Pairs)

- Underwears (5-7 Pairs)
- MidWeight Long Underpants (2-3 pairs)
- Gore Tex Pants (1 P)
- Down Pants (1 P)
- Waterproof Pant (1 P)

Hands

- Thin Fleece Gloves (2 pairs)
- Wind Stopper Fleece Gloves
- Heavy Gloves
- Heavy Mitten Gloves
- Mountaineering Gloves

Sleeping bags

- Sleeping Bag -20°C (For Base Camp)
- Down Sleeping Bag -20 To -40°C (Extreme Comfort)
- Thermarest mattress (Cell Foam)
- Thermarest Mattress (Inflatable)

Climbing Equipment

- Climbing Helmet
- Down Suit (Marmot / Mountain Hardware / North Face)
- Crampons (Fit with Boot)
- Ice Axe
- Harness
- Atc Guide
- Jummer / Ascender
- Lock Carabiner (3)
- Tape Slings (2)
- Prusik Loops (1)
- Snow Goggle
- Head Light (4 Pairs rechargeable Batteries Recommended)
- Satellite Phone
- Hand Warmer (If possible)

Backpacks

- Rucksacks 45L - 55L
- Duffle bag 90L - 120L (2 Pc)
- Waterproof Stuff Sacks Large (2 Pc)
- Waterproof Stuff Sacks Small (2 Pc)

Sun Stuffs

- Sunscreen SPF50
- Lip Guard
- Sun Glasses (UV Protected)

Toiletries

- Hand Disinfectant
- Wet Tissue
- Toothpaste & Toothbrush
- Soap & Shampoo
- Garbage Bag

Eating & Drinking

- Water Bottle (2)
- Vacuum Flask / Thermos
- Mug
- Spoon / Fork
- Bowl

Medical

- Brufen / Ibuprofens
- Antibiotics & Paracetamol
- Diamox
- Handy Plaster & Crack Bandage
- Tincture Iodine

Miscellaneous

- Walking Stick
- Swiss Pocket Knife
- Raincoat

Rainbow Mountain Treks Pvt. Ltd.

Tourism Registration No : 1109 / 066 | Kaldhara Marg, KTM, Nepal

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