

REQUIRED

- SOCKS
- HIKING BOOTS OR TREKKING SHOES
- SPORTS SANDALS / WATER SHOES
- SHORT UNDERWEAR (2 OR 3)
- HEAVYWEIGHT BASE LAYER BOTTOM
- MIDWEIGHT BASE LAYER BOTTOM
- SOFTSHELL PANTS
- HIKING PANTS (2 AT LEAST)
- HEAVYWEIGHT BASE LAYER TOP
- MIDWEIGHT BASE LAYER TOP
- FLEECE JACKET OR SWEATER
- EXPEDITION DOWN PARKA
- SOFTSHELL JACKET
- T-SHIRTS
- LIGHTWEIGHT LINER GLOVES (2 PAIRS)
- SOFTSHELL GLOVES
- BANDANA OR BUFF (2 AT LEAST)
- SUN HAT
- WOOL / SYNTHETIC SKI HAT
- GLACIER GLASSES
- TREKKING POLES
- TREKKING PACK
- DUFFEL BAG
- SMALL DUFFEL
- 5F DOWN SLEEPING BAG
- INFLATABLE SLEEPING PAD
- SLEEPING FOAM PAD
- HEADLAMP
- WATER BOTTLES OR CAMEL BAG
- SUNSCREEN & LIPSCREEN



RECOMENDED

- TOILETRY BAG OR PERSONAL BATHROOM KIT
- TRAVEL TOWEL
- SMALL PERSONAL FIRST-AID KIT
- MEDICATIONS & PRESCRIPTIONS
- HAND SANITIZER
- CASUAL CLOTHING & SHOES

TRAVEL DOCUMENTS

- VALID PASSPORT
- VISA IF YOU NEED

OPTIONAL

- CAMERA
- WATER PURIFICATION TABLETS
- TRAVEL POWER ADAPTER
- READING AND WRITING MATERIALS
- ALARM CLOCK
- TRAVEL PILLOW