

REQUIRED

- SOCKS
- HIKING BOOTS OR TREKKING SHOES
- HIGH-ALTITUDE DOUBLE BOOT
- GAITERS
- SPORTS SANDALS / WATER SHOES
- SHORT UNDERWEAR (2 or 3)
- HEAVYWEIGHT BASE LAYER BOTTOM (1 or 2)
- MIDWEIGHT BASE LAYER BOTTOM (1 or 2)
- SOFTSHELL PANTS
- HARDSHELL PANTS
- INSULATED SYNTHETIC PANTS
- HIKING PANTS
- HEAVYWEIGHT BASE LAYER TOP (2 or 3)
- MIDWEIGHT BASE LAYER TOP
- FLEECE JACKET OR SWEATER
- LIGHTWEIGHT INSULATED JACKET
- EXPEDITION DOWN PARKA
- SOFTSHELL JACKET
- HARDSHELL JACKET
- T-SHIRTS
- LIGHTWEIGHT LINER GLOVES (2 Pairs)
- SOFTSHELL GLOVES
- INSULATED SHELL GLOVES
- EXPEDITION MITTENS
- BANDANA or BUFF (2 at least)
- SUN HAT
- WOOL / SYNTHETIC SKI HAT
- BALACLAVA SYSTEM (2 at least)
- GLACIER GLASSES
- SKI GOGGLES
- CRAMPONS
- TREKKING POLES
- CLIMBING HELMET
- EXPEDITION CLIMBING PACK
- EXPEDITION DUFFEL BAG
- SMALL DUFFEL
- 20F DOWN SLEEPING BAG
- INFLATABLE SLEEPING PAD
- SLEEPING FOAM PAD
- HEADLAMP
- WATER BOTTLES (2 to 3)
- MUG
- BOWL
- KNIFE, SPOON & FORK
- THERMOS
- SUNSCREEN & LIPSCREEN



RECOMENDED

- TOILETRY BAG OR PERSONAL BATHROOM KIT
- TRAVEL TOWEL
- SMALL PERSONAL FIRST-AID KIT
- MEDICATIONS & PRESCRIPTIONS
- HAND SANITIZER
- HAND AND TOE WARMERS (3 SETS OF EACH)
- EARPLUGS
- CASUAL CLOTHING & SHOES
- ENERGY SNACKS & DRINK MIXES

TRAVEL DOCUMENTS

- VALID PASSPORT
- VISA IF YOU NEED

OPTIONAL

- BOOTIES
- WIND SHELL
- TREKKING PACK
- CAMERA
- PEE BOTTLE (1-1.5 LITER)
- PEE FUNNEL (FOR WOMEN)
- COMPACTOR BAGS (3 OR 4)
- WATER PURIFICATION TABLETS
- TRAVEL POWER ADAPTER READING AND WRITING MATERIALS
- ALARM CLOCK
- TRAVEL PILLOW