

CLIMBING GEAR FOR 6000 M. PEAKS

TRAVEL DOCUMENTS

- Valid Passport
 - Credit/Debit Card
 - PP Size Photo (2 Pieces)
 - Insurance Paper And Contact Address.
 - Family Members / Company's Contact Address
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HEAD

- Sun Cap
 - Desert Cap
 - Balaclava
 - Fleece Hat/ Warm Hat (1-2 Pcs)
 - Neck Gaiter (2-3 Pcs)
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HANDS

- Thin Fleece Gloves (1 Pairs)
 - Wind Stopper / Screen Tap Gloves
 - Heavy Gloves (Guide Gloves)
 - Summit Gloves - 8000m. (Mittens)
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UPPER BODY

- Thermal Top Base Layer (2-3 Pcs)
 - Fleece Jacket (1 Pcs)
 - Gore Tex Jacket (1 Pcs)
 - Warm Jacket (1-2 Pcs)
 - Wind Proof Jacket (1 Pcs)
 - Down Jacket (1 Pcs)
 - Cotton T-Shirt (2-4 Pcs)
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LOWER BODY

- Thermal Bottom Base Layer (2-3 Pcs)
 - Fleece Trouser (1 pcs)
 - Gore Tex Pant (1 pcs)
 - Soft Shell Pants (1-2 Pcs)
 - Light Weight Quick Dry Trekking Pants (2 Pairs)
 - Gaiters for trekking boots (Optional)
 - Down Pants (1pcs)
 - Under Wear (3-5 Pcs)
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CLIMBING EQUIPMENT

- Climbing Helmet
 - Crampons (Fit with Boot)/Packing Cover
 - Ice Axe with Spike & Axe Protector
 - Harness (Lightweight Alpine Model)
 - Figure of 8/ ATC Guide
 - Jumar / Ascender
 - Lock Carabiner (2 Pcs)
 - Normal Carabiner (2 Pcs)
 - Slings 240 cm or Accessory Cord 7mm (300 cm)
 - Head Light 300-500 Lumens Spare Battery (Energizer Ultimate Lithium)
 - Walking Stick/ Trekking Pole
 - Pocket Knife (Swiss)
 - Altimeter Watch (Optional)
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BAG PACKS

- Rucksacks 35 L - 50 L
 - Duffle Bag 120 L-150 L (2 Pcs)
 - Laundry/Garbage Bag (Large)
 - Water Proof Stuff Sacks/Dry Bag- Small/ Medium/ Large (3-4 Pcs)
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SLEEPING BAGS

- Sleeping Bag -30°C to -40°C
 - Thermarest Mattress (Cell Foam)
 - Down Mattress (Inflatable)
 - Sleeping Bag Liner (Optional)
 - Inflatable Pillow (Optional)
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SUN STUFFS

- Sun Cream (up to 50 Spf)
 - Lip Guard 30 to 50 (Spf)
 - Sun Glasses (Uv Protection)
 - Glaciers Glasses (Antifog, Polarized, Uv Protection)
 - Moisturiser / Lotion
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FOOT WEAR

- Summit Boot - 8000m. (Kailas / Lasportiva / Millet / Scarpa)
 - Normal Socks (4-6 Pairs)
 - Summit Socks Socks (2 Pairs)
 - Trekking Shoes (Gore Tex)
 - Light Trekking/Sports Shoes
 - Camp Booties (Optional)
 - Slipper (1 Pair)
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TOILETRIES (PERSONAL)

- Toilet Paper / Wet Tissue
 - Toothpaste/Toothbrush
 - Soap/Shampoo, Hand Disinfectant
 - Towel, Garbage Bag
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EATING & DRINKING

- 0.5 Ltr. Water Bottle (Wide Mouth - Optional)
 - 1 Ltr. Water Bottle (1-2 Pcs)
 - 1/ 1.5 Ltr. Thermos
 - Spoon/ Fork/Bowl / Mug (Opt.)
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MEDICAL/FIRST AID

- Brufen, Ibuprofens, Antibiotic
 - Diamox, Ondem, Paracetamol
 - Handy Plaster, Crack Bandage
 - Tincture Iodine,
 - Cetirizine, Electrolyte
 - Minil 10mg (Palpitation, anxiety)
 - Codopar (Headache & chest pain)
 - Salbetol 4mg (Breathless)
 - Azithromycin 500mg (chronic tonsillitis, fever, nose, throat infection-must take 5 days)
 - Flupen 250mg (prevent wound infection)
 - Allegra 120/180mg (Allergic tonsil)
 - Menstrual Products
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MISCELLANEOUS

- Satellite Phone with credit
 - Nail Cutter
 - Umbrella / Rain Coat
 - Hot Water Bag
 - Tenacious Tape Repair Kits
 - Hand & Toe Warmer
 - Travel Charger, Earbud
 - Power Bank, Camera (Optional)
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