

PACKING LIST

Base Layers

- Synthetic Short Underwear (1-2 pair): non-cotton style underwear
- Lightweight Long Underwear (1-2 pair): long sleeve shirt and long pants
- Heavyweight Long Underwear (1 pair)
- Short Sleeve Synthetic Shirt (1-2)

Mid Layers

- Soft Shell Jacket: to be worn over other layers
- Soft Shell Pants: very breathable and water repellent
- Lightweight Nylon Pants

Windproof/Rain Layers

- Hard Shell Jacket with hood: waterproof and breathable shell jacket
- Hard Shell Pants: waterproof and breathable shell pants

Insulation Layers

- Insulated Down or Synthetic Jacket with hood
- Heavyweight Insulated Down Jacket with hood
- Insulated Pants

Headwear

- Warm Hat: synthetic or wool hat (ski hat)
- Balaclava: to protect your neck and face in high winds
- Baseball Cap or other sun hat: to shade your face/neck from the sun on a hot day
- Bandana or Buff: to protect your neck/face from the sun

Eyewear

- Glacier Glasses: full protection with side covers or wrap around
- Ski Goggles: to be worn in the event of high winds - (2nd pair optional)

Gloves

- Lightweight Synthetic Base Layer Gloves: for wearing on warm days
- Soft Shell Gloves: to wear for moderate cold/wind
- Shell Glove with Insulated Liner: to wear for severe cold/strong wind
- Expedition Mitts: large enough to fit a liner glove inside

Footwear

- Liner Socks (3 pairs)

- Wool or Synthetic Socks (3 pairs)
- Hiking Boots: comfortable hiking boots
- Gaiters

Sleeping Equipment

- Sleeping Bag: rated to at least -20°F
- Self-inflating Sleeping Pad: full length is preferred
- Closed-cell Foam Pad: to be used in conjunction with the inflating pad for warmth and comfort when sleeping
- Earplugs

Mountaineering Gear

- Trekking Backpack: approximately 35L
- Compression Stuff Sacks: for reducing the volume of the sleeping bag, down parka, etc. in your duffel
- Trash Compactor Bags: to line backpack and stuff sacks as well as for separating gear
- Backpack Rain Cover (optional)
- Trekking Poles: adjustable
- Headlamp: with 2 extra sets of new batteries

Travel Items

- Large Duffel Bag with Lock: for transporting gear on the mountain, no hard sides or wheels
- Small Duffel Bag with Lock: to store items in the hotel(s) while on the climb
- Travel Clothes and Shoes: for days in cities and towns
- Lightweight journal, sketchbook, pencils, pen
- U.S. cash: for currency exchange to purchase SIM cards or merchandise in cities and town

Additional Food Items

Snack Food: bring a few days supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc. variety of salty and sweet is good

Other Equipment

- Cup: plastic 16 oz. minimum cup or mug
- Bowl: large plastic bowl for eating dinner or breakfast
- Spoon: plastic spoon (Lexan)
- Water Bottles (2): wide mouth bottles with 1-liter capacity
- Water Bottle Parkas (2): fully insulated with zip opening
- Water Treatment
- Thermos (optional): 1 liter

- Hand and Toe Warmers
- Sunscreen: SPF 50 or better
- Lip Screen (2 sticks): SPF 30 or better
- Toiletry Bag: include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)
- Pee Bottle: 1-liter minimum bottle for convenience at night in the tent
- Female Urination Device (FUD)
- Knife or Multi-tool (optional)
- Small Personal First-aid Kit: include athletic tape, band-aids, Ibuprofen, blister care, etc.
- Medications and Prescriptions: bring personal medications, antibiotics (Azithromycin, etc.), altitude medicine such as Diamox, etc.
- Handkerchiefs/Bandanas (optional)

Optional Electronics

- Country-appropriate power plug adapters and power transformers
- Adventure Sports Watch: such as Garmin fēnix 6
- Backup Power Bank
- Music , books loaded on to smartphone, iPad, Kindle
- Camera: bring extra batteries, charger, and memory cards