



7000 METER

CLIMBING EQUIPMENTS/GEARS CHECK LIST

Travel Documents:

- Valid Passport
- Valid Visa
- 4 PP Size Photo
- Insurance (Medical & Emergency Rescue)
- Family/Company Contact Number
- Credit Card

Toiletries:

- Hand Sanitizers & Hand wash
- Wet Tissues
- Toothpaste
- Toothbrush Bath Soap
- Shampoo Laundry Soap
- Garbage Bag

First Aid Kit:

- Sunscreen (-50 Spf)
- Lips Guard (-20/-50 Spf)
- Water Purification Tablets
- Baby Wipes or Wet Towels
- Handy Plaster/Blister Tape
- Crack Bandage
- Tincture Iodine
- Strepsils
- Antibiotic
- Paracetamol
- Aspirin
- Sinex, Flexon Tablets
- Anti-Diarrhea
- Capsule/Eldoper
- Brufen/Ibuprofens
- Diamox
- Eye Drop
- Dexamethasone Tablets
- Zip-Lock Bags
- Triangular Bandage, Gauge Pad
- Move, Sancho Balm
- Clovir, Oxymeter, Thermometer
- Betadine, Alcohol Swap

Upper Body:

- Short-Sleeved Shirts/T-shirts
- Lightweight Top/Thermo Coat
- Midweight Top x 2
- Heavyweight Top
- Synthetic or Fleece Jacket
- Down Insulated Jacket
- Windproof Jacket
- Gore-Tex Jacket

Technical Devices/Gears:

- Climbing Helmet
- Headlamp with Spare Batteries (Petzl/BD)
- Summit Down Suit
- Ice Axe Semi-Technical
- Crampons
- Harness
- Carabineers (Lock-4 Pcs & Unlock-2 Pcs)
- Ascenders/Jumar
- Belay Device (ATC Guide/Figure of 8)
- Safety Cord-3M, 8.5MM
- Tape Sling-120 CM
- Sleeping Bag-30
- Thermarest Cell Foam Mattress
- Sun/Glacier Glasses UV Protection
- Ski Goggles
- Rucksacks (45-55L)
- Duffel Bag
- Water Bottles
- Thermos/Flask
- Pack Towel
- Extendable Trekking Pole
- Swiss Knife
- Mug, Plastic Bowl, Fork & Spoon
- Summit Boot
- Hiking & Trekking Boot
- Slipper
- Camp Booties

Miscellaneous:

- Umbrella/Rain Puncho
- Spare Batteries
- Water Proof Stuff Sacks
- Garmin inReach Mini
- Satellite Phone (If possible)

Hand & Head:

- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves
- Summit Gloves
- Heavy Gloves (Mitten)
- Sun Cap
- Wool/Fleece Hat
- High Neck x 2
- Hand Warmer

Lower Body:

- Underwear
- Lightweight Long Underpants
- Midweight Long Underpants x 2
- Heavyweight Long Underpants
- Trekking Pants
- Down/Synthetic Insulated Pants
- Gore-Tex Pants
- Trekking & Climbing Socks (7 Pairs)
- Summit Socks (2 Pairs)