



## CLIMBING GEAR FOR 7000 M. PEAKS

### Travel Documents

- Valid Passport
  - Debit/Credit Cards
  - PP Size Photo (4 Pieces)
  - Insurance Paper And Contact Address.
  - Family Members / Company's Contact Address
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### Foot Wear

- Summit Boot - 7000 m.  
(Kailas / Lasportiva / Millet)
  - Normal Socks (5-6 Pairs)
  - Summit Socks (2 Pairs)
  - Trekking Shoes (Gore Tex)
  - Light Trekking/Sports Shoes
  - Camp Booties (1 Pair)
  - Slipper (1 Pair)
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### Upper Body

- Thermal Top Base Layer (2-3 Pcs)
  - Fleece Jacket (2 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)
  - Heavy Weight Pants (1-2 Pcs)
  - Mid Weight Pants (1-2 Pcs)
  - Light Weight Quick Dry Trekking Pants (2-3 Pairs)
  - Gaiters for trekking boots
  - Down Pants (1 pcs)
  - Under Wear (3-5 Pcs)
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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 (2 Pairs)
  - Wind Stopper / Screen Tap Gloves
  - Heavy Gloves (Guide Gloves)
  - Summit Gloves - 7000m
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### Sleeping Bags

- Sleeping Bag -30°C to -40°C
  - Thermarest Mattress (Cell Foam)
  - Sleeping Bag Liner
  - Inflatable Pillow
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### Climbing Equipment

- Climbing Helmet
  - Summit Down Suit - 7000m.  
(Kailas / Marmot / Mountain Hardware / North Face / Millet)
  - Crampons (Fit with Boot)/Packing Cover
  - Ice Axe with Spike & Axe Protector
  - Harness
  - Belay Devices/ Figure of 8/ATC Guide
  - Jummer / Ascender
  - Lock Carabiner (3 Pcs)
  - Unlock Carabiner (2 Pcs)
  - Tape Slings/240 cm
  - Head Light 400-500 Lumens Spare
  - Battery (Energizer Ultimate Lithium)
  - Walking Stick/ Trekking Pole
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### Bag Packs

- Rucksacks 35L - 50L
  - Duffle Bag 90 L -120 L (2 Pcs)
  - Water Proof Stuff Sacks/Dry Bag- Small/ Medium/ Large (2-3 Pcs)
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### Sun Stuffs

- Banana Boat/ Nivea Sun Cream (-50 Spf)
  - Lip Guard -30 to -50 (Spf)
  - Sun Glasses (Uv Protection)
  - Glaciers Glasses (Antifog, Polarized, UV Protection)
  - Moisturiser / Lotion
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### Toiletries

- Hand Disinfectant
  - Toilet Paper / Wet Tissue
  - Toothpaste, Toothbrush
  - Soap, Shampoo
  - Towel
  - Garbage Bag
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### Eating & Drinking

- 1 Ltr. Water Bottle
  - 1/ 1.5 Ltr. Thermos
  - Mug (Opt.)
  - Spoon/ Fork (Opt.)
  - Bowl (Opt.)
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### Medical/First Aid

- Brufen / Ibuprofens
  - Antibiotic
  - Diamox
  - Paracetamol
  - Handy Plaster
  - Crack Bandage
  - Tincture Iodine
  - Ondem
  - 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)
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### Miscellaneous

- Satellite Phone With Credit
  - Pocket Knife (Swiss)
  - Umbrella / Rain Coat
  - Nail Cutter
  - Hot Water Bag
  - Hand & Toe Warmer
  - Pee Bottle
  - Tenacious Tape Repair (Down Jacket/ Sleeping Bag Repair Kits)
  - Altimeter Watch
  - GPS Tracker (Recommended)
  - Power Bank
  - Camera
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