



SUPPORTING
MOUNTAIN
LIFE



GEAR GUIDE
2026

WWW.14PEAKSEXPEDITION.COM

Expedition Essentials

14 Peaks Outdoor, a division of 14 Peaks Expedition, is dedicated to providing climbers, trekkers, and adventurers with the highest-quality clothing, technical equipment, and outdoor gear required for challenging mountain environments. Our carefully curated selection of reliable, high-performance products is designed to meet the unique demands of the Himalayas and other high-altitude destinations around the world.



Located in the heart of Thamel, Kathmandu, 14 Peaks Outdoor is a premium multi-brand outdoor store featuring world-renowned brands such as **Kailas, Scarpa, La Sportiva, Black Diamond, and many more.** Alongside these leading international brands, we also offer exclusive customized products developed specifically for mountaineers and outdoor enthusiasts. Our experienced team provides personalized guidance to help every customer select the most suitable equipment for trekking, climbing, mountaineering, and expedition objectives.





As part of our commitment to delivering world-class mountain experiences, 14 Peaks Expedition offers comprehensive gear solutions and logistical support tailored to the needs of each expedition. By combining premium equipment, expert knowledge, and decades of Himalayan experience, we ensure that our clients are equipped with the confidence, comfort, and reliability required for success in the mountains.

This dedication to quality, innovation, and client support continues to position 14 Peaks Expedition and 14 Peaks Outdoor as trusted leaders in Himalayan adventure, expedition logistics, and outdoor equipment services.

Clothing Layers

Base layers – Also called long underwear, these are worn directly on the skin. A top is always worn, but pants are optional depending on the weather.

Mid Layers – These add extra warmth and are worn over the base layer. They include light fleece jackets or insulated pullovers.

Softshells – Flexible, breathable, and resistant to wind and light rain. They are often worn over base or mid-layers and are commonly called the “action suit” in mountaineering.

Hardshells – Waterproof and windproof outer layers that protect against heavy rain, snow, and strong winds. However, they trap sweat, so they should be worn only when needed.

Insulation Layers – Used in very cold conditions. These layers go over hardshells when temperatures drop and snowfall begins, as the outer fabric helps shed snow.

Head



SUN CAP

This cap provides excellent protection against intense UV rays while remaining lightweight and breathable, making it ideal for sunny trekking days at lower altitudes.



FLEECE HAT

This garment is essential for trapping heat in cold temperatures, made from moisture-wicking and quick-drying material to keep you warm and dry. It's perfect for use at higher camps or in cold conditions.



BALACLAVA

Covers the face and neck to prevent frostbite, while being windproof and breathable. It is ideal for use during the summit push or in high wind conditions.



DESERT CAP

This desert cap features neck flaps that shield against strong sun exposure, helping to prevent dehydration and sunstroke. It is perfect for use in arid or high-altitude sunny regions.



NECK GAITER

This neck gaiter can be used as a face mask, wind-blocker, or scarf. It comes in thermal fleece-lined or lightweight versions for versatility, making it ideal for use at high camps or on dusty trails.

Hands



SUMMIT GLOVES

These summit gloves are extremely warm, designed for freezing summit conditions. They are waterproof, insulated, and windproof, providing maximum protection and comfort. Ideal for use during the summit push and in extremely cold environments.



THIN FLEECE GLOVES

These thin fleece gloves with screen tap features provide light insulation suitable for mild conditions. They can be comfortably worn inside thicker gloves for added warmth and are perfect for use in cool but non-freezing temperatures.



HEAVY GLOVES

These guide gloves are durable winter climbing gloves featuring reinforced knuckles and leather construction, built to withstand seasons of rope work, ice climbing, and backcountry adventures. They provide excellent protection and durability, making them ideal for use in moderate to cold conditions.

Upper Body



THERMAL BASE LAYER

Made from moisture-wicking Merino wool or synthetic fibers, are lightweight, breathable, and essential for cold conditions, keeping the body dry.

RECOMMENDED: 3-4 PAIRS



COTTON T-SHIRT

Comfortable and ideal for lower altitudes, rest periods, warm weather, and trekking. Avoid use in extreme cold as cotton absorbs moisture and causes chilling. Carry 3-4 pieces for convenience.



DRY-FIT TSHIRT

Dry-fit T-shirt is made of moisture-wicking fabric that keeps you dry and comfortable by quickly moving sweat away. It's lightweight, breathable, and dries fast, making it ideal for trekking and active days. Carry 2-3 for rotation.



FLEECE JACKET

Provides essential mid-layer warmth and breathability. Quick-drying and insulating, it delivers efficient thermal regulation without added weight, making it ideal for base camp use and trekking in variable conditions.



DOWN JACKET

Filled with goose or synthetic down with 750+ fill power for maximum warmth, light weight, and compressibility. Essential above 5000 m at high camps and during summit pushes to withstand extreme cold.



GORE-TEX JACKET

Windproof, waterproof, and breathable, making it essential for protection against rain, snow, and extreme wind. It keeps you dry and shielded from harsh weather, especially during summit pushes and extremely cold conditions.

lower Body



THERMAL BASE LAYER

A thermal base layer of Merino wool or synthetics is lightweight, breathable, and keeps you dry in cold.

RECOMMENDED: 1-2 PAIRS



MID-WEIGHT PANTS

Mid-weight Gore-Tex pants offer waterproof, windproof protection for snow, rain, and wind. Ideal for trekking and base camp.

RECOMMENDED: 1-2 PAIRS



QUICK DRY PANTS

Quick-dry pants are breathable, fast-drying, and ideal for warm-weather trekking, active use, and layering.

RECOMMENDED: 1-2 PAIRS



DOWN PANTS

Down pants offer high insulation for warmth in extreme cold, ideal for summit pushes, base camp, and harsh environments.

RECOMMENDED: 1 PAIR



FLEECE TROUSER

Fleece trousers offer breathable warmth and insulation, ideal for base camp and trekking. Ensures comfort during cold rest periods.

RECOMMENDED: 1-2 PAIRS



GORE TEX PANTS

Gore-Tex pants, waterproof and windproof, are ideal for extreme weather, base camp, and trekking, keeping you dry and protected.

RECOMMENDED: 1 PAIR

Foot wear



SUMMIT BOOT(8000M)

Summit boots for 8000m peaks are designed for extreme high-altitude conditions, offering insulation, waterproofing, and rigid soles for crampon compatibility, ensuring warmth, support, and safety during technical climbs.



CLIMBING BOOT(6000M)

Climbing boots for 6000m peaks are designed for high-altitude conditions, offering insulation, water resistance, and crampon-compatible soles for warmth and safety.



TREKKING SHOES

Trekking shoes are waterproof and breathable, suitable for all-weather trekking. They feature durable soles with excellent grip, providing stability and comfort on uneven terrain. Ideal for long treks and hikes in variable conditions.



SPORT SHOES

Sport shoes are lightweight and flexible, allowing for easy movement. They are ideal for less technical terrain and shorter hikes. Use them for day hikes, approach walks, and casual activities.

Foot wear



NORMAL SOCKS

Normal socks are made from breathable, moisture-wicking material to provide comfort and prevent blisters during long treks. They are suitable for daily use during trekking and climbing.

RECOMMENDED: 5-6 PAIRS



SUMMIT SOCKS

Summit socks are heavy-duty, insulated socks designed for extreme cold conditions. They retain warmth and help prevent frostbite during summit pushes and high-altitude climbs.

RECOMMENDED: 1-2 PAIRS



CAMP BOOTIES

Camp booties are insulated and comfortable footwear, perfect for resting at camp. They are lightweight and easy to pack, keeping your feet warm and relaxed at base camp or during breaks.

RECOMMENDED: 1 PAIR



SLIPPERS

Slippers are lightweight and comfortable, designed for casual wear. They are easy to slip on and off, providing convenience. Use them around camp or during downtime to relax your feet.

RECOMMENDED: 1 PAIR

Climbing Gears

SUMMIT DOWN SUIT



A summit downsuit is a fully insulated high-altitude suit for extreme cold above 6000m, featuring premium down insulation, windproof, waterproof materials, ergonomic design, and a helmet-compatible hood.

CLIMBING HELMET



A climbing helmet is lightweight and offers an adjustable fit for maximum comfort. It provides essential protection from falling ice, rocks, and other debris during technical climbs, ridges, and icefalls, ensuring safety in challenging alpine environments.

CLIMBING HARNESS



These durable winter climbing gloves feature reinforced knuckles and leather construction, perfect for rope work, ice climbing, and backcountry adventures in moderate to cold conditions.

Climbing Gears



ICE TOOL

Ice tool, featuring a sharp spike and safety protector, is essential for self-arrest, cutting steps, and balancing on steep, icy terrain during climbs, descents, and rescues.



CRAMPONS

Crampons are essential 12-point traction devices compatible with mountaineering boots, ensuring grip and safety on ice, snow, and steep terrain. Includes packing cover.



ATC GUIDE

The ATC Guide is a versatile device for belaying, rappelling, and rope management. Its guide mode securely belays one or two climbers from an anchor, perfect for multi-pitch climbing, alpine ascents, and rescues.



SNAPGATE CARABINER

Snapgate non-locking carabiners are lightweight and versatile, ideal for quick attachments and easy rope management in non-critical connections. Carry 3-4 for climbing and trekking.



JUMAR/ASCENDER

Ascender, or jumar, is a mechanical device for climbing fixed ropes on steep climbs. Used in pairs, it's essential for mountaineering and rescue.



LOCKING CARABINER

Locking carabiners are vital for secure anchoring and attaching equipment. Essential for rope crossings, rescues, and securing gear, carry four for safety. Carry 3-4 for climbing and trekking.

Climbing Gears



SNOW GOOGLES

Snow goggles, essential for high-altitude conditions, offer antifog coatings, 100% UV protection, and polarized lenses to reduce glare, ensuring clear vision and eye safety in extreme weather.



HEAD LIGHT

500-700 lumen headlight offers bright, reliable visibility in low light. Lightweight, it often includes a spare battery for lasting performance, ideal for night activities and emergencies.



SUN GLASSES

High-altitude sunglasses must be category 3 for intense sunlight protection, featuring UV protection and polarized antifog lenses to reduce glare and eye strain during summit pushes and glacier travel.



TAPE SLING

Tape slings are versatile webbing loops used for anchoring and extending protection in climbing. They secure anchors, reduce rope drag, and distribute load, while dynamic ropes enhance safety during falls.



TREKKING POLE

Trekking poles offer stability and support, reducing joint strain and improving balance. They're essential for approach hikes, glacier travel, and descents on uneven terrain.

Bag Packs



RUCKSACKS

Rucksacks are lightweight, durable packs for carrying essential gear. They come with adjustable straps for a secure fit and have capacities from 35L to 50L, making them perfect for day climbs and summit pushes.



DUFFLE BAGS

Duffle bags, with capacities from 120L to 150L, are made from tough, weather-resistant materials, ideal for base camp storage and transporting bulky gear, offering durability and spaciousness.



GARBAGE BAGS

Garbage bags are multipurpose bags used for organizing laundry or managing waste. They help keep gear organized and maintain cleanliness at base camp, making waste disposal and storage tasks easier and more efficient.



DRY BAGS

Dry bags keep gear dry and organized in wet conditions. They come in multiple sizes to accommodate various items, making them ideal for protecting sensitive gear, such as clothing, electronics, and food, from moisture during outdoor activities.

Sleeping Gears



SLEEPING BAG

Base camp sleeping bags offer warmth and comfort in -20°C to -30°C . Insulated for sub-zero conditions, they ensure restful sleep and durability in harsh environments.



DOWN SLEEPING BAG

Down sleeping bags are lightweight and compressible, ideal for high-altitude camps. Filled with premium insulation, they offer warmth and comfort for extreme cold conditions, such as temperatures ranging from -30°C to -40°C .



THERM-A-REST MATTRESS

Therm-a-Rest mattress is a lightweight, durable foam sleeping pad offering insulation, comfort, and warmth, ideal for base camp and lower-altitude outdoor expeditions.



DOWN MATTRESS

Down mattresses are inflatable pads insulated with down for warmth. Compact and lightweight, they're ideal for high-altitude camps, offering insulation and comfort in extreme cold.



SLEEPING BAG LINER

A sleeping bag liner provides extra warmth, keeps the sleeping bag clean, and enhances comfort and hygiene. It's lightweight and easy to wash, suitable for all conditions.



INFLATABLE PILLOW

An inflatable pillow is a compact, comfortable accessory that improves sleep quality, easily inflates and deflates, and is suitable for all sleeping conditions.

Hydration



1 LTR WATER BOTTLE

A 1-liter or 1.5-liter water bottle provides ample capacity for hydration during long activities. Made from durable, BPA/BPS-free materials, its wide mouth allows for easy refills and cleaning.



THERMOS

Thermos bottles are insulated, leak-proof containers that maintain liquid temperatures, ideal for keeping drinks hot or cold during outdoor adventures and rough conditions.



0.5 LTR WATER BOTTLE

The 0.5-liter water bottle, compact and lightweight, is made from durable BPA/BPS-free materials. Its leak-proof design makes it ideal for short hikes or day climbs.



SPOON/BOWL/MUG

Lightweight and compact spoon, bowl, and mug sets are easy to pack and carry, made from durable materials perfect for outdoor meals at base camp or on treks.

Sun Guard



SUN CREAM

Suncare is crucial for shielding skin from harmful UV rays during outdoor activities. Use high SPF, water-resistant sun cream daily on exposed skin to prevent sunburn and damage during climbs and treks.



LIP GUARD

Lip guard protects lips from sunburn, windburn, and cracking with high SPF, shielding against intense sun exposure. Frequent application, especially at high altitudes, maintains lip moisture and prevents damage.



MOISTURISER

Moisturizer keeps skin hydrated and prevents dryness in harsh outdoor conditions. Recommended for daily use, it protects against wind, cold, and sun, maintaining skin health and comfort during climbs and treks.



SUN GLASSES

Sunglasses offer 100% UV protection, shielding your eyes from harmful rays. Designed for comfort, they enable extended wear without discomfort. Essential for daily use, they protect against intense sunlight and glare during climbs and treks.

Miscellaneous



NAIL CUTTER

Compact and essential for hygiene, it prevents nail discomfort on long treks. Use regularly at base camp or during breaks.



UMBRELLA / RAIN COAT

Lightweight and portable, providing rain protection. Use during rainy weather or sudden downpours on treks.



HOT WATER BAG

Lightweight and easy to fill with hot water. Ideal for cold nights at base camp or high-altitude camps to provide warmth.



REPAIR TAPE

Compact and essential for hygiene, it prevents nail discomfort on long treks. Use regularly at base camp or during breaks.



CAMERA

Lightweight and durable, suitable for capturing high-quality photos and videos. Use for documenting your trekking or climbing experience.



CHARGER / POWER BANK

Portable battery for charging devices like phones or cameras. Essential for long treks or climbs without power sources.



SWISS KNIFE

A versatile tool with multiple functions, useful for various outdoor tasks and emergencies.



GPS TRACKER

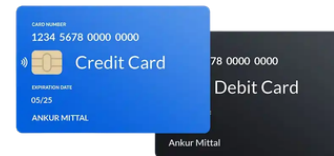
A crucial navigation and safety device, helping track your location and aiding in emergency situations.

Important Documents



VALID PASSPORT

Essential for international travel and border checkpoints. Keep a backup copy. Needed for immigration, hotels, and permits.



DEBIT/CREDIT CARDS

Useful for withdrawing cash or making emergency payments. Inform your bank about international transactions prior to travel.



INSURANCE PAPERS

Include high-altitude medical coverage and emergency evacuation. Keep digital and physical copies accessible for emergencies, rescues, and insurance claims.



CONTACT ADDRESS

Provides authorities with an efficient way to notify loved ones in case of an accident or emergency. It is crucial to keep this information easily accessible and up to date.

CHECKLIST FOR 6000M

DOCUMENTS

- ☐ VALID PASSPORT
- ☐ CREDIT/DEBIT CARD
- ☐ PP SIZE PHOTO (2 PIECES)
- ☐ INSURANCE PAPER
- ☐ FAMILY MEMBERS CONTACT

HANDS

- ☐ THIN FLEECE GLOVES (2 PAIRS)
- ☐ WIND STOPPER / SCREEN TAP GLOVES
- ☐ HEAVY GLOVES (GUIDE GLOVES)
- ☐ SUMMIT GLOVES (MITTENS)

UPPER BODY

- ☐ THERMAL TOP BASE LAYER (2–3 PCS)
- ☐ FLEECE JACKET (1–2 PCS)
- ☐ GORE TEX JACKET (1 PCS)
- ☐ WIND PROOF JACKET (1–2 PCS)
- ☐ DOWN JACKET (1–2 PCS)
- ☐ COTTON T-SHIRT (3–5 PCS)

LOWER BODY

- ☐ THERMAL BOTTOM BASE LAYER (2–3 PCS)
- ☐ FLEECE TROUSER (1–2 PCS)
- ☐ GORE TEX PANT (1 PCS)
- ☐ MID WEIGHT PANTS (1–2 PCS)
- ☐ QUICK DRY TREKKING PANTS (2–3 PCS)
- ☐ GAITERS FOR TREKKING BOOTS
- ☐ DOWN PANTS (1 PCS)
- ☐ UNDER WEAR (4–6 PCS)

HEAD

- ☐ SUN CAP
- ☐ DESERT CAP
- ☐ BALACLAVA
- ☐ FLEECE HAT / WARM HAT (1–2 PCS)
- ☐ NECK GAITER (2–3 PCS)

SLEEPING BAGS

- ☐ DOWN SLEEPING BAG
- ☐ THERMAREST MATTRESS
- ☐ DOWN MATTRESS (INFLATABLE)
- ☐ SLEEPING BAG LINER
- ☐ INFLATABLE PILLOW

EATING & DRINKING

- ☐ 0.5 LTR WATER BOTTLE
- ☐ 1 LTR WATER BOTTLE
- ☐ 1 / 1.5 LTR THERMOS
- ☐ SPOON / FORK / BOWL / MUG

FOOTWEAR

- ☐ SUMMIT BOOT
- ☐ NORMAL SOCKS
- ☐ SUMMIT SOCKS / 6000M SOCKS
- ☐ TREKKING SHOES
- ☐ LIGHT TREKKING / SPORTS SHOES
- ☐ CAMP BOOTIES (1 PAIR)
- ☐ SLIPPER (1 PAIR)

SUN STUFFS

- ☐ SUN CREAM
- ☐ LIP GUARD 30–50 SPF
- ☐ SUN GLASSES
- ☐ GLACIER GLASSES
- ☐ MOISTURISER / LOTION

MISC

- ☐ NAIL CUTTER
- ☐ UMBRELLA / RAIN COAT
- ☐ HOT WATER BAG
- ☐ TENACIOUS TAPE REPAIR KIT
- ☐ HAND & TOE WARMER
- ☐ TRAVEL CHARGER, EARBUDS
- ☐ POWER BANK, CAMERA

TOILETRIES

- ☐ TOILET PAPER / WET TISSUE
- ☐ TOOTHPASTE / TOOTHBRUSH
- ☐ SOAP / SHAMPOO
- ☐ TOWEL
- ☐ GARBAGE BAG

MEDICAL / FIRST AID

- ☐ BRUFEN / IBUPROFEN / ANTIBIOTIC
- ☐ DIAMOX / ONDEM / PARACETAMOL
- ☐ HANDY PLASTER / CRACK BANDAGE
- ☐ TINCTURE IODINE
- ☐ CETIRIZINE / ELECTROLYTE
- ☐ MINIL 10MG
- ☐ CODOPAR
- ☐ SALBETOL 4MG
- ☐ AZITHROMYCIN 500MG
- ☐ FLUPEN 250MG
- ☐ ALLEGRA 120/180MG
- ☐ MENSTRUAL PRODUCTS

CLIMBING GEAR

- ☐ CLIMBING HELMET
- ☐ CRAMPONS / PACKING COVER
- ☐ ICE AXE WITH SPIKE & AXE PROTECTOR
- ☐ HARNESS
- ☐ BELAY DEVICES / FIGURE OF 8 / ATC GUIDE
- ☐ JUMAR / ASCENDER
- ☐ LOCK CARABINER (3 PCS)
- ☐ UNLOCK CARABINER (2 PCS)
- ☐ TAPE SLINGS 240 CM
- ☐ SNOW GOGGLE
- ☐ HEAD LIGHT 500–700 LUMENS
- ☐ SPARE BATTERY
- ☐ WALKING STICK / TREKKING POLE
- ☐ POCKET KNIFE (SWISS)

BAGPACKS

- ☐ RUCKSACKS 35L–50L
- ☐ DUFFLE BAG 120L–150L (1 PC)
- ☐ LAUNDRY / GARBAGE BAG (LARGE)
- ☐ WATERPROOF SACK / DRY BAG (S, M, L 3–4 PCS)

CHECKLIST FOR 8000M

DOCUMENTS

- ☐ VALID PASSPORT
- ☐ CREDIT/DEBIT CARD
- ☐ PP SIZE PHOTO (2 PIECES)
- ☐ INSURANCE PAPER
- ☐ FAMILY MEMBERS CONTACT ADDRESS

SLEEPING BAGS

- ☐ SLEEPING BAG
- ☐ DOWN SLEEPING BAG
- ☐ THERMAREST MATTRESS
- ☐ DOWN MATTRESS (INFLATABLE)
- ☐ SLEEPING BAG LINER
- ☐ INFLATABLE PILLOW

SUN STUFFS

- ☐ SUN CREAM
- ☐ LIP GUARD 30-50 SPF
- ☐ SUN GLASSES
- ☐ GLACIER GLASSES
- ☐ MOISTURISER / LOTION

BAGPACKS

- ☐ RUCKSACKS 35L-50L
- ☐ DUFFLE BAG 120L-150L (2 PC)
- ☐ LAUNDRY / GARBAGE BAG (LARGE)
- ☐ WATERPROOF SACKS / DRY BAG (S, M, L 3-4 PCS)

HANDS

- ☐ THIN FLEECE GLOVES (2 PAIRS)
- ☐ WIND STOPPER / SCREEN TAP GLOVES
- ☐ HEAVY GLOVES (GUIDE GLOVES)
- ☐ SUMMIT GLOVES (MITTENS)

EATING & DRINKING

- ☐ 0.5 LTR WATER BOTTLE
- ☐ 1 LTR WATER BOTTLE
- ☐ 1 / 1.5 LTR THERMOS
- ☐ SPOON / FORK / BOWL / MUG

MISC

- ☐ NAIL CUTTER
- ☐ UMBRELLA / RAIN COAT
- ☐ HOT WATER BAG
- ☐ TENACIOUS TAPE REPAIR KIT
- ☐ HAND & TOE WARMER
- ☐ TRAVEL CHARGER, EARBUDS
- ☐ POWER BANK, CAMERA

UPPER BODY

- ☐ THERMAL TOP BASE LAYER (2-3 PCS)
- ☐ FLEECE JACKET (1-2 PCS)
- ☐ GORE TEX JACKET (1 PCS)
- ☐ WIND PROOF JACKET (1-2 PCS)
- ☐ DOWN JACKET (1-2 PCS)
- ☐ COTTON T-SHIRT (3-5 PCS)

FOOTWEAR

- ☐ SUMMIT BOOT
- ☐ CLIMBING BOOT - 8000M
- ☐ NORMAL SOCKS
- ☐ SUMMIT SOCKS / 6000M SOCKS
- ☐ TREKKING SHOES
- ☐ LIGHT TREKKING / SPORTS SHOES
- ☐ CAMP BOOTIES (1 PAIR)
- ☐ SLIPPER (1 PAIR)

TOILETRIES

- ☐ TOILET PAPER / WET TISSUE
- ☐ TOOTHPASTE / TOOTHBRUSH
- ☐ SOAP / SHAMPOO
- ☐ TOWEL
- ☐ GARBAGE BAG

LOWER BODY

- ☐ THERMAL BOTTOM BASE LAYER (2-3 PCS)
- ☐ FLEECE TROUSER (1-2 PCS)
- ☐ GORE TEX PANT (1 PCS)
- ☐ MID WEIGHT PANTS (1-2 PCS)
- ☐ QUICK DRY TREKKING PANTS (2-3 PCS)
- ☐ GAITERS FOR TREKKING BOOTS
- ☐ DOWN PANTS (1 PCS)
- ☐ UNDER WEAR (4-6 PCS)

MEDICAL / FIRST AID

- ☐ BRUFEN / IBUPROFEN / ANTIBIOTIC
- ☐ DIAMOX / ONDEM / PARACETAMOL
- ☐ HANDY PLASTER / CRACK BANDAGE
- ☐ TINCTURE IODINE
- ☐ CETIRIZINE / ELECTROLYTE
- ☐ MINIL 10MG
- ☐ CODOPAR
- ☐ SALBETOL 4MG
- ☐ AZITHROMYCIN 500MG
- ☐ FLUPEN 250MG
- ☐ ALLEGRA 120/180MG
- ☐ MENSTRUAL PRODUCTS

HEAD

- ☐ SUN CAP
- ☐ DESERT CAP
- ☐ BALACLAVA
- ☐ FLEECE HAT / WARM HAT (1-2 PCS)
- ☐ NECK GAITER (2-3 PCS)

CLIMBING GEAR

- ☐ CLIMBING HELMET
- ☐ SUMMIT DOWN SUIT - 8000M
- ☐ CRAMPONS / PACKING COVER
- ☐ ICE AXE WITH SPIKE & AXE PROTECTOR
- ☐ HARNESS
- ☐ BELAY DEVICES / FIGURE OF 8 / ATC GUIDE
- ☐ JUMAR / ASCENDER
- ☐ LOCK CARABINER (3 PCS)
- ☐ UNLOCK CARABINER (2 PCS)
- ☐ TAPE SLINGS 240 CM
- ☐ DYNAMIC ROPE 300 CM
- ☐ SNOW GOGGLE
- ☐ HEAD LIGHT 500-700 LUMENS
- ☐ SPARE BATTERY
- ☐ SATELLITE PHONE WITH CREDIT
- ☐ WALKING STICK / TREKKING POLE
- ☐ POCKET KNIFE (SWISS)
- ☐ ALTIMETER WATCH
- ☐ PEE BOTTLE
- ☐ GPS TRACKER

