

Trekking Gear List

Lhotse Expedition- 2026

Travel Documents

Valid Passport

Debit/Credit Card

PP Size Photos(4 Pieces)

Insurance Paper/Certificate

Medicine / First Aid Kits

Paracetamole

Upper Body

Thermal Base Layer

Fleece Jacket

Gore Tex Jacket

Warm Jacket

Wind Proof Jacket

Down Jacket

Cotton T-Shirt

Lower Body

Trowser

Bottom Base Layer

Fleece Trouser

Gore Tex Pant

Heavy Weight Pant

Mid Weight Pant

Trekking Pant

Under Wear

Down Pant

Gaiters for Trekking Boots

Climbing Boot -6000m

Normal Socks

Summit Socks

Trekking Shoes

Thermal Bottom Base Layer

Trekking Pants

Foot Wear

Summit Boot - 8000m

Sport Shoes

Hand

Thin Fleece Gloves

Wind Stopper Gloves

Heavy Gloves(Guide)

Summit Gloves

Head

Sun Cap

Desert Cap

Fleece Hat/Warm Hat

Neck Gaiter

Eating & Drinking

Water bottle

Thermos

Bag Packs

Rucksack 35L-50L

Duffle Bag

Dry Bags

Miscellaneous

Trekking Pole

Pocket Knife

Nail Cutter

Umbrella/Rain Coat

Hot Water Bag

Pee Bottle

Tenacious Tape Repair

Altimeter Watch

Satellite Phone(Optional)

GPS Tracker

Power Bank

Camera