

**EQUIPMENT LIST**

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|  | **EVEREST/LHOTSE**  **MANASLU/NUPTSE**  **K2/BROAD** | **LOBUCHE** | **TREKS** | **CHECKED** |
|  |  |  |  |  |
| **PRIMARY ESSENTIALS** | | | |  |
| Passport |  |  |  |  |
| Money, Credit Cards |  |  |  |  |
| Personal Travel Insurance |  |  |  |  |
|  | | |  |  |
| **CLOTHING** | | | |  |
| Casual clothing for travel and Kathmandu |  |  |  |  |
| Swimming gear |  |  |  |  |
| Polypropylene Shirt | **2** | **1** | **1** |  |
| Lightweight Shirt | **2** | **1** | **1** |  |
| Heavyweight Shirt | **1** | **1** | **1** |  |
| Fleece Jacket | **1** | **1** | **1** |  |
| Wind Jacket | **1** | **1** | **1** |  |
| Down Suit | **1** | **-** | **-** |  |
| Down Jacket (lightweight) | **1** | **1** | **1** |  |
| Down Pants (lightweight) | **1** | **1** | **1** |  |
| Lightweight Trousers | **1** | **1** | **1** |  |
| Heavyweight Trousers | **1** | **1** | **1** |  |
| Fleece Trousers or Salopettes | **1** | **1** | **1** |  |
| Wind Pants | **1** | **1** | **1** |  |
| Polypropylene Long Johns | **2** | **1** | **1** |  |
| Underwear | **6** | **3** | **3** |  |
| Shorts | **1** | **1** | **1** |  |
| Lightweight Gloves | **2** | **1** | **1** |  |
| Heavy Mitts | **1** | **1** | **-** |  |
| Down Mitts | **1** | **-** | **-** |  |
| Ski Gloves | **1** | **1** | **1** |  |
| Sun Hat | **1** | **1** | **1** |  |
| Warm Hat | **1** | **1** | **1** |  |
| Headband | **1** | **1** | **1** |  |
| Lightweight Walking Socks | **4** | **4** | **4** |  |
| Climbing Socks | **6** | **1** | **1** |  |
|  | | |  |  |
| **SLEEPING** | | | |  |
| Sleeping Bag (minus 20 C) | **1** | **1** | **1** |  |
| Thermarest | **1** | **1** | **1** |  |
|  | | |  |  |
| **FOOTWEAR** | | | |  |
| Climbing Boots (Millet / Sportiva) | **1** | **-** | **-** |  |
| Plastic / Leather Climbing Boots | **1** | **1** | **-** |  |
| Trekking Boots | **1** | **1** | **1** |  |
| Gaiters | **1** | **1** | **1** |  |

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|  | **EVEREST/LHOTSE**  **MANASLU/NUPTSE** | **LOBUCHE** | **TREKS** | **CHECKED** |
| **EQUIPMENT** | | | |  |
| Harness | **1** | **1** | **-** |  |
| Plain Karabiner(s) | **2** | **1** | **-** |  |
| Screw Lock Karabiners | **2** | **1** | **-** |  |
| Descender | **1** | **1** | **-** |  |
| Ascender | **1** | **1** | **-** |  |
| Tape Slings | **2** | **1** | **-** |  |
| Set Prussic Loops | **1** | **1** | **-** |  |
| Ice Axe | **1** | **1** | **-** |  |
| Retractable Poles | **2** | **2** | **2** |  |
| Crampons | **1** | **1** | **-** |  |
| Helmet | **1** | **1** | **-** |  |
| Head Lamp, Spare Bulbs, Batteries | **1** | **1** | **1** |  |
| Pocket Knife | **1** | **1** | **1** |  |
| Sunglasses | **1** | **1** | **1** |  |
| Goggles | **1** | **1** | **-** |  |
| Water Bottle | **2** | **1** | **1** |  |
| Pee Bottle | **1** | **1** | **1** |  |
| Large Pack 50-60 lt | **1** | **1** | **1** |  |
| Day Pack 30-35 lt | **1** | **1** | **1** |  |
| AA Batteries | **6** | **-** | **-** |  |
| Avalanche Transceiver | **1** | **-** | **-** |  |
| Kit Bag | **1** | **1** | **1** |  |
|  |  |
| **PERSONAL** | | | |  |
| Sun & Lip Creams | **2** | **1** | **1** |  |
| Personal First Aid Kit | **1** | **1** | **1** |  |
| Repair Kit | **1** | **-** | **-** |  |
| Reading Material |  |  |  |  |
| Diary & Writing Material |  |  |  |  |
| Camera/Video |  |  |  |  |
| Towel |  |  |  |  |
| Personal Toilet Equipment |  |  |  |  |
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