

Peak Climbing Gears & Equipment List

Head Gear

- Hat preferably wool or fleece
- Sun hat & buff scarf
- Head Torch (200 lumens)
- Sunglasses (UV Protected)
- Sun Block Cream (SPF 30)

Clothing

- Thermal inner layers
- Quick dry T-shirts (Full Sleeves)
- Bodywarmer fleece
- Down Jacket
- Gore-Tex Jackets
- Underwears
- Thermal trouser
- Trousers for trekking
- Fleece trousers
- Gore-Tex trousers
- Down pant

Personal stuffs

- sleeping bag (-40)
- Water bottle (1l)
- Thermos
- Water purifier preferably tablets
- Dry bags
- Trekking Poles
- Swiss army knife
- Notebook and pen
- Books
- Snacks
- Camera with extra batteries
- Towels
- Mattress

Hand Wear

- Inner thin gloves
- Water-proof warm gloves
- Gore-Tex gloves

Foot Wear

- Water repellent trekking boots with ankle support
- Alpine boot
- Gaiters (1 pair)
- Socks (as per requirement)
- Sandal (Crocs will be better)

Bags

- Strong Kit/Duffel bag to be carried by porter (15 kg Max)
- Rucksack / Trekking bag (65 liters)

Medicines

- Personal medications