



CLIMBING GEARS FOR 7000m.

TRAVEL DOCUMENTS

- ☐ Valid Passport
 - ☐ Credit/Debit Card
 - ☐ PP Size Photo (2 Pieces)
 - ☐ Insurance Paper And Contact Address.
 - ☐ Family Members / Company's Contact Address
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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 - 8000m. (Mittens)
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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)
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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)
 - ☐ Light Weight Quick Dry Trekking Pants (2-3 Pairs)
 - ☐ Gaiters for trekking boots
 - ☐ Down Pants (1pcs)
 - ☐ Under Wear (4-6 Pcs)
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CLIMBING EQUIPMENT

- ☐ Climbing Helmet
 - ☐ Summit Down Suit - 8000m.
(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
 - ☐ Jumar / Ascender
 - ☐ Lock Carabiner (3 Pcs)
 - ☐ Unlock Carabiner (2 Pcs)
 - ☐ Tape Slings 240 cm / Dynamic Rope 6mm (300 cm)
 - ☐ Snow Goggle (Summit Purpose, Antifog, Polarized, UV Protection)
 - ☐ Head Light 500-700 Lumens Spare Battery (Energizer Ultimate Lithium)
 - ☐ Satellite Phone With Credit (Optional)
 - ☐ Walking Stick/ Trekking Pole
 - ☐ Pocket Knife (Swiss)
 - ☐ Altimeter Watch (Optional)
 - ☐ Pee Bottle
 - ☐ GPS Tracker (Recommended)
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BAG PACKS

- ☐ Rucksacks 35 L - 50 L
 - ☐ Duffle Bag 120 L-150 L (2 Pcs)
 - ☐ Laundry/Garbage Bag (Large)
 - ☐ Water Proof Stuff Sacks/Dry Bag- Small/ Medium/ Large (3-4 Pcs)
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SLEEPING BAGS

- ☐ Sleeping Bag -20°C to -30°C (For BC)
 - ☐ Down Sleeping Bag -40°C (Extreme Comfort)
 - ☐ Thermarest Mattress (Cell Foam)
 - ☐ Down Mattress (Inflatable)
 - ☐ Sleeping Bag Liner
 - ☐ Inflatable Pillow
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SUN STUFFS

- ☐ Sun Cream (up to 50 Spf)
 - ☐ Lip Guard 30 to 50 (Spf)
 - ☐ Sun Glasses (Uv Protection)
 - ☐ Glaciers Glasses (Uv Protection)
 - ☐ Moisturiser / Lotion
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FOOT WEAR

- ☐ Summit Boot - 8000m.
(Kailas / Lasportiva / Millet)
 - ☐ Climbing Boot - 6000m.
(Kailas / Lasportiva / Millet)
 - ☐ Normal Socks (5-8 Pairs)
 - ☐ Summit Socks/6000 m. Socks (2 Pairs)
 - ☐ Trekking Shoes (Gore Tex)
 - ☐ Light Trekking/ Sports Shoes
 - ☐ Camp Booties (1 Pair)
 - ☐ Slipper (1 Pair)
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TOILETRIES (PERSONAL)

- ☐ Toilet Paper / Wet Tissue
 - ☐ Toothpaste/Toothbrush
 - ☐ Soap/Shampoo
 - ☐ Towel, Garbage Bag
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EATING & DRINKING

- ☐ 0.5 Ltr. Water Bottle (Nalgene BPA/BPS Free)
 - ☐ 1 Ltr. Water Bottle (Nalgene BPA/BPS Free)
 - ☐ 1/ 1.5 Ltr. Thermos
 - ☐ Spoon/ Fork/Bowl / Mug (Opt.)
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MEDICAL/FIRST AID

- ☐ Brufen, Ibuprofens, Antibiotic
 - ☐ Diamox, Ondem, Paracetamol
 - ☐ Handy Plaster, Crack Bandage
 - ☐ Tincture Iodine,
 - ☐ 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)
 - ☐ Menstrual Products
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MISCELLANEOUS

- ☐ Nail Cutter
 - ☐ Umbrella / Rain Coat
 - ☐ Hot Water Bag
 - ☐ Tenacious Tape Repair Kits
 - ☐ Hand & Toe Warmer
 - ☐ Travel Charger, Earbuds
 - ☐ Power Bank, Camera (Optional)
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SEVEN SUMMIT TREKS