



CLIMBING GEARS FOR MOUNTAINEERING EXPEDITIONS

<https://ultimatehimalaya.com>

TRAVEL DOCUMENTS

- ☐ Passport (minimum 6 months validity)
- ☐ Nepal Visa (if applicable)
- ☐ Travel & Rescue Insurance
- ☐ Passport-sized Photos (2-4 copies)
- ☐ Credit/Debit Card
- ☐ Emergency Contact Information
- ☐ Personal Identification Documents

EXPEDITION BAGS

- ☐ Expedition Duffle Bag (120-150L) × 2
- ☐ Trekking Backpack (50-65L)
- ☐ Waterproof Dry Bags (Small, Medium & Large)
- ☐ Packing Cubes (Optional)

SLEEPING SYSTEM

- ☐ Expedition Down Sleeping Bag (-40°C Comfort)
- ☐ Base Camp Sleeping Bag (-20°C to -30°C)
- ☐ Inflatable Sleeping Mattress
- ☐ Closed-Cell Foam Mattress
- ☐ Sleeping Bag Liner
- ☐ Inflatable Pillow (Optional)

FOOTWEAR

- ☐ Expedition Summit Boots
- ☐ Technical Climbing Boots
- ☐ Trekking Shoes (Waterproof)
- ☐ Camp Booties
- ☐ Sandals or Slippers
- ☐ Expedition Socks (2 Pairs)
- ☐ Trekking Socks (5-8 Pairs)
- ☐ Gaiters

PERSONAL CARE

- ☐ Sunscreen (SPF 50+)
- ☐ Lip Balm (SPF 30-50)
- ☐ Moisturizer
- ☐ Toothbrush & Toothpaste
- ☐ Soap & Shampoo
- ☐ Toilet Paper & Wet Wipes
- ☐ Quick-Dry Towel
- ☐ Personal Medications
- ☐ Waste Bags

CLIMBING EQUIPMENT

- ☐ Expedition Down Suit (8000m Rated)
- ☐ Double/Triple Mountaineering Boots
- ☐ Technical Climbing Boots (6000m)
- ☐ Climbing Helmet
- ☐ Crampons (Compatible with Boots)
- ☐ Ice Axe
- ☐ Climbing Harness
- ☐ Ascender (Jumar)
- ☐ Belay Device (ATC Guide or Figure 8)
- ☐ Locking Carabiners (3)
- ☐ Non-locking Carabiners (3)
- ☐ Sewn Slings
- ☐ Safety Cord
- ☐ Trekking Poles
- ☐ Headlamp (500-700 Lumens) with Spare Batteries
- ☐ Glacier Sunglasses (Category 4 UV Protection)
- ☐ Summit Goggles (Anti-fog, UV Protection)
- ☐ Pocket Knife (Optional)
- ☐ Pee Bottle

LOWER BODY

- ☐ Thermal Base Layers (2-3)
- ☐ Fleece Pants
- ☐ Softshell Trekking Pants
- ☐ Waterproof Gore-Tex Pants
- ☐ Down Pants
- ☐ Lightweight Trekking Pants (2-3)
- ☐ Underwear (4-6 Sets)

ELECTRONICS

- ☐ Power Bank
- ☐ Universal Travel Adapter
- ☐ Charging Cables
- ☐ Camera (Optional)
- ☐ Satellite Phone (Optional)
- ☐ GPS Device / Tracker
- ☐ Altimeter Watch (Optional)
- ☐ Earbuds

ACCESSORIES

- ☐ Hand & Toe Warmers
- ☐ Hot Water Bottle
- ☐ Repair Tape (Tenacious Tape)
- ☐ Umbrella or Rain Poncho
- ☐ Nail Clipper
- ☐ Personal First Aid Kit

HEADWEAR

- ☐ Sun Cap
- ☐ Wide-Brim Desert Hat
- ☐ Warm Beanie
- ☐ Balaclava
- ☐ Neck Gaiter / Buff (2-3)

HANDWEAR

- ☐ Lightweight Liner Gloves (2 Pairs)
- ☐ Windproof Gloves (2 Pairs)
- ☐ Insulated Climbing Gloves
- ☐ Expedition Mittens (8000m Rated)

UPPER BODY

- ☐ Thermal Base Layers (2-3 Sets)
- ☐ Lightweight Fleece Jacket
- ☐ Heavy Fleece Jacket
- ☐ Waterproof Gore-Tex Shell Jacket
- ☐ Windproof Jacket
- ☐ Insulated Down Jacket
- ☐ Quick-Dry Long Sleeve Shirts (3-5)

EATING & HYDRATION

- ☐ 1L Wide-Mouth Water Bottle
- ☐ Insulated Thermos (1-1.5L)
- ☐ Mug
- ☐ Bowl
- ☐ Spoon & Fork
- ☐ Water Purification Tablets (Optional)

OPTIONAL

- ☐ Compression Stuff Sacks
- ☐ Lightweight Camp Shoes
- ☐ Energy Snacks
- ☐ Journal & Pen
- ☐ Kindle / E-reader
- ☐ Spare Sunglasses