



Climbing Equipment for 7000 Meters Peaks

Travel Documents

- Valid Passport
 - Valid Visa
 - 4 PP Size Photo
 - Insurance Paper (Medical & Rescue) & Contact Address
 - Family / Company Contact Number & Address
 - Credit Card
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Technical Devices / Climbing Gears

- Climbing Helmet
- Headlamp with Spare Batteries (Petzl / BD)
- Summit Down Suits (Kailas / Marmot / T8K / The North Face)
- Ice Axe Semi-technical
- Crampons
- Harness
- Carabineers (Both Lock & Unlock)
- Ascenders / Jumar
- Belay Device (ATC Guide/Figure of 8)
- Assistant Rope
- Tape Sling
- 2 Sleeping Bag: -30 C to -40 C
- Thermarest Inflatable Mattress
- Thermarest Cell Foam Mattress
- Sun/Glacier Glasses UV Protection
- Snow Goggle UV Protection
- Rucksacks (45 - 55 Ltr.)
- 2 Duffel Bag
- Water Bottles
- Thermos / Flask
- Pee Bottle
- Pack Towel
- 1 Set Extendable Trekking Poles (BD Alpine Flz)
- Swiss Knife
- Mug, Plastic Bowl, Fork & Spoon
- Alpine Boot / G2SM
- Sandals
- Lightweight Hiking/Trekking Boots
- Camp Booties

Upper Body

- Short-Sleeved Shirts/T-shirts
 - Lightweight Top / Thermo Coat
 - Midweight Top
 - Heavyweight Top
 - Synthetic or Fleece Jacket
 - Down Insulated Jacket
 - Windproof Jacket
 - Gore-Tex Jacket
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Lower Body

- Underwear
 - Lightweight Long Underpants
 - Midweight Long Underpants
 - Heavyweight Long Underpants
 - Trekking Pants
 - Down / Synthetic Insulated Pants
 - Gore-Tex Pants
 - Trekking & Climbing Socks (5 Pairs)
 - Summit Socks (2 Pairs)
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Hand & Head

- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves
- Summit Gloves
- Heavy Gloves (Mitten)
- Sun Cap
- Wool / Fleece Hat
- Balaclava
- Hand Warmer
- Neck Gaiter / High Neck

First Aid Kit

- Sunscreen (-50 Spf)
 - Lips Guard (-20/-50 Spf)
 - Water Purification Tablets
 - Baby Wipes or Wet Towels
 - Handy Plaster
 - Crack Bandage
 - Tincture Iodine
 - Strepsils
 - Antibiotic
 - Paracetamol
 - Aspirin
 - Sinex
 - Anti-Diarrhea Capsule / Eldoper
 - Brufen / Ibuprofens
 - Diamox
 - Eye Drops
 - Dexamethasone Tablets
 - Zip-Lock Bags
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Toiletries

- Hand Sanitizers & Hand wash
 - Wet Tissues
 - Toothpaste
 - Toothbrush
 - Bath Soap
 - Shampoo
 - Laundry Soap
 - Garbage Bag
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Miscellaneous

- Umbrella / Rain Coat
- Spare batteries
- Water Proof Stuff Sacks
- Satellite Phone (if possible)

Pioneer Adventure Pvt. Ltd

Kapan, Budhanilkantha-11, Kathmandu, Nepal | G.P.O Box : 21493 | Contact No: +977 1 4811067

URL: www.pioneeradventure.com | Email: pioneeradvent@gmail.com