

# Island Peak

## Packing List



### Travel Documents

- Passport 6mts Valid
- Debit/Credit Cards
- Insurance Papers
- Photocopy of passport

### Base Layers

- Merino Wool Underwear (4 pcs)
- Merino long sleeve base layer (1 pcs)
- Merino long pants base layer (1 pcs)
- Merino Short Sleeve T Shirt (2 pcs)

### Mid Layers

- Tech Fleece (1pcs)
- Tech fleece with hood (1pcs)
- Hiking shorts (2pcs)
- Heavyweight Hiking Pants (1pcs)
- Lightweight Hiking Pants (2pcs)

### Windproof/Rain Layers

- Hard Shell Jacket (1pcs)
- Hard Shell Pants (1pcs)

### Insulation Layers

- 800+gram Goose Down Jacket with hood
- Insulated Pants
- Lite puffer jacket

### Headwear

- Warm Hat (2pcs)
- Balaclava (1pcs)
- Baseball Cap (1pcs)
- Bandana or Buff (2pcs)

### Eyewear

- Cat 4 Glacier Glasses
- UV Nose protector
- Ski Goggles

### Gloves

- Lightweight Liner Gloves
- Shell Guide Glove with Insulated Liner
- 7000m Expedition Mitts

### Footwear

- Liner Socks (2 pairs)
- Wool or Synthetic Socks (3 pairs)
- Double Skin Mountaineering Boots 6000 (Kailas / Lasportiva / Millet)
- Trekking Approach Shoes
- Refuge Shoes - crocs or sandals.
- Gaiters (optional)

# Packing List

## Sleeping Equipment

- Sleeping Bag -20°C
- Inflatable Sleeping Pad
- Earplugs
- Inflatable Pillow

## Mountaineering Gear

- Large 120ltr Duffel Bag
- Trekking Backpack 35L-50L
- Trekking poles (optional)
- Ice Axe (1pcs)
- Crampons
- Climbing Helmet
- Ascender/Jumar
- "Y" Rig for ascender & carabiner
- Accessory Cord: 9m of 6mm.
- Proper Climbing Harness
- Locking Carabiners (4pcs)
- Un-locking Carabiners (2pcs)
- Sling / 240 cm (1pcs)
- Belay/Rappel Device (2pcs)
- Headlight 500-700 Lumens (2pcs)

## Additional Food Items

- Snack food
- Salty-sweet bars
- Summit gels
- Nuts
- Beef jerky

## Travel Items

- Travel Clothes
- Cash
- Visa Card
- ATM card

## Additional Items

- Compression Stuff Sacks
- Water Bottles 1- liter (2pcs)
- Pee Bottle 1- litre
- Female Urination Device (FUD)
- Knife or Multi-tool (optional)

## Medical

- Personal First-aid kit
- Compeed blister packs
- Sutures & steri strips
- Ibuprofen
- Paracetamol
- 250mg Diamox 10 days
- Medicated throat lozenges
- Medicated throat spray
- Antibiotic Azithromycin 500mg
- Laxatives
- Imodium
- Mosquito repellent
- Menstrual products
- Electrolytes
- Nail cutter
- Duck tape - Repair Kit
- Hand & Feet chemical warmers

## Toiletries (Personal)

- Toilet Paper
- Toothpaste & Toothbrush
- Bio Baby wipes (2pcs)
- Soap
- Shampoo
- Shaver
- Towel
- Small nail-brush
- Sunscreen: SPF 50
- Lip Screen: SPF 30
- Aftersun

## Optional Electronics

- Country-appropriate power adapters
- Adventure Sports Watch
- [Sherpa 100AC Power Bank](#)
- Phone camera
- Batteries
- Charging leads