SEVEN SUMMITS SERIES

Seven Summits, Seven Trials, One Goal

BLACK MOUNTAINEERING

THE ULTIMATE TATRAS TRAVERSE

POLAND

7 SUMMITS

GEAR LIST



ONE EXPEDITION. ONE TOKEN.

Complete this expedition to earn the Poland piece of the Seven Summits Medallion.

LOCATION POLAND	**DURATION** 6 DAYS	**ROUTE** HUT TO HUT
GRADE MODERATE	**ALTITUDE** 7 SUMMITS	**DAILY ACTIVITY** 8 HOURS

MANDATORY EQUIPMENT & LAYERING CHECKLIST

This is a hut-to-hut expedition: you carry all your own personal equipment, 10–15kg, across steep, rocky ground, so pack light and efficiently and keep your clothes dry inside your backpack.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | BAGS

- [ ] 80-litre trekking duffle bag
- [ ] 60–65 litre backpack
- [ ] **35-litre lightweight dry bags (2):** inside your backpack to keep clothes dry

02 | CLOTHING

- [ ] Underwear (4)
- [ ] Short-sleeve T-shirt (4)
- [ ] Fleece (1)
- [ ] Hiking shorts (1)
- [ ] Hiking trousers (1)
- [ ] Lightweight puff jacket (1)
- [ ] Waterproof shell jacket (1)
- [ ] Waterproof shell trousers (1)

03 | HEADWEAR & HANDS

- [ ] Ball cap (1)
- [ ] Woollen hat (1)
- [ ] Sunglasses (1)
- [ ] Head torch & charging lead (1)
- [ ] Fleece gloves (1 pair)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

04 | FOOTWEAR

- [ ] Trekking socks (3)
- [ ] Hiking boots (1)
- [ ] Sliders / sandals (1)

05 | HUT SLEEPING

- [ ] **Provided:** bunk bed, mattress and pillow. No bedding or towel is provided.
- [ ] Sleeping liner (1)
- [ ] Summer sleeping bag (alternative)
- [ ] Pillow case (1)

06 | HUT CLOTHING

- [ ] Tracksuit / shorts (1)
- [ ] Swimwear for hot pools

07 | EATING & DRINKING

- [ ] Energy bars (4)
- [ ] Haribo (4 packs)
- [ ] Hydration tabs (1 tube)
- [ ] 1-litre drink bottles (2)

08 | ELECTRICAL

- [ ] Power is available in the huts
- [ ] Power bank (SOS)
- [ ] Phone
- [ ] Country-relevant plug
- [ ] Charging cables

MANDATORY EQUIPMENT & LAYERING CHECKLIST

09 | OTHER

- [ ] Passport
- [ ] Cash / Visa card
- [ ] Insurance details
- [ ] Trekking poles
- [ ] Ear plugs
- [ ] Sunscreen and lip balm
- [ ] Toiletries, including toilet paper
- [ ] Small trekking towel
- [ ] Small lock for your duffle bag
- [ ] Antibacterial hand gel

10 | PERSONAL MEDICINES

- [ ] Paracetamol (headache)
- [ ] Ibuprofen (joint pain)
- [ ] Course of antibiotics (ears, throat, chest)
- [ ] Domperidone (anti-sickness)
- [ ] Imodium (diarrhoea)
- [ ] Dulcolax (constipation)
- [ ] Antiseptic wipes
- [ ] Adhesive plasters
- [ ] Blister packs (Compeed)
- [ ] Insect repellent
- [ ] Personal first aid kit

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

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EXPEDITION PAGE
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