



CLIMBING GEARS FOR MT. AMA DABLAM (6812m)

Travel Documents

- Valid Passport
- Debit/Credit Cards
- PP Size Photo (4 Pieces)
- Insurance Paper And Contact Address.
- Family Members / Company's Contact Address

Foot Wear

- Summit Boot - 7000 m.
(Kailas / Lasportiva / Millet)
- Normal Socks (5-6 Pairs)
- Summit Socks (2 Pairs)
- Trekking Shoes (Gore Tex)
- Light Trekking/Sports Shoes
- Camp Booties (1 Pair)
- Slipper (1 Pair)

Upper Body

- Thermal Top Base Layer (2-3 Pcs)
- Fleece Jacket (2 Pcs)
- Gore Tex Jacket (1 Pcs)
- Warm Jacket (1-2 Pcs)
- Wind Proof Jacket (1 Pcs)
- Down Jacket (1 Pcs)
- Cotton T-Shirt (2-4 Pcs)

Lower Body

- Thermal Bottom Base Layer (2-3 Pcs)
- Fleece Trouser (1pcs)
- Gore Tex Pant (1 pcs)
- Heavy Weight Pants (1-2 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 (3-5 Pcs)

Head

- Sun Cap
- Desert Cap
- Balaclava
- Fleece Hat/ Warm Hat (1-2 Pcs)
- Neck Gaiter (2-3 Pcs)

Hands

- Thin Fleece Gloves (2 Pairs)
- Wind Stopper / Screen Tap Gloves
- Heavy Gloves (Guide Gloves)
- Summit Gloves - 7000m

Sleeping Bags

- Sleeping Bag -30°C to -40°C
- Thermarest Mattress (Cell Foam)
- Sleeping Bag Liner
- Inflatable Pillow

Climbing Equipment

- Climbing Helmet
- Summit Down Suit - 7000m.
(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
- Jummer / Ascender
- Lock Carabiner (3 Pcs)
- Unlock Carabiner (2 Pcs)
- Tape Slings/240 cm
- Head Light 400-500 Lumens Spare
- Battery (Energizer Ultimate Lithium)
- Walking Stick/Trekking Pole

Bag Packs

- Rucksacks 35L - 50L
- Duffle Bag 90 L -120 L (2 Pcs)
- Water Proof Stuff Sacks/Dry Bag- Small/ Medium/ Large (2-3 Pcs)

Sun Stuffs

- Banana Boat/ Nivea Sun Cream (-50 Spf)
- Lip Guard -30 to -50 (Spf)
- Sun Glasses (Uv Protection)
- Glaciers Glasses (Antifog, Polarized, UV Protection)
- Moisturiser / Lotion

Toiletries

- Hand Disinfectant
- Toilet Paper / Wet Tissue
- Toothpaste, Toothbrush
- Soap, Shampoo
- Towel
- Garbage Bag

Eating & Drinking

- 1 Ltr. Water Bottle
- 1/ 1.5 Ltr. Thermos
- Mug (Opt.)
- Spoon/ Fork (Opt.)
- Bowl (Opt.)

Medical/First Aid

- Brufen / Ibuprofens
- Antibiotic
- Diamox
- Paracetamol
- Handy Plaster
- Crack Bandage
- Tincture Iodine
- Ondem
- 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)

Miscellaneous

- Satellite Phone With Credit
- Pocket Knife (Swiss)
- Umbrella / Rain Coat
- Nail Cutter
- Hot Water Bag
- Hand & Toe Warmer
- Pee Bottle
- Tenacious Tape Repair (Down Jacket/ Sleeping Bag Repair Kits)
- Altimeter Watch
- GPS Tracker (Recommended)
- Power Bank
- Camera