



RECOMMENDED GEAR LIST

This is our suggested gear list. All community gear such as tents, food, utensils, etc. is provided by Peak Planet. You are responsible to bring the following required, recommended and optional personal gear and equipment listed below. The most common mistake climbers make is over packing. Be selective in what you take with you. Our porters are limited to carrying 33 lbs. (15 kgs) of your personal belongings.

CLOTHING

- | Qty | Item |
|--------------------------|---|
| <input type="checkbox"/> | 1 Insulated Jacket* |
| <input type="checkbox"/> | 1 Fleece Jacket |
| <input type="checkbox"/> | 1 Rain Jacket |
| <input type="checkbox"/> | 1-2 Short Sleeve Shirt, moisture-wicking fabric |
| <input type="checkbox"/> | 2 Long Sleeve Shirts, moisture-wicking fabric |
| <input type="checkbox"/> | 1 Hiking Shorts^ |
| <input type="checkbox"/> | 2 Hiking/Convertible Pants |
| <input type="checkbox"/> | 1 Fleece Pants |
| <input type="checkbox"/> | 1 Rain Pants, side zip recommended |
| <input type="checkbox"/> | 3 Underwear, moisture-wicking fabric |
| <input type="checkbox"/> | 1-2 Long Underwear, moisture-wicking fabric |
| <input type="checkbox"/> | 2 Sports Bra (women) |

HEAD WEAR

- | Qty | Item |
|--------------------------|---------------------------|
| <input type="checkbox"/> | 1 Wide Brimmed Hat or Cap |
| <input type="checkbox"/> | 1 Warm Hat or Beanie |
| <input type="checkbox"/> | 1 Balaclava or Buff |
| <input type="checkbox"/> | 1 Bandana^ |

HAND WEAR

- | Qty | Item |
|--------------------------|------------------------------------|
| <input type="checkbox"/> | 1 Gloves, thin^ |
| <input type="checkbox"/> | 1 Gloves/Mittens, warm, waterproof |

FOOT WEAR

- | Qty | Item |
|--------------------------|-----------------------------------|
| <input type="checkbox"/> | 1 Hiking Boots, waterproof |
| <input type="checkbox"/> | 1 Shoelaces, extra |
| <input type="checkbox"/> | 4 Hiking Socks |
| <input type="checkbox"/> | 3 Sock Liners, prevents blisters^ |
| <input type="checkbox"/> | 1 Gym Shoes, to wear at camp^ |
| <input type="checkbox"/> | 1 Gaiters, waterproof^ |

EQUIPMENT

- | Qty | Item |
|--------------------------|---|
| <input type="checkbox"/> | 1 Sleeping Bag, 0°F or warmer* |
| <input type="checkbox"/> | 1 Sleeping Bag Liner^ |
| <input type="checkbox"/> | 1 Duffel Bag, 90L, waterproof, for porters to carry |
| <input type="checkbox"/> | 1 Day pack, 30-35L, for you to carry |
| <input type="checkbox"/> | 1 Backpack Cover, waterproof^ |

EQUIPMENT

- | Qty | Item |
|--------------------------|--|
| <input type="checkbox"/> | 1 Trekking Poles, collapsible^* |
| <input type="checkbox"/> | 1 Head lamp, with extra batteries |
| <input type="checkbox"/> | Camera, with spare batteries/SD cards^ |

ACCESSORIES

- | Qty | Item |
|--------------------------|---|
| <input type="checkbox"/> | 1 Sunglasses, full coverage |
| <input type="checkbox"/> | 2 Water Bottle, 1 liter - Nalgene/Hydroflask |
| <input type="checkbox"/> | 1 Water Bladder, 2-3 liters |
| <input type="checkbox"/> | 1 Camp Towel, quick drying^ |
| <input type="checkbox"/> | 1 Pee Bottle, to avoid leaving tent at night^ |
| <input type="checkbox"/> | 1 She-Wee (women)^ |
| <input type="checkbox"/> | Dry Bags or Plastic Bags, to keep gear dry and separate |

OTHER

- | Qty | Item |
|--------------------------|---|
| <input type="checkbox"/> | 1 Sunscreen, SPF 30 or higher |
| <input type="checkbox"/> | 1 Lip Balm, SPF 30 or higher |
| <input type="checkbox"/> | 1 Insect Repellent, containing DEET |
| <input type="checkbox"/> | 1 First Aid Kit, basic |
| <input type="checkbox"/> | 1 Blister Kit^ |
| <input type="checkbox"/> | 1 Ear Plugs^ |
| <input type="checkbox"/> | 1 Toilet Paper, full roll |
| <input type="checkbox"/> | 1 Hand Sanitizer |
| <input type="checkbox"/> | 1 Wet Wipes^ |
| <input type="checkbox"/> | Toiletries |
| <input type="checkbox"/> | Medications: Diamox, Ciprofloxacin, Ibuprofen, anti-malaria, anti-diarrhea^ |
| <input type="checkbox"/> | Snacks, Trailmix, energy bars, beans and/or shots ^ |
| <input type="checkbox"/> | Energy Drink Mix, powder or tablets, 2 servings per day^ |

PAPERWORK

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Passport, valid for 6+ months after travel |
| <input type="checkbox"/> | Visa, available at JRO |
| <input type="checkbox"/> | Medical Insurance |
| <input type="checkbox"/> | Travel Insurance |
| <input type="checkbox"/> | Trip Receipt |
| <input type="checkbox"/> | Cash for tips, visa and incidentals, \$700+ USD |

*Items available for rent, reservations required
^Optional, but recommended items