



Kit List For Expedition Planning

Clearly some of the equipment mentioned / not mentioned here is specific to the type / altitude of the peak you are attempting. This list is meant as an aide memoir for folk heading off to technically easy 6-7000m peaks.

Equipment

- | | | |
|-------------------------|--------------------------|----------------------------|
| - Rucksack | - Kit Bag | - Boots |
| - Gaiters | - Sleeping Bag | - Roll Mat |
| - Water Bottles + Flask | - Camera + Spare Films | - Sun Glasses + Spare pair |
| - Trekking Poles | - Goggles | - Bivvi Bag |
| - Mug + Plate + Spoon | - Pen Knife / Multi Tool | -Lighters+Matches |
| - Tent | - Stove + Fuel Bottle | - Pans + Grabber |
| - Group Shelter | - Compass + Maps | |

Technical

- | | | |
|--|--------------------------|---------------------|
| - Ice Axe | - Ice Hammer | - Walking Axe? |
| - Harness | - Crampons | - Ice Screws |
| - Belay Plate | - Jumar and Ropeman | - Prussicks |
| - Rack | - Tat + Maillons | - Abalokov Threader |
| - Head Torch x 2 | - Spare Batteries + bulb | - Rope |
| - Helmet | - Radio + Batteries | - Spare Pick |
| - Repair Kit (tape, superglue, string, cable ties, strap, needle + thread, leatherman with pliers) | | |

Clothing

- | | | |
|---------------------|---------------------------|---------------------|
| - Waterproof Jacket | - Sallopettes | - Down Jacket |
| - Thermal Top X 2 | - Fleece Sallopettes | - Thin Fleece |
| - Body Warmer | - Thick Fleece | -Schoeller Trousers |
| - Pertex Top | - Thick Socks X 2 | - Thin Socks X 2 |
| - Shorts | - Casual Trousers + Shirt | - Boxers |
| - Woolly Hat | - Fleece Balaclava | - Mitts X 2 |

- Thick Gloves X 2
- Thin Gloves X 3
- Approach Shoes
- Sandals
- Towel
- Sun Hat

Admin.

- Passport
- Insurance Documents
- Flight Tickets
- Cash
- Credit Cards
- PP Photos X 4
- PP Photocopy
- Note book + pens/pencils
- Books
- Itinerary
- Maps + Route descriptions
- Client Details
- Kit Check Lists
- Company Contact Details
- Local Agents Details

Wash Bag

- Soap
- Tooth brush + Paste
- Razors
- Nail Clippers
- Moisturiser

Medical

- Wet Wipes
- Sun Cream + Lip Cream
- First Aid Kit
- Vitamin Tablets
- Glasses

Extra Food / Drink

- Isotonic and or Carbohydrate powdered drinks
- Sweets
- Fruit Tea Bags