

# AMA DABLAM EXPEDITION GEAR CHECKLIST



**HIMALAYA  
SACRED**  
TREKS & EXPEDITION

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## HEAD WEAR

- Warm Hat
- Sun Hat
- Bandana Or Buff
- Neoprene Face Mask (Optional)
- Neck Gaiter/Fleece Buff (Optional)
- Sun Glasses (2 Pairs)
- Ski Goggles

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## BODY WEAR

- Waterproof Shell Jacket
- Waterproof Shell Pants
- Expedition Down Suit
- Base Camp Down Pants
- Base Camp Down Jacket
- Lightweight Insulated Pants (Optional)

- Midweight Insulated Jacket
- Softshell Climbing Pants
- Lightweight Fleece Top And Pants
- Windshirt (Optional)
- Trekking/Glacier Shirt
- Base Layer Tops (3) & Leggings (2)
- Underwear (2-3 Pairs)
- Trekking Clothes
- Casual Wear

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## HAND WEAR

- Liner Gloves (2 Pairs)
- Fleece Gloves (2 Pairs)
- Mountaineering Gloves (Removable Liners)
- Expedition Mitts

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## FOOT WEAR

- Socks (4 Pairs)
- Lightweight Shoes/Sandals
- Trekking Boots
- Below 8000m Mountaineering Boots

- Snow Gaiters
- Down Bivvy Boots
- Camp Boots (Optional)
- Foot Warming System (Optional)

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## PACKS & BAGS

- Small Duffel (30-40 L)
- Large Duffel x 1 (95-110 L)
- Daypack (30-40 L)
- Mountaineering Pack (55-65 L)

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## ACCESSORIES

- Headlamps x 2 + Spare Batteries
- Personal Toiletries
- Sunblock & Lip Balm
- Moist Wipes
- Personal Entertainment (Optional)
- Pocket Knife/ Leatherman/ Tool Kit
- Cigarette Lighter
- Camping Towel (Optional)

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- Camera & Memory Cards (Optional)
- Ear Plugs (Optional)
- Chemical Hand & Toe Warmers (Optional)
- Pillow Case (Optional)
- Stuff Sacks & Large Plastic Bags
- Pee Bottle
- Chargers & USB Flash Drive
- Solar Panel And Battery Pack (Optional)
- Steripen (Optional)
- Collapsible Trekking Poles (Optional)

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### CAMPING GEAR

- Down Sleeping Bags (-20°C & -30°C)
- Foam Sleeping Mat
- Inflatable Sleeping Mat
- Water Bottles (2) & Covers
- Cup, Bowl & Spoon
- Small Thermos Flask (Optional)

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### CLIMBING EQUIPMENT

- Climbing Helmet
- Climbing Harness
- Ice Axe
- Crampons
- Belay/Rappel Device
- Locking Carabiners x 3
- Non- Locking Carabiners x 3
- Mechanical Ascenders (Jumar)
- Prusik & Cord
- Avalanche Transceiver

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### TRAVEL GEAR

- Passport, Documents & Copies
- International Electrical Adapter
- PP-Size Photo (4 Pieces)
- Insurance Paper & Contact Address