

BARUNTSE EXPEDITION GEAR CHECKLIST



**HIMALAYA
SACRED**
TREKS & EXPEDITION

HEAD WEAR

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

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 & Pants
- ☐ Windshirt (Optional)
- ☐ Trekking/Glacier Shirt
- ☐ Base Layer Tops (3) & Leggings (2)
- ☐ Underwear (2-3 Pairs)
- ☐ Trekking Clothes
- ☐ Casual Wear

HAND WEAR

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

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)

PACKS & BAGS

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

ACCESSORIES

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

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- ☐ 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)

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)

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

TRAVEL GEAR

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