



DHAMPUS PEAK AND DHAULAGIRI TREK GEAR CHECKLIST

HEAD WEAR

- Warm Hat
- Sun Hat or Scarf
- Bandana or Buff
- Neoprene Face Mask (Optional)
- Neck Gaiter/Fleece Buff (Optional)
- Sun Glasses
- Ski Goggles (Optional)

UPPER BODY

- Quick-Dry Shirts (Half & Full Sleeve)
- Fleece Jacket
- Down Jacket & Gore-Tex Jacket
- Light-Weight Fleece

Top

- Water Poncho / Raincoat

LOWER BODY

- Trekking Trousers / Cotton Pants
- Lightweight Insulated Pants (Optional)
- Softshell Climbing Pants
- Lightweight Fleece Pants

HAND WEAR

- Liner Gloves (1 Pair)
- Fleece Gloves (1 Pair)
- Mountaineering Gloves with Removable Liners (Optional)

FOOT WEAR

- Thin, Thick, & Woolen Each Pair of Socks
- Trekking Gore-Tex Boots

- Socks (2 Pairs)
- Lightweight Shoes/Sandals
- Snow Gaiters
- Foot Warming System (Optional)

ACCESSORIES

- Sleeping Bag (-20°C)
- Trekking Bag / Day Bag
- Duffle Bag
- Trekking / Hiking Poles
- Water Bottle or Camel Bag
- Hygiene Kit (Toilet Paper, Wipes)
- Sun Screen (Min. SPF 50)
- Lip Guard
- Thermos / Water Bottle
- Personal Medications
- Personal First Aid Kit
- Books / Playing Cards
- Camera & Accessories



Camp Knife / Multi-
Tool

PERSONAL CLIMBING GEARS

- Helmet
- Ice Axe
- Crampons
- Harness
- Tape Slings (2)
- Screw-Gate Carabiners
(2 Locking, 2 Non-
Locking)
- Descender / Figure-
Eight
- Ascender / Jumar
- Climbing Alpine Boots
for 6000m-7000m

GROUP CLIMBING GEARS

- Snow Bar
- Ropes (Main / Fixed)
- Ice Hammer
- Ice Screws

TRAVEL GEAR

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