



**HIMALAYA
SACRED**
TREKS & EXPEDITION

LHOTSE EXPEDITION GEAR CHECKLIST

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 (5-6 Pairs)
- ☐ Trekking Clothes
- ☐ Casual Wear

HAND WEAR

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

FOOT WEAR

- ☐ Socks (6-8 pairs)
- ☐ Lightweight Shoes/Sandals
- ☐ Trekking Boots
- ☐ 8000m Mountaineering Boots
- ☐ 6000m Mountaineering Boots (Optional)
- ☐ Snow Gaiters
- ☐ Down Bivvy Boots
- ☐ Camp Boots (Optional)
- ☐ Foot Warming System (Optional)

PACKS & BAGS

- ☐ Small Duffel (30-40 L)
- ☐ Large Duffels x 2 (95-132 L)
- ☐ Daypack (30-40 L)
- ☐ Mountaineering Pack (55-65 L)

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Bouddha-06, Kathmandu, Nepal

Phone: +977 9841601325/ (434) 485-6869

Email: info@himalayasacred.com | Website: www.himalayasacred.com

ACCESSORIES

- ☐ Headlamps (2) + Spare Lithium Batteries
- ☐ Personal First Aid Kit
- ☐ Personal Toiletries
- ☐ Sunblock & Lip Balm
- ☐ Moist Wipes
- ☐ Pocket Knife/Leatherman
- ☐ Cigarette Lighter
- ☐ Camping Towel
- ☐ Chemical Warmers (Optional)
- ☐ Pillow Case (Optional)
- ☐ Stuff Sacks & Large Plastic Bags
- ☐ Solar Panel & Battery Pack (Optional)
- ☐ Pee Bottle
- ☐ Chargers & USB Flash Drive
- ☐ Steripen (Optional)
- ☐ Trekking Poles (Optional)

CAMPING GEAR

- ☐ Down Sleeping Bags (-20°C & -40°C)
- ☐ Foam Sleeping Mat
- ☐ Inflatable Sleeping Mat
- ☐ Water Bottles (2) & Covers
- ☐ Cup, Bowl & Spoon
- ☐ Thermos Flask (Optional)

CLIMBING EQUIPMENT

- ☐ Climbing Helmet
- ☐ Climbing Harness
- ☐ Ice Axe
- ☐ Crampons
- ☐ Belay/Rappel Device
- ☐ Locking Carabiners (3)
- ☐ Non-Locking Carabiners (3)
- ☐ Mechanical Ascender (Jumar)
- ☐ Prusik & Cord

TRAVEL GEAR

- ☐ Valid Passport & Documents
- ☐ International Adapter
- ☐ Passport Photos (4)
- ☐ Insurance Papers & Contact Address

- ☐ Avalanche Transceiver

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