



LOBUCHE WEST EXPEDITION 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)
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UPPER BODY

- T-shirt (Half / Full)
 - Fleece Jacket
 - Water Poncho/Raincoat
 - Down Jacket/Gore-Tex Jacket
 - Lightweight Fleece Top
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LOWER BODY

- Cotton Pants (Long / Short)

- Lightweight Insulated Pants (Optional)
 - Softshell Climbing Pants
 - Lightweight Fleece Pants
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HAND WEAR

- Liner Gloves (1 Pairs)
 - Fleece Gloves (1 Pairs)
 - Mountaineering Gloves (Removable Liners)
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FOOT WEAR

- Thin, Thick & Woolen Socks (Each 1 Pair)
 - Trekking Gore-Tex Boots
 - Socks (2 Pairs)
 - Lightweight Shoes / Sandals
 - Snow Gaiters
 - Foot Warming System (Optional)
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ACCESSORIES

- Headlamps + Spare Batteries
- Sunblock & Lip Balm
- Sleeping Bag (-20°C)

- Trekking Bag/Day Bag & Duffle Bag
 - Trekking / Hiking Poles
 - Water Bottle or Camelbak
 - Toilet Rolls/Tissue Papers
 - Books/Playing Cards
 - Small Thermos Flask
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PERSONAL CAMPING GEAR

- Helmet
 - Ice Axe
 - Crampons
 - Harness
 - Tape Slings (2)
 - Screw Gate Carabiners (2 Locking, 2 Non-Locking)
 - Descender/Figure Eight
 - High-Altitude Climbing Boots (6000–7000 M)
 - Ascender / Jumar
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GROUP CLIMBING GEARS

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



**HIMALAYA
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TREKS & EXPEDITION

Ice Screws

TRAVEL GEAR

Passport &
Documents

International Adapter

Passport Photos (4)

Insurance Papers

Emergency Contacts

HIMALAYA SACRED

HIMALAYA SACRED TREK & EXPEDITION

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