



# MERA EXPEDITION GEAR CHECKLIST

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## 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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## BODYWEAR (CLOTHING / LAYERING)

- T-Shirt (Half / Full Sleeve)
- Trekking Trousers / Cotton Pants
- Fleece Jacket
- Insulated Mid-Layer

- Down Jacket & Down Pants
- Gore-Tex / Hardshell Set
- Thermal Set
- Quick-Dry Shirts (Half & Full Sleeve)
- Water Poncho / Raincoat
- Additional Clothing as Required

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## HAND WEAR

- Liner Gloves (1 Pair)
- Fleece Gloves (1 Pair)
- Mountaineering Gloves (Removable Liners)
- Expedition Mitts

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## FOOT WEAR

- Lightweight Shoes/Sandals
- Trekking Shoes
- Expedition Climbing Boots (6000m–7000m)
- Snow Gaiters
- Liner Socks

- Woolen / Trekking Socks
- Summit Socks
- Foot Warming System (Optional)

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## PERSONAL KIT

- Sleeping Bag (-30°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

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## ACCESSORIES

- Books / Playing Cards



- Camera & Accessories
- Ropes (Main / Fixed)
- Camp Knife / Multi-Tool
- Ice Hammer
- Dry Bags / Compression Sacks
- Ice Screws
- Binoculars
- Carabiners
- Pee Bottle

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### **PERSONAL CLIMBING GEARS**

- Helmet
- Ice Axe
- Crampons
- Harness
- Tape Slings
- Prusik Cords
- Screw-Gate Carabiners (4 Locking, 2 Non-Locking)
- Descender / Figure-Eight
- Ascender / Jumar
- Passport, Documents & Copies
- International Electrical Adapter
- PP-Size Photo (4 Pieces)
- Insurance Paper & Contact Address

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### **GROUP CLIMBING GEARS**

- Snow Bar