

THORONG PEAK EXPEDITION GEAR CHECKLIST



**HIMALAYA
SACRED**
TREKS & EXPEDITION

- ☐ Water Poncho / Raincoat

- ☐ Foot Warming System (Optional)

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 (Removable Liners)

FOOT WEAR

- ☐ Thin, Thick, & Woolen Each Pair of Socks
- ☐ Trekking Gore-Tex Boots
- ☐ Socks (2 Pairs)
- ☐ Lightweight Shoes/Sandals
- ☐ Snow Gaiters

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

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

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- ☐ 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