



# TUKUCHE 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 (2 Pairs)
- Ski Goggles (Optional)

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## 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 (2-3 Pairs)

Trekking Clothes

Casual Wear

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## HAND WEAR

Liner Gloves (2 Pairs)

Fleece Gloves (2 Pairs)

Mountaineering Gloves (Removable Liners)

Expedition Mitts

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## FOOT WEAR

Socks (4 Pairs)

Lightweight Shoes/Sandals

Trekking Boots

Below 8000m Mountaineering Boots

Snow Gaiters

Down Bivvy Boots

Camp Boots (Optional)

Foot Warming System (Optional)

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## PACKS & BAGS

Small Duffel (30-40 L)

Large Duffel x 1 (95-110 L)

Daypack (30-40 L)

Mountaineering Pack (55-65 L)

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## ACCESSORIES

Headlamps x 2 + Spare Lithium Batteries

Personal Toiletries

Sunblock & Lip Balm

Moist Wipes



Personal Entertainment  
(Optional)

Pocket Knife/  
Leatherman/ Tool Kit

Cigarette Lighter

Camping Towel  
(Optional)

Camera & Memory  
Cards (Optional)

Ear Plugs (Optional)

Chemical Hand & Toe  
Warmers (Optional)

Pillow Case (Optional)

Stuff Sacks & Large  
Plastic Bags

Pee Bottle

Chargers & USB Flash  
Drive

Solar Panel & Battery  
Pack (Optional)

Steripen (Optional)

Collapsible Trekking  
Poles (Optional)

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Down Sleeping Bags  
(-20°C & -30°C)

Foam Sleeping Mat

Inflatable Sleeping Mat

Water Bottles (2) &  
Covers

Cup, Bowl & Spoon

Small Thermos Flask  
(Optional)

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### CLIMBING EQUIPMENT

Climbing Helmet

Climbing Harness

Ice Axe

Crampons

Belay/Rappel Device

Locking Carabiners x  
3

Non- Locking  
Carabiners x 3

Mechanical Ascenders  
(Jumar)

Prusik & Cord

Avalanche Transceiver

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### TRAVEL GEAR

Passport, Documents &  
Copies

International Electrical  
Adapter

PP-Size Photo (4  
Pieces)

Insurance Paper &  
Contact Address

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### CAMPING GEAR