



TILICHO 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
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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 And Battery Pack (Optional)
- Steripen (Optional)
- Collapsible Trekking Poles (Optional)

CAMPING GEAR

- Down Sleeping Bags (-20°C & -30°C)
- Foam Sleeping Mat
- Inflatable Sleeping Mat
- Water Bottles (2) & Covers
- Cup, Bowl & Spoon
- Small Thermos Flask (Optional)

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

TRAVEL GEAR

- Passport, Documents & Copies
- International Electrical Adapter
- PP-Size Photo (4 Pieces)
- Insurance Paper & Contact Address