

1. Clothing Essentials

- **Base Layer:** Thermal tops and bottoms, quick-dry t-shirts
- **Mid Layer:** Fleece jacket, insulated down jacket
- **Outer Layer:** Waterproof shell jacket and pants, softshell jacket
- **Accessories:** Warm hat, buff, liner and insulated gloves, UV sunglasses, sun hat
- **Footwear:** Trekking boots, lightweight shoes, thermal socks, gaiters

2. Technical Climbing Gear

- Climbing harness
- Crampons
- Helmet
- Ice axe
- Carabiners and slings
- Ascender and belay device
- Trekking poles

3. Sleeping & Camping Gear

- Four-season sleeping bag (-15°C)
- Sleeping liner
- Sleeping mat
- Travel pillow

4. Backpack & Bags

- 50–65L backpack
- 25–30L daypack
- Rain cover
- Duffel bag for porters
- Dry bags for electronics

5. Personal & Health Essentials

- Passport, permits, and insurance
- First-aid kit
- Sunscreen and lip balm
- Insect repellent
- Hand sanitizer and wet wipes
- Hydration system or bottles
- Snacks or energy bars

6. Electronics & Extras

- Headlamp with spare batteries
- Camera or GoPro
- Power bank
- Mobile phone or GPS device

7. Packing Tips

- **Layer Up:** For fast-changing mountain weather
- **Stay Light:** Carry essentials only
- **Waterproof Everything:** Protect gear from snow and rain
- **Inspect Equipment:** Ensure all technical gear works properly