

## Peak Climbing Equipment List



### Clothing (Layering System)

- Base layers (thermal top & bottom)
- Fleece or softshell jacket
- Down jacket (heavy, summit grade)
- Waterproof & windproof jacket (Gore-Tex)
- Waterproof pants
- Trekking pants
- Insulated summit pants
- Warm hat & sun cap
- Buff / neck gaiter
- Inner gloves & insulated outer gloves
- Glove liners
- Warm trekking socks (3–4 pairs)

### Footwear

- Mountaineering boots (crampon compatible)
- Trekking boots
- Camp shoes / sandals
- Gaiters

## Climbing Equipment

- Climbing harness
- Climbing helmet
- Ice axe
- Crampons
- Carabiners (locking & non-locking)
- Ascender (Jumar)
- Figure-8 / belay device
- Prusik loops
- Climbing sling
- Fixed rope (usually provided by expedition team)

## Bags & Sleeping

- 60–70L backpack
- 25–35L daypack
- Duffel bag
- Sleeping bag (-15°C to -25°C recommended)
- Sleeping bag liner

## Accessories

- UV protection sunglasses (Category 4)
- Headlamp (extra batteries)
- Water bottles / hydration bladder
- Thermos flask
- Sunscreen (SPF 50+)
- Lip balm (SPF)
- Personal first aid kit
- Toiletries
- Trekking poles

## Documents & Miscellaneous

- Passport copy
- Permits & climbing permits
- Travel insurance (high-altitude coverage)
- Cash (small denominations)

Proper preparation and quality gear are essential for a safe and successful Everest Trekking Routes Peak climbing experience.

