

# PEAK CLIMBING GEAR CHECKLIST

## GENERAL

- DUFFLE BAG
- TREKKING BAG
- EXPEDITION BACKPACK
- SLEEPING BAG WITH LINER
- RAIN COAT OR RAIN JACKET
- WATER BOTTLES

## CORE BODY

- T-SHIRTS (SHORT AND LONG SLEEVES)
- FLEECE JACKETS
- WINDPROOF JACKETS
- DOWN JACKETS

## INNER BODY

- THERMAL SET
- HEAVY BASE LAYERS
- UNDER GARMENTS (QUICK-DRY)

## HYGIENE AND FIRST AID

- SUNSCREEN/LIP BALM
- TOILETRIES KIT
- HAND SANITIZER
- PAPER SOAP
- HAND WARMERS, ENERGY BOOSTER
- PERSONAL MEDICINES
- PERSONAL FIRST AID KIT BAG

## UPPER BODY - HEAD/EYES/EARS

- SHADE HAT/BASEBALL CAP/WOOLEN CAPS
- BUFF OR BALACLAVA
- EARBUDS
- HEADLAMP - 200-300 LUMENS
- SUNGLASSES OR SPECTACLES
- SKI GOGGLES

## LOWER BODY - LEGS

- HIKING SHORTS
- SHOFT SHELL PANTS
- TREKKING PANTS
- DOWN TROUSERS

## MISCELLANEOUS

- WATERPROOF BAG
- CAMERA ACCESSORIES
- WATERPROOF WALLET/POUCH
- TRAVEL ADAPTOR
- TREKKINGS POLES

## OPTIONAL

- READING BOOKS, PLAYING CARDS
- BINOCULARS
- DRY SNACKS
- NORMAL COSMETICS ITEMS

## FOOT ACCESSORIES

- TREKKING SHOES
- CLIMBING BOOTS
- SANDALS OR FLIP-FLOPS
- SOCKS
- GAITERS
- MICROSPIKES

## HAND ACCESSORIES

- INNER GLOVES
- WINDPROOF GLOVES
- WOOLEN GLOVES
- ARM SLEEVES

## CLIMBING GEARS

- HELMET
- ICE AXE
- CRAMPONS
- ALPINE HARNES
- CARABINARS
- BELAY DEVICE / FIGURE OF 8
- ASCENDER / JUMAR
- PRUSSIK CORD
- DOWN SUIT
- ACCESSORY CORD

# INFUSION TRIP ADVENTURE



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