

BASIC GEAR

- Daysack – 35-45L
- Waterproof Duffle Bag – 80-100L
(for main equipment including sleeping bag and mat)
- 4-season sleeping bag (15° F)
- Compression stuff sac for sleeping bag
- Trekking poles

LOOK AFTER YOUR HEAD

- Warm hat
- Neck gaiter or buff
- Sun hat
- Sunglasses
- Headlamp
- Extra batteries for your headlamp

KIT OUT YOUR UPPER BODY

- Light-to-medium weight base layer top
- Light insulating layer
- Non-cotton hiking shirt. Long sleeves preferable for sun protection
- Soft shell layer
- Hard shell jacket
- Insulated jacket with hood or "Primaloff" type extra insulating layer

KEEP YOUR HANDS WARM AND DRY

- Lightweight gloves: One pair of fleece gloves
- Heavyweight insulated glove, mitten or overmitten. Wind/water resistant

AND YOUR LEGS

- Light-to-medium weight base layer bottoms
- Climbing pant
- Hard shell pant
- Lightweight trekking pant

AND OF COURSE YOUR FEET

- Mid-weight waterproof trekking boots
- Training shoes or similar (to wear around camp)
- 3 pairs of outer socks and 3 pairs of liners

AND DON'T FORGET THE REST

- Sunscreen- High SPF
- Lip screen: High SPF
- 2 water bottles: 2 x 1.5L wide-mouth bottles or 2L platypus + 1L bottle
- Drybag (only required if your main duffle bag is not waterproof)
- Ear plugs
- Camera and spare batteries
- Toothbrush and toothpaste
- Wet wipes
- Pee Bottle
- Personal Medicines and Medical Kit
- Personal Snacks

