



## 6000 M. PEAKS CLIMBING GEAR SHORT LIST

### Travel Documents

- Valid Passport
- Credit Cards
- PP Size Photo (4 Pieces)
- Insurance Paper And Contact Address.
- Family Members / Company's Contact Address

### Foot Wear

- Summit Boot - 6000m.  
(Kailas / Lasportiva / Millet)
- Normal Socks (4-6 Pairs)
- Summit Socks (1-2 Pairs)
- Trekking Shoes (Gore Tex)
- Light Trekking/Sports Shoes
- Camp Booties
- Slipper

### Upper Body

- Thermal Top Base Layer (2-3 Pcs)
- Fleece Jacket (1 Pcs)
- Gore Tex Jacket (1 Pcs)
- Warm Jacket (1-2 Pcs)
- Wind Proof Jacket (1 Pcs)
- Down Jacket -6000m. (1 Pcs)
- Cotton T-Shirt (2-4 Pcs)

### Lower Body

- Thermal Bottom Base Layer (2-3 Pcs)
- Fleece Trouser (1pcs)
- Gore Tex Pant (1 pcs)
- Heavy Weight Pants (1-2 Pcs)
- Mid Weight Pants (1-2 Pcs)
- Light Weight Quick Dry Trekking Pants (1-2 Pairs)
- Gaiters for trekking boots
- Down Pants -6000m. (1pcs)
- Under Wear (3-5 Pcs)

### Head

- Sun Cap
- Desert Cap
- Balaclava
- Fleece Hat/ Warm Hat (1-2 Pcs)
- Neck Gaiter (2-3 Pcs)

### Hands

- Thin Fleece Gloves (1 Pair)
- Wind Stopper / Screen Tap Gloves  
(1 Pair)
- Heavy Gloves (Climbing Gloves)
- Summit Gloves - 6000m.

### Sleeping Bags

- Sleeping Bag -20°C to -30°C
- Thermarest Mattress (Cell Foam)
- Sleeping Bag Liner
- Inflatable Pillow

### Climbing Equipment

- Climbing Helmet
- Summit Down Suit - 6000m.  
(Kailas / Marmot / Mountain Hardware / North Face / Millet)
- Crampons (Fit with Boot)/Packing
- Cover
- Ice Axe with Spike & Axe Protector
- Harness
- Belay Devices/ Figure of 8/ATC Guide
- Jummer / Ascender
- Lock Carabiner (3 Pcs)
- Unlock Carabiner (2 Pcs)
- Tape Slings/240 cm
- Head Light 300-500 Lumens  
Spare Battery
- Satellite Phone With Credit
- GPS Tracker (Optional)
- Prusik Loops

### Bag Packs

- Rucksacks 35L - 50L
- Duffle Bag 90 L -120 L
- Water Proof Stuff Sacks/Dry Bag-  
Small/ Medium/ Large (2-3 Pcs)

### Sun Stuffs

- Banana Boat/ Nivea Sun Cream (-30 to -50 Spf)
- Lip Guard -30 to -50 (Spf)
- Sun Glasses (Uv Protection)
- Glaciers Glasses (Uv Protection)
- Moisturiser / Lotion

### Toiletries

- Hand Disinfectant
- Toilet Paper / Wet Tissue
- Toothpaste
- Toothbrush
- Soap
- Shampoo
- Towel
- Garbage Bag

### Eating & Drinking

- 1 Ltr. Water Bottle
- 1 Ltr. Thermos
- Mug
- Spoon/ Fork
- Bowl

### Medical/First Aid

- Brufen / Ibuprofens
- Antibiotic
- Diamox
- Paracetamol
- Handy Plaster
- Crack Bandage
- Tincture Iodine
- Ondem
- Cetirizine
- Electrolyte
- Minil 10mg (Palpitation, anxiety)
- Codopar (Headache & chest pain)
- Salbetol 4mg (Breathless)  
 Azithromycin 500mg (chronic tonsillitis, fever, nose, throat infection-must take 5 days)
- Flupen 250mg (prevent wound infection)
- Allegra 120/180mg (Allergic tonsil)

### Miscellaneous

- Walking Stick/ Trekking Pole
- Pocket Knife (Swiss)
- Umbrella / Rain Coat
- Hot Water Bag
- Tenacious Tape Repair (Down Jacket/  
Sleeping Bag Repair Kits)
- Altimeter Watch
- Camera
- Power Bank

**ARUN TREKS & EXPEDITION P. LTD**

Budhanilkantha-9, Kathmandu, Nepal I  
E: [aruntrek@mos.com.np](mailto:aruntrek@mos.com.np)

G.P.O. Box:7152 I T: +977 1 4374929  
I www.arunexpedition.com