

GEAR LIST 6,000 m PEAK

Head and Face



01

Helmet

Purpose: Protect against falling rocks, ice, and accidental impacts.

Description: Lightweight, adjustable, with a secure fit. Ensure it's compatible with your goggles and headlamp.

Balaclava

Purpose: Provides full face coverage, keeping your face warm in extreme cold.

Description: Made from merino wool or synthetic material, with moisture-wicking properties



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Sunglasses (Snow)

Purpose: Protects eyes from intense UV rays, wind, and snow glare.

Description: Polarized, anti-fog lenses with full UV protection. Compatible with your helmet.

Purpose: Protects eyes from intense UV rays, wind, and snow glare.

Sun Hat and Cap

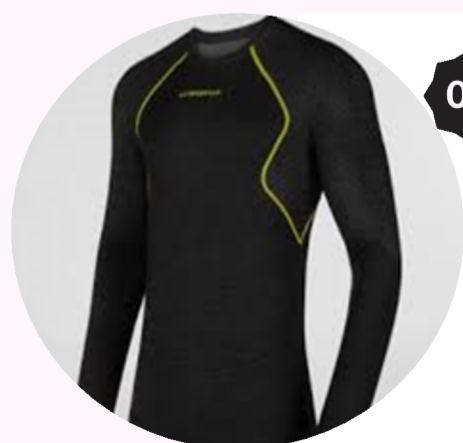
Purpose: Provides protection from the sun at lower altitudes.

Description: Wide-brimmed with UV protection.



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Upper Body



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Base Layer (Top):

Purpose: Wicks moisture away from the skin, keeping you dry.

Description: Lightweight, long-sleeved, made from merino wool or synthetic material.

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Mid Layer (Fleece or Soft-Shell Jacket)

Purpose: Provides insulation and retains body heat.
Description: Insulating fleece or softshell jacket with good breathability.

Insulated Down Jacket

Purpose: Provides full face coverage, keeping your face warm in extreme cold.
Description: Made from merino wool or synthetic material, with moisture-wicking properties



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Outer Shell Jacket

Purpose: Protects against wind, rain, and snow.
Description: Waterproof, windproof, and breathable with a hood that fits over your helmet.

Hands

Inner Gloves (2 Pairs)

Purpose: Provides a base layer of warmth and wicks moisture.

Description: Lightweight, moisture-wicking gloves, made from merino wool or synthetic material



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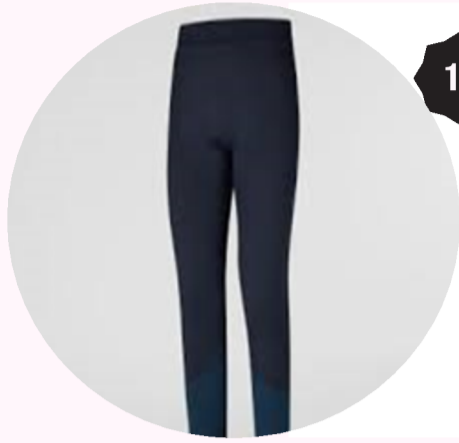
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Insulated Gloves

Purpose: Offers additional warmth and protection.
Description: Insulated, windproof, and waterproof gloves, usually made from synthetic or down insulation.

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Lower Body



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Base Layer (Bottoms)

Purpose: Wicks moisture from your skin and provides insulation.

Description: Lightweight, moisture-wicking leggings made from merino wool or synthetic material.

Mid Layer (Insulated Pants)

Purpose: Provides insulation and retains warmth.

Description: Fleece or softshell pants, wind-resistant and breathable.



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Outer Shell Pants

Purpose: Protects against wind, snow, and rain.

Description: Waterproof, windproof, and breathable pants, preferably with full-length side zippers for ventilation.

Insulated Down Pants

Purpose: Keeps you warm in extreme cold, especially during summit pushes.

Description: High-fill power down pants, lightweight and compressible.



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Feet



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Summit Socks (2 pairs)

Purpose: Keeps your feet warm and dry.

Description: Heavyweight, moisture-wicking socks made from merino wool or a blend of synthetic materials.

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Normal Socks (4 pairs)

Purpose: Provides an additional layer to prevent blisters.

Description: Lightweight, moisture-wicking socks, usually made from synthetic material.

Trekking Boots

Purpose: Protecting your feet and providing the necessary support and stability on uneven, rugged terrain during long hikes and multi-day treks.

Description: High-cut, waterproof, durable boots with excellent ankle support and grippy soles designed for stability and comfort on rugged terrain.



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Trekking Sandals

Purpose: Provides comfort and breathability for your feet during river crossings or at camp after a long day's trek.

Description: Lightweight, quick-drying sandals with adjustable straps and sturdy soles for grip on uneven surfaces.

Climbing Boots

Purpose: Protects feet from cold and provides stability on ice and snow.

Description: Double or triple-layered boots with removable liners, compatible with crampons, and rated for 6000-6500 m peaks.



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Gaiters

Purpose: Prevents snow and debris from entering your boots.

Description: Waterproof, breathable, and durable, fitting snugly over boots and pants.

Crampons

Purpose: Provides traction on ice and snow.

Description: 12-point steel crampons compatible with your boots, with anti-balling plates.



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Accessories

Climbing Harness

Purpose: Essential for roped travel on glaciers and steep sections.

Description: Lightweight, adjustable harness with gear loops and easy to use.

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Ascender and Descender

Purpose: For securing yourself to ropes and belaying teammates.

Description: Locking carabiners, preferably lightweight, and a belay device compatible with the rope diameter.

Ice Axe

Purpose: Used for self-arrest, balance, and climbing steep sections.

Description: Lightweight, with a leash, and appropriate length for your height.



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Trekking Poles

Purpose: Provides stability and reduces strain on legs.

Description: Adjustable, lightweight poles with snow baskets.

Sleeping Bag

Purpose: Keeps you warm during nights at high altitudes.

Description: Rated for -40°C or lower, with down insulation, and water-resistant outer shell



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Duffel Bag

Purpose: Carries all your gear and supplies.
Description: 70-100 liters, with a robust frame, hydration compatibility, and multiple gear attachment points.

Backpack

Purpose: Carries all essential gear and supplies efficiently during a trek.
Description: Durable, weather-resistant backpack with 50-70 Liters capacity, adjustable straps, multiple compartments, and a supportive frame for comfort on long hikes.



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Headlamp

Purpose: Essential for night climbs and early summit pushes.
Description: LED headlamp with long battery life and multiple brightness settings.

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Personal Mini First Aid Kit

Purpose: Treats minor injuries and ailments.
Description: Includes bandages, antiseptic, pain relief, altitude sickness medication, and personal prescriptions.



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