



CLIMBING GEARS FOR MT. AMA DABLAM (6812m)

Travel Documents

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

- Summit Boot - 8000m.
(Kailas / Lasportiva / Millet)
 - Normal Socks (5-6 Pairs)
Summit Socks (2 Pairs)
 - Trekking Shoes (Gore Tex)
 - Light Trekking/Sports Shoes
 - Camp Booties (1 Pair)
 - Slipper (1 Pair)
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Upper Body

- Thermal Top Base Layer (2-3 Pcs)
 - Fleece Jacket (2 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)
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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 (2-3 Pairs)
 - Gaiters for trekking boots
 - Down Pants -6000m. (1pcs)
 - Under Wear (3-5 Pcs)
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Head

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

- Thin Fleece Gloves (2 Pairs)
 - Wind Stopper / Screen Tap Gloves (2 Pairs)
 - Heavy Gloves (Guide Gloves)
 - Summit Gloves - 7000m
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Sleeping Bags

- Sleeping Bag -30°C to -40°C
 - Thermarest Mattress (Cell Foam)
 - Sleeping Bag Liner
 - Inflatable Pillow
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Climbing Equipment

- Climbing Helmet
 - Summit Down Suit - 8000m.
(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 400-500 Lumens Spare
 - Battery
 - Satellite Phone With Credit
 - GPS Tracker (Optional)
 - Prusik Loops
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Bag Packs

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

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

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

- 1 Ltr. Water Bottle
 - 1/ 1.5 Ltr. Thermos
 - Mug
 - Spoon/ Fork
 - Bowl
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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)
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Miscellaneous

- Walking Stick/ Trekking Pole
 - Pocket Knife (Swiss)
 - Nail Cutter
 - Umbrella / Rain Coat
 - Hot Water Bag
 - Pee Bottle
 - Tenacious Tape Repair (Down Jacket/ Sleeping Bag Repair Kits)
 - Altimeter Watch
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