

List of personal Equipment that will not be provided:

ITEM	Required No.	Remarks
<b>A) CLIMBING GEAR</b>		
Harness	1	Can be hired in Kathmandu
Climbing Boots (plastic boots)	1 pair	Can be hired in Kathmandu but finding the right size can be a problem.
Ice axe	1	Can be hired in Kathmandu
Crampons	1 pair	Can be hired in Kathmandu
Carabiner	4	Can be hired in Kathmandu
Jumar	1	Can be hired in Ktm.
Figure of 8	1	Can be hired in Kathmandu
Prusik rope	1	Can be bought in Kathmandu
Gaiters	1 pair	Can be bought in Kathmandu
Snow Glasses	1 pair	Can be bought in Kathmandu

**B) Trek Gear**

Walking Trousers	3 pairs	
Thermal trousers	1 pairs	
Thermal top	2	
TShirts	3	
Warm fleece top	2	
Sturdy Trek boot with ankle support	1 pair	
Camp flip flops / sandals	1 pair	

**C) Common Gear**

Warm socks	5 pairs	Would you like to hire used socks?
Warm Down Jacket	1	Can be hired in Kathmandu
Goretex Jacket	1	Can be hired in Kathmandu
Goretex Trousers	1 pair	Can be bought in Kathmandu
Warm Cap	1	
Good pair of sunglasses (dark shade)	1 pair	
Warm gloves	1 pair	
Headlamp	1	
Water Bottle	1	
Ear muffs	1 pair	
Sun Cream		High SPF
Hat / cap		