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## High Altitude Expedition Kit List

RAW Adventures Expeditions has endeavoured to offer some guidance and advice on what equipment you will need for your high altitude expedition. This list is not exhaustive and if you require any further advice or clarification please do contact us directly or our retail partners Joe Brown Shops/The Climbers Shop who can offer expert advice and an agreed discount (discount code will be included in reply email once deposit is paid).

### Mountain Clothes

- **Base layer** – top & bottoms. T-shirts and long-sleeves. Full length top & leggings to sleep in and for summit day. **NOT cotton.** (*Polypropylene, merino wool or mixed*)
- **Light-weight fleece**
- **Mid-layer insulation** – heavier weight fleece or synthetic jacket (*Primaloft, Micro Puff or similar*)
- **Trekking trousers** – soft shell, light weight trekking trousers. **Not jeans or cotton fabrics**
- **Waterproof jacket** – Fully taped seams breathable mountain jacket with hood (*Gore-Tex, H2No or Event fabric or similar*)
- **Waterproof over-trousers** - Fully taped seams breathable. Full or part leg length zips are helpful. (*Gore-Tex, H2No or Event fabric or similar*)
- **Down jacket** – Mountain quality down jacket for summit day (*RAB Neutrino or similar*)

### Head & hands

- **Sunglasses** - Cat3/4 for snow/glacier travel
- **Ski goggles** – essential protection from winds and UV glare
- **Sun hat** - wide brim/cap
- **Buff/balaclava** – essential for cold temperatures to protect nose and face
- **Warm hat** – covers ears ideally
- **Liner gloves** – thin windproof/fleece or similar
- **Heavier weight mountain/ski gloves** - go over liner gloves for added warmth
- **Over mitts** – keeps fingers warmer

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## Feet

- **Mountain boots** – double lined or plastic 6000m. ensure properly fitted. (*La Sportiva G2Sm, Scarpa Phantom 6000m, or similar*)
- **Trekking socks** - for trekking days, merino or mixed. Minimum 3 pairs
- **Mountaineering weight** - socks for summit, longer and heavy loop stitch. Minimum 2 pairs
- **Hut/Trekking trainers** – a good pair can be used for lower altitude days
- **Gaiters** – to stop snow entering your boots for deep snow (*OR Crocodile or similar*)

## General Trekking & Travel items

- **35/40 litre rucksack** – Day bag. Rugged , good quality with hip belt.
- **Large holdall/duffel bag** - minimum 75 litres & lockable
- **4 season down sleeping bag** – with hood and compression sack
- **Sleeping bag liner** – silk liner help keep you snug and your bag cleaner for longer
- **Dry bags** – for your kit (including sleeping bag) and to line rucksack. One for dirty clothes to keep the stink out!
- **Shorts** – for some trekking days and travelling
- **Trekking poles** – huge assistance over multiday treks and expeditions
  
- **Water bottles** – 2/3 Nalgene water bottles 1 litre
- **Small flask/ thermal mug**
- **Head torch and spare batteries** – Good quality LED head torch and spare batteries
- **Passport, insurance and other travel docs** – credit card useful and copies of passport as well.
- **Sunscreen/lip salve** – high UV protection essential
- **Personal wash kit** - wet wipes, toothbrush with a cover/cap, toothpaste, travel multi-purpose soap or bar of soap, nail brush, Vaseline, loo roll & foaming hand sanitizer
- **Travel towel**
- **Personal medications** – bring spares in case
- **Personal first aid kit** – small kit with plasters, pain-killers, Compeed blister pads, Zinc Oxide tape, rehydration sachets
- **Camera** – spare batteries/battery pack to recharge. Spare SD card can also be useful
- **Amusements** - iPod/ book/journal/cards or other low tech items to help relax and while away the evenings in the huts. Alternatively you can just chat to your team mates...
- **Extra snacks** – you will be well fed but a little home favourite for the evenings an done the move always goes down well

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## Technical Climbing Equipment

- **Ice Axe** – Mountaineering/walking axe (with leash)
- **Crampons** – C2 crampons (12 point crampon)
- **Harness** – alpine style, properly fitted (*DMM Alpine/Super Couloir, BD BOD or similar*)
- 120cm nylon sling
- 2 screw gate karabiners

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