

**BASIC EQUIPMENT**

-  Insulated sleeping mat
-  Daysack
-  Waterproof duffle bag
-  Sleeping bag
-  Trekking poles

**UPPER BODY**

-  Fleece or soft shell jacket x 2
-  Insulated jacket
-  Hard shell outer jacket
-  Short sleeved shirt x 2-3
-  Thermal base layer x 2
-  Long sleeve shirt x 3

**ODDS & SODS**

-  Sunscreen
-  Water bottles
-  Dry bags
-  Toothpaste & toothbrush
-  Camera and spare batteries
-  Plug Adapter
-  Ear plugs
-  Wet wipes and hand sanitizer
-  Pee bottle (optional)
-  Personal medicines and medical kit
-  Personal snacks

**HEAD**

-  Warm beanie hat
-  Head lamp
-  Sunglasses
-  Neck gaiter or scarf
-  Sun hat

**HANDS**

-  Lightweight Gloves
-  Warm gloves or mittens

**LEGS**

-  Leggings x 1
-  Trekking trousers x 2
-  Hard shell trousers

**FEET**

-  Trekking boots
-  Training shoes
-  Micro spikes
-  Gaiters
-  Socks