

# K7 Peak Expedition

## Equipment Checklist

We are providing you with a checklist for purchase/rental of personal climbing/mountaineering equipment. Use the additional columns below to check/cross items on the list. This list does not include group mountaineering equipment.

S. No	Equipment & Gear	(X/✓)	(X/✓)
1	Helmet: must be able to fit over your ski hat		
2	Alpine ice axe: general mountaineering tool (65-70cm)		
3	Crampons 12 points		
4	Ascender: 1 right- or left-hand ascender		
5	Mountaineering harness with adjustable leg loops		
6	Carabiners: 3 locking and 6 regulars		
7	Rappel device: atc or figure 8		
8	Mountaineering boots: suitable for above 8000m. Scarpa phantom 8000 or equivalent		
9	Hiking shoes (ankle height) for the trek to base camp		
10	Booties: optional, down is best.		
11	Bridgedale summit socks or equivalent: 6 pairs.		
12	Bridgedale liner socks or equivalent: 3 pairs.		
13	2 Merino base layers: top and bottom		
14	1 mid layer top: breathable.		
15	Underwear		
16	Lightweight nylon pants: 1 pair		
17	Soft shell jacket with hoody: to be worn over other layers		
18	Soft shell pants: very breathable and water repellent		
19	Hard shell jacket with hood: a waterproof and breathable shell jacket		
20	Hard shell pants: waterproof and breathable shell pants		
21	Insulated down jacket with hood: (fill power 800) or equivalent to rab's electron jacket.		
22	Insulated synthetic pants: worn primarily when climbing below camp 2		
23	Summit down suit		
24	Warm hat: synthetic or wool hat (ski hat)		
25	Sunhat: to shade your face / neck from the sun on a hot day		
26	Buff: to protect your neck / face from the sun		
27	Glacier glasses: full protection with side covers or wrap around		
28	Ski goggles: to be worn on summit day in the event of high winds		
29	Lightweight synthetic liner gloves: for wearing on a hot day; 2 pairs		
30	Soft shell gloves: to wear for moderate cold / wind		
31	Shell glove with insulated liner: to wear for severe cold / strong wind		
32	Expedition mitts		
33	Expedition backpack: 65l pack should be large enough		

34	Trekking backpack: to carry on the trek to base camp. Simple and light		
35	Sleeping bag (for high camps): rated to at least -40°f. Goose down or synthetic		
36	Sleeping bag (for base camp): rated to at least -20°f		
37	Compression stuff sacks: 3 large ones; for reducing volume of the sleeping bag, down parka, etc., in your pack		
38	High quality sleeping pad (1 for base camp and 1 for high camps): full length is preferred		
39	Closed cell foam pad: to be used in conjunction with the inflating pad for warmth and comfort when sleeping		
40	Trekking poles with snow baskets: adjustable poles		
41	Cup: plastic insulated cup for drinking		
42	Bowl: a plastic bowl for eating dinner or breakfast		
43	Spoon: plastic spoon		
44	Head torch: 1 normal for base camp and 1 with remote battery systems for climbing at night. This will be used whilst climbing at night		
45	Sunscreen: spf 50 or above		
46	Lip balm with sun block		
47	Water bottles: 2 wide mouth bottles with 1 litter capacity		
48	Water bottle parkas (2): fully insulated with zip opening		
49	Thermos: 1 litre (buy quality product to keep your water warm for longer hours)		
50	Pee bottle: 1 litre minimum bottle for convenience at night in the tent		
51	Toiletry bag: include toilet paper and hand sanitizer and small towel		
52	Hand warmers & toe warmers		
53	Penknife or multi tool (optional)		
54	Camera: bring extra batteries and memory cards		
55	Personal solar charging system (optional but recommended)		
56	Travel clothes: for days in country		
57	Duffel bags (2) with locks: to transport equipment		
58	Base camp items: kindle, i pad, smart phone, etc		
59	Snack food: please bring a few days of your favourite climbing snack food such as bars, gels, nuts, beef jerky, etc. A variety of salty and sweet is good		
60	Small personal first aid kit: include athletic tape, band-aid's, ibuprofen, blister care***, personal medications, etc		
61	Medications and prescriptions: bring antibiotics (azithromycin, etc.), and altitude medicine such as diamox and dexamethasone		

#### Telephone

0092 51 222 8015  
0092 300 5507 033  
0092 346 1153 423

#### Web

hello@apricottours.pk  
www.apricottours.pk

#### Address

Office No. 13, 3rd Floor  
Select Center, F-11 Markaz  
Islamabad, Pakistan