

# American Alpine Institute<sup>Ltd.</sup>

## THREE PEAKS OF NEPAL EQUIPMENT LIST

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### **CLOTHING**

Gore-Tex Jacket and Pants  
Fleece Jacket  
Mid-weight Fleece Top and Pants  
Down Jacket  
Glacier Shirt  
Thermal Top & Pants x 2  
Casual/Trekking Clothes  
Underwear  
Warm Fleece/Wool Hat  
Sun Hat  
Balaclava  
Sun Glasses  
Snow Goggles  
Bandanna or Buff  
Neck Gaiter (Optional)  
Liner Gloves x 2  
Fleece Gloves  
Mountaineering Gloves  
Expedition Mittens  
Socks x 3-5 sets  
Lightweight Running Shoes  
Trekking Boots  
Plastic Climbing Boots  
Snow Gaiters  
Bivvy Boots (optional)

### **CAMPING AND CLIMBING GEAR**

Down Sleeping Bag  
Foam Mat  
Air Mattress  
Water Bottle x 2  
Water Bottle Cover x 1  
Cup, Bowl, Spoon  
Headlamp and Spare Batteries  
Pee Bottle  
Ice Axe  
Crampons  
Climbing Harness  
Belay/Rappel Device  
Locking Carabiners x 2  
Non-locking Carabiners x 3  
Mechanical Ascender

6m x 20mm tape or 8mm cord  
Long and Short Prussik  
Mountaineering Pack  
Collapsible Trekking Poles (optional)

**MISCELLANEOUS**

Passport  
Copy of passport  
Lockable Duffle Bag x 2  
Personal First Aid Kit & Medication (plus spare)  
Personal toiletries  
Sunscreen and lip balm  
Moist towels for personal hygiene  
Personal Entertainment (optional)  
Pocket knife/Leatherman  
Camera (optional)  
Camping towel  
Stuff Sacks  
Lithium Batteries  
Chemical Hand & Toe Warmers (optional)  
Ear Plugs  
Travel agent contact information  
Insurance policy statement