# **Packing List**

#### **HEAD**

- Warm hat
- Sun hat
- Sun glasses
- Head lamp
- Buff or Balaclava

#### **HAND**

- Thick gloves
- Thin gloves

#### **UPPER BODY**

- Long sleave T-shirt(thermal) at least 3
- Short t-shirt at least 3
- Fleece or sweater
- Down jacket

## **LOWER BODY**

- Hiking pants
- Thermal underwear pant 2
- Sumit pants or skiing pants

### **FOOT**

- Pair of socks at least 4
- Hiking boots

## OTHER

- Rain trousers and rain jacket or ponchos
- Sleeping bag
- Duffel for porter
- Day bag 30L internal frame
- Caribeaner
- Bathing suit for hotel pool

<sup>\*</sup> For water, you can bring either a Nalgene-type bottle or a 3-liter CamelBak. If you go with the CamelBak, it's a good idea to pack an extra bottle too — the hose sometimes freezes on the way to the top.