

Ladakh Trek Equipment List

Please feel free to contact us if you have any questions relating to this gear. We will do an equipment check at the start the climb but it can be difficult to find gear suppliers in India so it is best to sort out any issues ahead of time. If you have 2 different items you are debating between, and you have room in your luggage to do so, bring both and we will sort through them with you at the equipment check.

As you work through this list please focus on making sure you have all of the required gear but also trying to keep things on the light side. During the trek you will be limited to a 40 lb duffel which includes your sleeping bag and all other items except the ones you plan to wear/carry. The majority of your gear during the trek will be carried by porters or pack animals but we need to keep these bags reasonable.

Trekking/Climbing Gear

- Backpack:** Internal frame 30-40L pack You will be carrying your clothing, water, snacks, camera and miscellaneous items for the day. i.e. Cilo Gear 30 or 40 L WorkSack
- Ice axe:** 55-65 cm i.e. Petzl Snowwalker or Snowracer
- Crampons w/Anti-Balling Plates:** These should be a 10 or 12-point general mountaineering crampon. i.e. Petzl Vasak TO5 FL or LL
- Harness:** Lightweight with adjustable leg loops. i.e. Petzl Adjama
- Carabiners:** 1 locking and 1 non-locking. i.e. Petzl Attache and Spirit
- Collapsible trekking poles:** Poles w/ 3 sections will pack easier.

Camping Gear

- Inflatable Sleeping Pad (optional):** We will also be provided with large foam mattresses by our outfitter.
- Sleeping Bag:** 0°F down or synthetic sleeping bag.
- Compression Stuff Sack:** You should have to work a bit, but not too hard, to squeeze your bag in.

Upper Body Clothing

- 1-2 Synthetic or Cotton shirts:** i.e. Patagonia Sol Patrol Shirt
- Synthetic Long Underwear Shirt:** i.e. Patagonia Capilene 2
- Lightweight Fleece shirt:** i.e. Patagonia R1 Flash Pullover
- Insulating Jacket:** Fleece, Soft Shell, or other synthetic.
- Hard Shell jacket w/ hood:** Lightweight storm shell. i.e. Patagonia Stretch Ascent or Stretch Element Jacket
- Parka with hood:** This can be down or synthetic and should fit over all of your other layers. i.e. Patagonia Micro Puff Jacket, Down Jacket, or Das Parka

Lower Body Clothing

- Synthetic Underwear**
- Synthetic Long Underwear bottoms:** i.e. Patagonia Capilene 2 or 3
- Synthetic Climbing Pant or Nylon hiking pant/short:** i.e. Patagonia Guide Pant
- Shell pant w/ full side zips:** These must have the full side zips so you can take them on or off without removing boots or crampons. i.e. Patagonia Stretch Ascent Pants
- Fleece or Synthetic Puffy Pant:** i.e. Patagonia Micro Puff Pants
- Shorts (optional):** These should be long & modest to conform to local norms.

Head, Hands, and Feet

- Warm hat:** i.e. Patagonia Lightweight Ski Hat



- Neck Gaiter/Light Balaclava/ or Buff**
- Sun Hat:** i.e. OR Sun Runner Cap or other baseball cap with bandana
- Dark Glacier glasses with side shields**

- Light or mid-weight gloves:** i.e. OR Extra Vert Glove
- Waterproof Ski Gloves:** These should have removable liners so they are easier to dry. i.e. OR Alti Gloves

- Boots:** This should be a boot that is crampon compatible i.e. La Sportiva Trango Alp
- Hiking Shoes**
- Teva/Chaco Type Sandal:** For river crossings.
- Gaiters:** Make sure these fit over your boots. There is a good chance we won't need them but if we encounter snow we will want to have them. i.e. Outdoor Research Flex-tex gaiter
- 4 Pairs Synthetic Hiking Socks**
- 2-4 Pairs Liner Socks (optional):** We do not use these but if it what you are used to then bring them.

Other Items

- Headlamp w/ double set of batteries:** i.e. Petzl Tika Plus
- 2 – 1 Liter Water Bottles**
- Personal Snack Food:** If you use climbing specific foods (i.e. Shot Blocs, gu, cliff bars) bring some of these items with you as you will not find them in India.
- Pocket Knife & Lighter**
- Sunscreen:** high SPF factor (30 or higher)
- Lip Balm with sunscreen:** SPF 15 or higher
- Altimeter Watch or Standard Watch with Alarm**
- Small Camera**
- Spare Batteries for Camera, Headlamp, etc.**
- Ear Plugs**
- Toiletries:** Sm. tube toothpaste, toothbrush, Purell, 2 rolls of TP, & 1-2 baby wipes/day. Keep this light!
- First aid kit w/ personal meds:** Guide will have large group kit, but they cannot hand out prescription medication. We recommend you speak with your doctor about which medications it makes sense to have for remote travel and high altitude trekking/climbing. Personal medications might include:
 - Antibiotic for GI problems: i.e. Ciprofloxacin (Cipro)
 - Antibiotic for upper respiratory infections
 - Loperamide (Imodium)
 - Acetazolamide (Diamox) for altitude
 - Comtrex day & night for colds
 - Throat Lozenges
 - Pepto Bismol
 - Aspirin or Ibuprofen
- Blister kit:** This should be small i.e. Moleskin, duct tape, Compeed pads, & band-aids.
- Small Travel Towel**
- 3 Heavy-weight garbage bags**
- iPod or similar:** optional but nice
- Water Purification:** i.e. Aqua Muria
- Passport:** Make a couple of copies of this to carry in separate bags
- Travel Wallet**
- Street Clothes:** It can be hot in Delhi and much cooler in Leh.
- Swimsuit for Hotel**
- 1 Large Duffle Bags:** for gear transport and storage. This should be sturdy as it will be carried by pack animals. Outdoor Products make a good duffel.
- 1 Small or Medium Duffel w/ lock:** For storage of extra gear/clothing while on the trek.

