

Carstenz Pyramid Expedition Required Equipment

BASE LAYERS

- Synthetic Short Underwear** (1-2 pair)
non-cotton style underwear
recommended: [Patagonia Men's Capilene Daily Boxer Brief](#)
- Lightweight Long Underwear** (1-2 pair)
long sleeve shirt and long pants
recommended: [Mountain Hardware Ghee Long Sleeve 1/2 Zip](#) top, [Ghee Tight](#) bottoms
- Short Sleeve Synthetic Shirt** (1-2)
recommended: [Mountain Hardware Diamond Peak Short Sleeve T-Shirt](#)

MID LAYERS

- Soft Shell Jacket**
to be worn over other layers
recommended: [Mountain Hardware Stretch Ozonic Jacket](#)
- Soft Shell Pants**
very breathable and water repellent
recommended: [Mountain Hardware Stretch Ozonic Pant](#)
- Lightweight Nylon Pants**
recommended: [Mountain Hardware Chockstone/2 Pant](#)

WINDPROOF/RAIN LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
recommended: [Mountain Hardware Exposure/2 Gore-Tex 3L Active Jacket](#)
- Hard Shell Pants**
waterproof and breathable shell pants
recommended: [Mountain Hardware Exposure/2 Gore-Tex Active Pant](#)

INSULATION LAYERS

- Insulated Down or Synthetic Jacket with hood**
recommended: [Mountain Hardware Nilas Jacket](#)
- Insulated Pants**
recommended: [Mountain Hardware Compressor Pant](#)

HEADWEAR

- Warm Hat**
synthetic or wool hat (ski hat)
recommended: [Mountain Hardware Dome Perignon Pro](#)
- Balaclava**
to protect your neck and face in high winds
recommended: [Mountain Hardware Alpine Balaclava](#)
- Baseball Cap or other sun hat**
to shade your face/neck from the sun on a hot day
recommended: [Madison Mountaineering Cap](#)

**Bandana or Buff**

to protect your neck/face from the sun
recommended: [BUFF UV Multifunctional Headwear](#)

EYEWEAR

**Glacier Glasses**

full protection with side covers or wrap around
recommended: [Julbo Shield Sunglasses](#)

GLOVES

**Lightweight Synthetic Base Layer Gloves**

for wearing on warm days
recommended: [Mountain Hardware Power Stretch Stimulus Glove](#)

**Soft Shell Gloves**

to wear for moderate cold/wind
recommended: [Mountain Hardware Route Setter Alpine Work Glove](#)

**Leather Rappelling Gloves**

FOOTWEAR

**Liner Socks (2 pairs)**

recommended: [Spyder Pro Liner Sock](#)

**Wool or Synthetic Socks (2-3 pairs)**

recommended: [Smartwool Mountaineering Extra Heavy Crew Sock](#)

**Mountaineering Boots**

recommended: [La Sportiva Nepal Cube GTX](#)

**Rain Boots**

waterproof rubber rain boots for use in base camp wet conditions

SLEEPING EQUIPMENT

**Sleeping Bag**

rated to at least -20°F
recommended: [Mountain Hardware Lamina -30 Sleeping Bag](#)

**Self-inflating Sleeping Pads**

full length is preferred
recommended: [Therm-a-Rest NeoAir XTherm](#)

**Closed-cell Foam Pad**

to be used in conjunction with the inflating pad for warmth and comfort when sleeping
recommended: [Therm-a-Rest RidgeRest SOLite](#)

**Earplugs**

recommended: [Eagle Creek Travel Ear Plug Set](#)

MOUNTAINEERING GEAR

**Alpine Backpack**

approximately 35L
recommended: [Mountain Hardware Scrambler 35 Backpack](#)

Compression Stuff Sacks
for reducing the volume of the sleeping bag, down parka, etc., in your pack
recommended: [Sea to Summit Compression Sacks](#) and [Sea to Summit eVAC Dry Sacks](#)

Trash Compactor Bags
to line backpack and stuff sacks as well as for separating gear

Backpack Rain Cover (optional)

Trekking Poles
adjustable poles
recommended: [Black Diamond Alpine Carbon Z Trekking Poles](#)

Climbing Helmet
must be able to fit over your warm hat
recommended: [Petzl Sirocco Helmet](#)

Ascender
1 right or left-hand ascender
recommended: [Petzl Ascension Ergonomic Ascender](#)

“Y” Rig for ascender and safety carabiner
recommend: [Petzl Dual Connect Adjust](#)

Accessory Cord
30 feet (9m) of 6mm accessory cord
recommended: [New England 6mm Accessory Cord](#)

Alpine Climbing Harness
mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness
recommended: [Petzl Altitude](#)

Carabineers
3 locking
recommended: [Black Diamond Positron Screwgate](#) (locking)

Belay/Rappel Device
recommended: [Petzl Reverso](#)

Headlamp
with 2 extra sets of new batteries
recommended: [Petzl Tactikka Core Headlamp](#)

TRAVEL ITEMS

Large Duffel Bag with Lock
for transporting gear to base camp, no hard sides or wheels
recommended: [The North Face Base Camp Duffel](#)

Small Duffel Bag with Lock
to store items in the hotel(s) while on the climb

Carry-on Backpack
can use trekking backpack, approximately 18” x 16” x 10” (46cm x 41cm x 26cm)

Travel Clothes
for days in cities and towns

Lightweight journal, sketchbook, pencils, pen

U.S. cash
for currency exchange to purchase SIM cards or merchandise in cities and villages

ADDITIONAL FOOD ITEMS

Snack Food

bring a few days' supply of your favorite climbing snack food such as bars, gels, nuts, beef jerky, etc. variety of salty and sweet is good
recommended: [GU Roctane Energy Gel](#)

OTHER EQUIPMENT

Cup
plastic 16 oz. minimum cup or mug

Bowl
large plastic bowl for eating dinner or breakfast

Spoon
plastic spoon (Lexan)

Water Bottles (2 or 3)
wide mouth bottles with 1-liter capacity
recommended: [Nalgene 1L bottle](#)

Water Treatment
recommended: [SteriPEN Ultra](#), [Aquamira](#), tablets, etc.

Sunscreen
SPF 50 or better

Lip Screen (2 sticks)
SPF 30 or better

Toiletry Bag
include toothbrush, toothpaste, toilet paper, baby wipes and hand sanitizer (2 small bottles)

Pee Bottle
1-liter minimum bottle for convenience at night in the tent

Female Urination Device (FUD)
recommended: [Sani-Fem Freshette](#)

Knife or Multi-tool (optional)

Small Personal First-aid Kit
include athletic tape, band-aids, Ibuprofen, blister care, cough drops, etc.

Medications and Prescriptions
bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox, etc.

**Umbrella**

a small and sturdy model

**Handkerchiefs/Bandanas (optional)**

OPTIONAL ELECTRONICS

**Country-appropriate power plug adapters and power transformers****Adventure Sports Watch**

recommended: [Garmin fēnix 6](#)

**GPS/Personal Satellite Communicator**

recommended: [Garmin inReach Mini](#)

**Personal Power System**

recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100AC Power Bank](#)

**Digital Entertainment**

movies, tv shows, music, books loaded on to smartphone, iPad, Kindle

**Camera**

bring extra batteries, charger, and memory cards