

Carstensz 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](#)

**Waterproof Gloves**

to wear in wet conditions

recommended: [Showa Temres 282](#)

**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](#)

**Sturdy Hiking Boot or Trail Runner**

recommended: [Salomon Quest 4 Gore-Tex](#)

**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](#)

☐

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