

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](#)

**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