

Peak Lenin Expedition Required Equipment

BASE LAYERS

- Synthetic Short Underwear** (2-3 pair)
non-cotton style underwear
- Lightweight Long Underwear** (1-2 pair)
long sleeve shirt and long pants
- Heavyweight Long Underwear** (1 pair)
- Short-Sleeve Synthetic Shirt** (1-2)

MID LAYERS

- Soft Shell Jacket**
to be worn over other layers
- Soft Shell Pants**
very breathable and water repellent
- Lightweight Nylon Pants** (1-2 pair)

WINDPROOF / RAIN LAYERS

- Hard Shell Jacket with hood**
waterproof and breathable shell jacket
- Hard Shell Pants**
Full-length zip, waterproof and breathable shell pants

INSULATION LAYERS

- Expedition Style Down Parka**
8000-meter rated
- Lightweight insulated Down or Synthetic Jacket with hood**
- Insulated Pants**

HEADWEAR

- Warm Hat**
synthetic or wool hat (ski hat)

Balaclava
to protect your neck and face in high winds

Baseball Cap or other sun hat
to shade your face/neck from the sun on a hot day

Bandana or Buff
to protect your neck/face from the sun

EYEWEAR

Glacier Glasses
full protection with side covers or wrap-around

Ski Goggles
to be worn in the event of high winds

GLOVES

Lightweight Synthetic Liner Gloves
for wearing on warm days

Soft Shell Gloves
to wear for moderate cold/wind

Shell Glove with Insulated Liner
to wear for severe cold/strong wind

Expedition Mitts
large enough to fit a liner glove inside

FOOTWEAR

Liner Socks (3 pairs)

Wool or Synthetic Socks (3 pairs)

Mountaineering Boots
Double plastic or insulated synthetic boot

Insulated Overboots
Below the knee length neoprene overboots. (Not required if using triple boots)

Hiking Shoes/Boots
comfortable hiking boots (can use your mountaineering boots, if desired)

Gaiters

Water Shoes or Sandals
for stream and river crossings

- Booties** (optional)
for wearing around camp

SLEEPING EQUIPMENT

- Sleeping Bag**
rated to at least -20°F, down-filled

- Self-inflating Sleeping Pad**
Full-length is preferred

- Closed-cell Foam Pad**
to be used in conjunction with the inflating pad for warmth and comfort when sleeping

- Earplugs**

MOUNTAINEERING GEAR

- Expedition Backpack**
approximately 55L

- Alpine Climbing Harness**
mountaineering harness, with adjustable leg loops. Not a rock-climbing “sport” harness

- Compression Stuff Sacks**
for reducing the volume of the sleeping bag, down parka, etc., in your pack

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

- Backpack Rain Cover** (optional)

- Trekking Backpack**
to carry on the trek to base camp. Simple and light.

- Trekking Poles with Snow Baskets**
adjustable poles

- Ice Axe**
general mountaineering tool (~60cm)

- Accessory Cord**
30 feet (9m) of 6mm accessory cord

- Crampons**
general mountaineering crampons

- Microspikes**

Ascender

1 right or left-hand ascender

recommended: [Petzl Ascension Ergonomic Ascender](#)

Belay/Rappel Device

recommended: [Black Diamond Super 8 Belay/Rappel Device](#)

Carabineer for progression lanyard

1 locking

recommended: [Petzl Vertigo Wire-Lock](#)

Locking Carabiners (3)**Non-Locking Carabiners (2)**

Lightweight D-shaped wiregate carabiners

Climbing Helmet

must be able to fit over your warm hat

Headlamp

with 2 extra sets of new batteries

TRAVEL ITEMS

Large Duffel Bag (2) with Lock

for transporting gear to base camp on the mules, no hard sides or wheels

Small Duffel Bag with Lock

to store items in the hotel(s) while on the climb

Travel Clothes

for days in cities and towns

Lightweight journal, sketchbook, pencils, pen**U.S. cash (\$1,000 - \$2,000 USD)**

for currency exchange to purchase porters, climbing permit, 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

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)
wide mouth bottles with 1-liter capacity

Water Bottle Parkas (2)
fully insulated with zip opening

Thermos (optional)
1-liter

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

Hand and Toe Warmers (6 sets each)

Sunscreen (2 tubes)
SPF 40 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
1.5-liter minimum bottle for convenience at night in the tent

Female Urination Device (FUD)

Knife or Multi-tool (optional)

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

Medications and Prescriptions
bring personal medications, antibiotics (Azithromycin, etc.), anti-inflammatory, altitude medicine such as Diamox, etc.

Handkerchiefs/Bandanas (optional)

OPTIONAL ELECTRONICS

Country-appropriate power plug adapters and power transformers

Adventure Sports Watch

GPS/Personal Satellite Communicator

Personal power system

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

Camera
bring extra batteries, charger, and memory cards