

# Peak Lenin Expedition Required Equipment

## BASE LAYERS

- Synthetic Short Underwear** (2-3 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 Diamond Peak 1/2 Zip top](#), [Diamond Peak Tight](#) bottoms
- Heavyweight Long Underwear** (1 pair)  
recommended: [Mountain Hardware Diamond Peak Thermal Hoody](#) top, [Diamond Peak Thermal Tight](#) bottoms
- Short-Sleeve Synthetic Shirt** (1-2)  
recommended: [Mountain Hardware Wicked Tech Recycled 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** (1-2 pair)  
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 Paclite Plus Jacket](#)
- Hard Shell Pants**  
waterproof and breathable shell pants  
recommended: [Mountain Hardware Exposure/2 Gore-Tex Paclite Plus Pant](#)

## INSULATION LAYERS

- Insulated Down or Synthetic Jacket with hood**  
recommended: [Mountain Hardware Absolute Zero Parka](#) or [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 Power Stretch Balaclava](#)

**Baseball Cap or other sun hat**

to shade your face/neck from the sun on a hot day  
recommended: [Madison Mountaineering Cap](#) (provided)

**Bandana or Buff**

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

## EYEWEAR

**Glacier Glasses**

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

**Ski Goggles**

to be worn in the event of high winds  
recommended: [Scott LCG Evo Goggle](#)

## GLOVES

**Lightweight Synthetic Liner 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](#)

**Shell Glove with Insulated Liner**

to wear for severe cold/strong wind  
recommended: [Mountain Hardware Exposure/2 Gore-Tex Glove](#)

**Expedition Mitts**

large enough to fit a liner glove inside  
recommended: [Mountain Hardware Absolute Zero Gore-Tex Down Mitt](#)

## FOOTWEAR

**Liner Socks (3 pairs)**

recommended: [Icebreaker Hike Liner Crew Sock](#)

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

recommended: [Smartwool Classic Mountaineering Maximum Cushion Crew Sock](#)

**Mountaineering Boots**

Double plastic or insulated synthetic boot  
recommended: [La Sportiva G2 Evo](#) or similar crampon-compatible boots

**Hiking Shoes/Boots**

comfortable hiking boots (can use your mountaineering boots, if desired)

**Gaiters**

recommended: [Outdoor Research Expedition Crocodile Gaiters](#)

**Water Shoes or Sandals**

for stream and river crossings  
recommended: [Keen Evofit One Sandal](#)

**Booties (optional)**

for wearing around camp  
recommended: [Feathered Friends Down Booties](#)

## SLEEPING EQUIPMENT



### Sleeping Bag

rated to at least -30°F

recommended: [Mountain Hardware Phantom Gore-Tex® -40F/-40C](#)



### Self-inflating Sleeping Pad

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 Z Lite SOL](#)



### Earplugs

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

## MOUNTAINEERING GEAR



### Expedition Backpack

approximately 75L

recommended: [Mountain Hardware AMG 75 Backpack](#)



### Compression Stuff Sacks

for reducing the volume of the sleeping bag, down parka, etc., in your pack

recommended: [Sea to Summit Ultra-Sil eVent Compression Dry Sacks](#) and  
[Sea to Summit eVent Dry Sacks](#)



### 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.

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



### Trekking Poles with Optional Snow Baskets

adjustable poles

recommended: [Black Diamond Alpine Carbon Cork Trekking Poles](#)



### Ice Axe

general mountaineering tool (~60cm)

recommended: [Black Diamond Raven Ice Axe](#)



### Crampons

general mountaineering crampons

recommended: [Grivel G10 Crampons](#)



### Climbing Helmet

must be able to fit over your warm hat

recommended: [Petzl Sirocco Helmet](#)



### Headlamp

with 2 extra sets of new batteries

recommended: [Petzl Tactikka Core Headlamp](#)

## TRAVEL ITEMS



### Large Duffel Bag (2) with Lock

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

recommended: [Mountain Hardware Expedition Duffel 140](#)

**Small Duffel Bag with Lock**

to store items in the hotel(s) while on the climb  
recommended: [Mountain Hardware Camp 4 Duffel 45](#)

**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  
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)**

wide mouth bottles with 1-liter capacity  
recommended: [Nalgene 1L bottle](#)

**Water Bottle Parkas (2)**

fully insulated with zip opening  
recommended: [Outdoor Research SG Water Bottle Parka](#)

**Thermos (optional)**

1-liter  
recommended: [Hydro Flask 32oz Wide Mouth Insulated Bottle](#)

**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)**  
recommended: [Sani-Fem Freshette](#)

**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**  
recommended: [Garmin fēnix 7X](#)

**GPS/Personal Satellite Communicator**  
recommended: [Garmin inReach Mini 2](#)

**Personal power system**  
recommended: [Goal Zero Nomad 28 Plus Solar Panel](#) and [Sherpa 100PD Power Bank](#)

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

**Camera**  
bring extra batteries, charger, and memory cards