

I. Equipment and Personal Gear List

Rental Equipment from the Tibet Guide School

- Ice axe1
- Ascender.....1
- Helmet1
- Crampons.....1 pr
- Gaiters 1 pr
- Plastic boots..... 1 pr
- Harness.....1
- p** Prussiks 1 set (provided by ALTEC)
- Belay device.....1
- Carabiners.....2 locking, 3 regular quick-draws with slings

Required Equipment

Camping Equipment

- Sleeping Bag – expedition weight, at least 600 wt goose down, dryloft or primaloft fill1
- Thermo-rest self-inflating sleeping bag mattress – recommend full body length1
- Closed-cell sleeping pad – recommend ½ body length.....1
- Backpack – 75 litre min, 90 litre max – require full frame, waterproof.....1
- Headlamp (recommend Black Diamond or Petzl).....1
- Spare batteries 2 pr
- p** Slings..... 2 sets (provided by ALTEC)
- Mountain Day Pack – 30-40 litre for around Lhasa, light day hiking1
- Large duffle bag < 7000 cu with lock - used for transporting your gear.....1
- Compass..... Provided by ALTEC
- Whistle Provided by ALTEC
- Stainless steel drinking cup.....1
- Spoon1
- 1.5 litre plastic insulated thermos with snap-on lid (retains heat well and is spill-resistant in the tent)1
- Urine bottle with watertight cap.....1

Outerwear

- Gortex Jacket1
- Gloves - light weight inner (recommend polypropylene material..... 1 pr
- Mittens – Expedition weight - must have a fleece or other lining, waterproof) 1 pr
- Fleece/Synthetic Jacket. Heavyweight pile (Polartec 300). A full-zip version.....1
- Fleece/Synthetic Pants. Midweight pile (Polartec 200) with full separating side zippers 1 pr
- Snow Pants – with polartec or other insulated lining, full zippered legs, waterproof 1 pr

- Down Jacket - baffled, expedition weight, must have good hood – (recommend North Face, Mountain Hard wear, Columbia, or Patagonia).....1
- Lightweight hiking pants – recommend full zippered that can convert to shorts 1 pr
- Long sleeve shirt – for hiking – recommend DRI-fit or other wicking material – NO COTTON1

Thermal Underwear

- Base layer - lightweight (polypropylene or wool – NO COTTON) 1pr - 100 weight
- Base layer - medium to expedition weight Poly or Wool (NO COTTON)..... 1pr - 200 weight
- Tee-shirts – long-sleeve, NO COTTON recommend Nike DRI-fit, Champion or Adidas CLIMA-cool) 3 pr
- Briefs – recommend polypro or other fast-dry synthetic material (NO COTTON) 5 pr

Headwear

- Neck warmer – NO COTTON - recommend capilene or polartec material.....1
- Bandana – for neck sun protection2
- p** Hat/Cap – must have a brim for sun protection Provided by ALTEC
- Balaclava – poly or wool only – expedition weight best.....1
- Warm wool or polar fleece 300 hat1

Footwear

- Light hiking boots or trekking shoes – recommend Montrail, Hi-Tech or other quality boots 1 pr
- Trekking Socks..... 3 pr
- Wool or Pile Socks. heavyweight wool to be worn over the liner socks4 pr
- Liner Socks - thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots 4 pr

Toiletries and Personal Items

- Personal toiletries – travel size, lightest possible weight, minimum items..... 1 set
- Sun block (minimum SPF 40) look for sweat proof, waterproof, rub proof - note that sun block loses ½ its SPF rating after 6 months 1 large tube
- Lip balm sun block (minimum SPF 40) see above..... 1-2 tubes
- Sunglasses with neck strap – polarized lenses, 100% UVA/UVB, grey lens is best (Oakley, Smith)..... 1 pr
- p** Pens/Notebook Provided by ALTEC
- Compact camera – recommend simple digital – no big lenses or other equipment!1
- Pocket knife – pack in your large backpack or it will be taken at the airport.....1
- Small First Aid Kit – minimal items such as antibiotic cream, band aid, tape – Guide School will carry1
- I.D. Card
- Cash Card

Equipment and Personal Gear List (Pictures for your Reference)

Rental Equipment from the Tibet Guide School



1 Ice axe



1 Ascender



1 Helmet



1 pair of Crampons



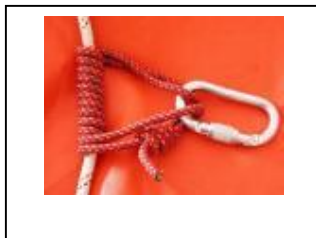
1 pair of Gaiters



1 pair of Plastic boots



1 Harness



Slings



1 Belay device



Carabiners

⇒ 2 locking
3 regular quick-draws with slings

Required Equipment

Camping Equipment



1 Sleeping Bag



Therma-rest self-inflating



1 Closed-cell sleeping pad



1 75 or 90 litre Backpack



1 Headlamp



Spare batteries



1 urine bottle



Mountain Day Pack



Extra large duffel bag



1 LEXAN water bottle

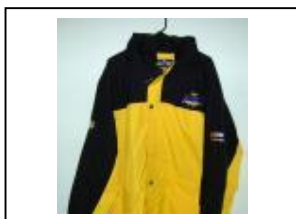


1 Stainless cup



1 Stainless/LEXAN spoon

Outerwear



1 Gortex Jacket



1 pair of Gloves



1 pair of Mittens



1 fleece jacket



1 fleece pants



1 pair of snow pants



1 Down jacket



1 pr lightweight hiking pants



1 long sleeve shirt

Thermal Underwear



1 base layer



3 pair of long sleeve t-shirt



5 pair of briefs

Headwear



1 balaclava



1 Fleece hat

Footwear



1 pair hiking boots



3 pair of coolmax hiking socks



3 pair of heavy wool socks



4 pair of thin liner socks

Toiletries and Personal Items



Personal Toiletries



Min SPF 30 Sun block



Min SPF 30 lip balm



1 pair of Sun glasses



Cough Drops



First Aid Kit (Minimal Size)



ID & Cash Card

Items provided by ALTEC



Zip Lock Bags



Hot chocolate mix



Compass



Whistle



Pens & notebook



Candy



Gatorade powder



Garbage Bags



Stuff sacks



Anti-bacterial Hand Gel



1 Cap

Optional Equipment



1 Water bladder



1 neck warmer



2 bandanas



1 compact camera



1 pocket knife



Snow Goggles

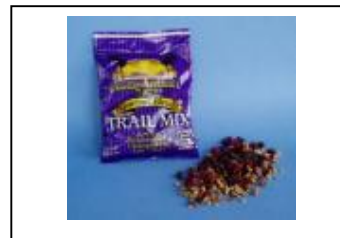
Recommended Items



Ear Plugs



Baby Wipes



Trail Mix

