

## Personal Equipment & Clothing List



### **Recommended Items – Bring a set of summer clothes. It will be hot in Kashgar**

- 1 cotton t-shirt and 1 cotton long sleeved shirt
- 1 sun hat and 1 cotton headscarf
- Cotton socks
- 1 pr. Cotton shorts and 1 pr. cotton long pants
- 1 pr. sandals
- 1 pr. sturdy trekking boots ("broken-in" please)
- 1 pr. sneakers or trainers
- Repair tape, sewing repair kit, cigarette lighters and matches
- Compass and GPS unit
- Camera
- 1 medium backpack (40-60 liters, can be used for airplane carry)
- Personal food items such as "Freeze-Dried-Food", or sausages and cheeses
- 1 pr. telescoping ski poles (3 section)
- Waterproof sacs for putting your clothes and sleeping bag in
- 1 set earplugs
- Battery powered alarm clock/watch
- 1 large duffle bag with lock (80-100 liters for checked bag)
- 1 additional locking travel kit duffle bag, with lock.
- Anti-mosquito cream

### **Required Items – Bring ALL items listed below**

- Heavy thermal socks (synthetic, wool, or equivalent. NO cotton); at least 2 pairs
- Fleece balaclava & warm hat OR 2 warm hats
- Facemask for wind and cold (optional)
- Light-weight thermal liner gloves (NO cotton)
- Gloves (very warm, best if water resistant/proof)
- Very warm insulated mittens (Either down or synthetic with removable liner. This mitt should fit over your liner gloves)

### **Leggings (Layering is important. You must be able to comfortably wear all your leggings together):**

- Light/mid-weight thermal leggings (synthetic, wool, equivalent. No cotton)
- Mid/heavy-weight thermal fleece/pile leggings or equivalent (NO cotton)
- Heavyweight very warm thermal fleece/pile leggings or equivalent (NO cotton)
- Wind/waterproof trousers (Gore-Tex or equivalent)
- Goose-down trousers (optional)

### **Upper body (Layering is important. You must be able to comfortably wear the below items together):**

- Light/mid-weight thermal long shirts (synthetic, wool, equivalent. No cotton)
- Fleece vest or light-weight fleece jacket (optional)
- Very warm fleece/pile/wind-stopper jacket
- Wind/waterproof jacket with hood (Gore-Tex or equivalent)
- Goose-down jacket with hood – MANDATORY (mid or heavy weight)

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### Required Equipment:

Skis, Snowboard, OR Snowshoes

Skis – Bring alpine touring/randonne or telemark set-up with skins (ski crampons optional). Must have top of the line ski boots for warmth or an overboot.

Snowboard – Highly recommend bringing a split board with skins. It is a lot of work to carry your snowboard at this altitude. Bring super warm snowboarding boots.

Snowshoes – Recommend a light-weight snowshoe with tails or with larger surface area and a heel raise mechanism (optional).

Climbing harness (must have adjustable leg loops)

1 locking carabiner

2 non-locking carabiners (ovals are best)

1 helmet (optional but recommended)

1 “figure-8” descender/abseil device, (Do not bring “ATC” or equivalent)

2 prussic loops OR 1 prussic loop & 1 ascending device (Large, hand held ones are easier to use but heavier than a prussic rope and not that necessary on Mustagata)

2 meter-long webbing (NOT pre-sewn) OR daisy chain

Mountaineering axe (length: 55-70 centimeter)

1 pr. plastic double mountaineering boots or other type of multi-layer mountaineering boot designed for 8,000 meters (Please do not plan on climbing in single-leather boots. They are not warm enough. Top of the line plastic mountaineering boots or top of the line alpine touring (Randonne) ski boots are generally enough. If your feet get cold easily or you do not have good plastic mountaineering boots then bring super gaiters or over boots).

1 pr. boot gaiters, super gaiters, or over boots to fit over your mountaineering boots

1 pr. Crampons (light-weight crampons are adequate)

### Personal medications and hygiene items such as:

1 skin blister repair kit

1 bottle anti-diarrhea pills

1 bottle anti-headache pills

1 bottle cough and/or cold medicine, Antibiotics for chest infection

1 bottle anti-altitude sickness pills: Diamox, Acetylzolamide.

1 bottle stomach antibiotic: Ciprofloxacin, etc.

Do NOT bring sleeping pills. They are a respiratory depressant.

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### Other Required Items:

- 1 large & comfortable backpack (60-80 liters)
- 2+ kilograms snack/energy food. Granola-Bars, chocolate bars, Power Bars, etcetera
- Extra food supplements for personal dietary requirements
- 1 urine bottle (1 liter wide mouth plastic drinking bottle such as Nalgene)  
Pee bottle for women: <http://www.freshette.com>
- 1 goose-down (duvet) sleeping bag (-30 degrees Centigrade or at least -20 degrees Fahrenheit)
- 1 additional sleeping bag for basecamp (good to -15 degrees Centigrade, or 0 degrees Fahrenheit)(This is not necessary, but highly recommended).
- 1 closed cell foam Kari-mat, Ridge-Rest, or inflatable foam mattress (We do not recommend inflatable mattresses as they are easily punctured)
- 1 head light with extra batteries & extra bulb(s)
- 1-2 pr. glacier sunglasses (with side shields). For eyeglass wearers, bring prescription sunglasses or snap-ons.
- 1 pr. ski goggles. For eyeglass wearers, buy a pair that can fit comfortably over your glasses.
- Extra prescription glasses, contact lens supplies. Contact lens wearers, please bring glasses in case of emergency.
- Small multi-purpose knife
- 1 liter water bottle
- 1 liter insulated thermos
- 2 tubes lip sun cream
- 1 tube skin sun cream (min.factor 35)
- Personal hygiene items (toothpaste/brush, soap, small towel, female or male hygiene & sanitary supplies)