



Your summit awaits

Make your dream a reality, put on those boots and set off on an adventure to one of the great mountains of the world. Whether it's Kilimanjaro, Aconcagua, Elbrus, Everest Base Camp or one of the other peaks you hanker after, with Ronnie Muhl as your guide, this is your time, this is your summit.

TREKKING EQUIPMENT LIST

A variety of clothing is necessary for the trip. You will need clothing for around Kathmandu, trekking in the humidity and heat, and to protect you from the cooler temperatures in the mountains. This list is designed to help you choose the right gear for the demands of this trek and is the minimum requirement. These items are mandatory for survival in the mountains, so ensure you have everything on the list.

The emphasis on equipment necessary for mountain travel follows two simple tenets: Lightweight and Functional. The items you choose to take should be lightweight, dependable, and adaptable to a variety of extreme conditions. The quality of the equipment you choose has a lot to do with how warm, dry, and safe you will remain so be critical of quality and the proper fit of clothing. Comfort lends itself to a more enjoyable experience!

The layering system outlined below is usually sufficient for most people, but if you tend to be colder, bring one extra medium layer such as a vest, which would be ideal for extra warmth around camp. When making the final decision as to what goes into your pack, remember that it's a fine art of taking just enough clothes and accessories to do the job, while not over-burdening yourself with items you probably will not use.

Cotton clothing must be avoided because it dries very slowly and is a poor insulator when wet. Instead, choose wool or synthetic fabrics that "wick" the sweat and moisture away from your skin to keep you much warmer.

Upper Body

- 3 T- shirts
- 2 thermal long sleeve shirts
- 1 fleece long sleeve top
- 1 long sleeve hiking shirt
- 2 women sports bras
- 1 fleece jacket
- 1 down jacket
- 1 waterproof jacket with hood
- 1 pair liner inner gloves
- 1 pair fleece windstopper gloves
- 1 pair waterproof shell gloves
- 1 beanie or balaclava
- 1 sun hat or peaked cap
- 1 pair 100% UV protection sunglasses with side shields



Your summit awaits

Make your dream a reality, put on those boots and set off on an adventure to one of the great mountains of the world. Whether it's Kilimanjaro, Aconcagua, Elbrus, Everest Base Camp or one of the other peaks you hanker after, with Ronnie Muhl as your guide, this is your time, this is your summit.

Lower Body

- 4 pairs sock liners
- 4 pairs trekking socks
- 1 pair hiking boots
- 1 pair long thermal underwear
- 1 pair long hiking pants
- 1 pair tracksuit pants
- 2 pairs hiking shorts
- 1 pair waterproof pants
- 3 pairs underwear
- 1 long skirt (women)
- 1 pair hiking boots
- 1 pair running shoes
- 1 pair sandals

Miscellaneous

- day pack (50 litres)
- sleeping bag
- 1 large duffel bag for gear
- 1 small duffel bag for storage in Kathmandu
- 1 pair trekking poles (optional)
- 1 headlamp
- 2 water bottles (wide-mouth Nalgene) with insulators
- 1 camp towel
- 1 medical kit
- 1 toiletry kit
- sunscreen
- lip balm
- wet wipes
- binoculars (optional)
- camera & battery charger (optional)
- books, diary, walkman etc (optional)
- moneybelt
- favourite snack foods (optional)
- stuff sacks for food & gear storage – large Ziplocks are also useful
- water purification tablets
- small padlocks for duffel bags etc
- 3-4 large plastic bags to keep gear dry
- pee bottle (optional)
- pocket knife
- spare batteries & bulbs