

# Equipment list

item	No	notice
<b>Equipment</b>		
trekking poles	1	you can buy cheap ones in Kathmandu
backpack 50 - 55 L	1	Osprey, Bergans, Deuter
down sleepingbag	1	comfort temperature -10
sunglasses	1	factor 3
headlamp	1	Petzl Nao / Tikka
bateries AAA / AA	?	Energizer ultimate lithium (best choice in cold)
sunscream	1	factor 50 (high UV)
balsam na pery	1	factor 50
hygiene supplies		
<b>Clothes</b>		
trekking shoes	1	Hoka Sky Kaha, Astra Olympus 5 hike
Trekking socks light	2	
Trekking socks warm	1	(merino/plastic, for example Bridgedale summit)
Trekking pants	1	comfort ones
thermo	1	merino or polartec
shorts, panties	4	merino
short-sleeved t-shirt	2	merino
long-sleeved t-shirt	2	merino
thermo / flies mid layer	1	
softshell jacket	1	
Down jacket	1	Cheap fake in KTM
Gore tex jacket	1	ProShell
Gloves warm ones	1	
Gloves thin ones	1	
Cap warm one	1	
Truckers cap	1	sun, high UV
buff	2 - 3	sun, dust, cold
<b>Med kit</b>		
painkillers	2 blisters	
Compeed	2 packs	
bandages, disinfection		
diamox (diureticum)	1 blister	can buy in KTM
stomach pills	2 blisters	
aspirin	1 balení	
eyewash	1	
minerals, vitamins		Ferrum
wide range antibiotics	1 blister	
high altitude medicaments		will have guide

## Contacts:

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