



Kristin's equipment list

Below you will find the equipment that I use for my high altitude expeditions. In parenthesis the brand that I use. You don't have to buy the brand I use, just make sure you get equipment that is of good quality and that fits you.

GENERAL EQUIPMENT

- 1 Duffel bag 130 L (Osprey Transporter)
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- 1 65 L + rain cover (Osprey Ariel Pro)
- 1 Trekking backpack + rain cover (Osprey)
- 1++ Compression bags (Osprey)
- 1 Sleeping bag (Helsport, Svalbard)
- 1 Sleeping bag 2 (Helsport, Spitsbergen)
- 1 Liner
- 1 Pillow
- 1 Sleeping pad Non-inflatable
- 1 Sleeping pad Inflatable
- 1 Ice axe (Petzl Summit)
- 1 Climbing harness (Petzl Altitude)
- 2 Carabiners - action locking (Petzl)
- 3 Carabiners - non-locking (Petzl)
- 1 Helmet (Petzl)
- 1 Crampons (Petzl)
- 1 Poles, snow baskets (Petzl)
- 1 Belay device (Petzl)
- 1 Ascender (Petzl)
- 1 9 meter, cord 6mm

Head

- 1 Thin hat (Aclima Wool)
- 1 Warm hat (Aclima Wool)
- 3 Buff/balaclava (2 synthetic, 1 wool)
- 1 Cap
- 1 Glacier glasses
- 1 Ski goggles
- 1 Sunglasses
- 2 Headlamp + batteries (Petzel)



Hands

- 2 Liner gloves (Aclima Wool)
- 1 Thin gloves/ski gloves/power stretch (Aclima Wool)
- 1 Softshell mittens/wind-stopper mittens
- 1 Fleece mittens
- 1 Warm shell mittens
- 1 Expedition mittens

Upper body

- 3 Sports bra (Aclima Wool)
- 3 T-shirts (Aclima Wool)
- 2 Lightweight wool long-sleeve (Aclima Wool)
- 1 Medium-weight wool long-sleeve (Aclima Wool)
- 1 Thick wool (Aclima Wool)
- 1 Thick fleece jacket (Aclima Wool)
- 1 Thin jacket (Patagonia W Houdini Jkt (red))
- 1 Softshell jacket (Patagonia)
- 1 Thick shell jacket (Hard Shell)
- 1 Thin down jacket
- 1 Parka (insulated with hood)
- 1 Down Suit

Lower body

- 4 Underwear (Aclima Wool)
- 2 Lightweight wool (Aclimal)
- 2 Medium-weight wool (Aclimal)
- 1 Thick wool (Aclimal)
- 1 Hiking shorts
- 1 Trekking pants
- 1 Ski pants/climbing pants
- 1 Insulating synthetic pants
- 1 Softshell
- 1 Thick shell

Feet

- 1 Running shoes (Scarpa)
- 1 Light hiking shoes (Scarpa)
- 1 Hiking shoes/Camp boots (Scarpa)
- 1 8000m boots (Scarpa)
- 8 Wool socks in various thicknesses (Aclima)
- 1 Pair Slippers
- 1 Pair Foot bags (Helsport)
- 1 Gaiters

Toiletries

- 1 Toiletry bag (Osprey)
- 1 Toothbrush, toothpaste, floss
- 1+1+1 Shampoo, conditioner, soap
- 3 Packs Baby wipes
- 1 Disinfectant
- 1 Urination device + bottle
- 1 First aid kit
- 1 Needle, blister plaster, tape
- 1 Sunscreen + lip balm
- 1 Pair Earplugs
- 1 Medications: Diamox (Altitude sickness, Anti-diarreha, head-ache (check with your doctor)
- 1 SteriPen
- 1 Throat lozenges + nasal spray
- 2 Towels
- 2 Trash bags and zip bags

Miscellaneous

- 1 Passport
- 4 Passport photo
- 2 Copy of passport (2 first pages.)
- 1+1 Cash and customs documents
- 4 Writing utensils
- 1 Travel documents
- 1 Vaccination card
- 1 Nepal visa
- 1 Map
- 10 Hand/foot warmers
- 2+2 Water bottles + insulation
- 3 Locks for bags
- 2 Laundry detergent
- 5 Plastic bags
- 2 Power bank, charger, cable, international adapter
- 1 Camera Sony and GoPro
- 1 Fanny pack
- 1 Candy, snacks
- 1+1 Thermos + Insulated mug
- 1 Cup
- 1 Bowl + utensils
- 1 Watch + charger
- 1 Pocket knife
- 1 GPS
- 1 Satellite phone
- 1 Solar panel