

Manang Ice Climbing Festival Gear Packing Checklist

- Helmet*
- Harness*
- Crampons* (Technical)
- Alpine Boots
- Ice Tools*
- Belay Device
- Cowtail (personal safety)
- Locking Carabiners
- Ice screw (8 if available)
- Quick draws (8 if available)
- Rope (if available)
- Gore Tex jacket
- Down jacket
- Gore Tex pants
- Wool socks
- Hiking boots
- Hiking or mountaineering gaiters
- Trekking/ski poles
- Microspikes
- Thermal tops
- Thermal leggings
- Lightweight thermal gloves
- Wool Hat
- Buff
- Goggles (quality ones for strong UV light at altitude)
- Sunglasses with UV protection
- Sleeping bag
- Headlamp and spare batteries
- Daypack (35-40 litres)
- Water bottle
- Footwear appropriate for inside Tea House
- Toiletries (e.g. toilet paper, soap, toothpaste, hand sanitizer, moisturizer)
- Wash towel
- Suncream
- Personal First Aid kit and medication
- Water purification tablets
- Personal charging devices (e.g. power bank)
- Thermos
- Personal snacks (e.g. energy bars, electrolytes, hot chocolate)
- Camera (extra memory cards and batteries)

*Noted gear is available for rent prior to departure from Kathmandu. Participants are responsible for requesting rental gear by direct mail at the time of registration and make rental payment prior to departure on February 1, 2020.