



# JOY CLIMBERS EXPEDITION

We provide the communal equipment (tents, food, utensils, etc.). You are responsible for bringing the recommended gear listed below. Be selective in what you pack, our porters are limited to carrying 33 lbs. (15 kgs) of your personal belongings. We can rent you the items you do not have.

## **Technical Clothing:**

- 1 - Waterproof Jacket, breathable with hood
- 1 - Insulated Jacket, synthetic or down
- 1 - Soft Jacket, fleece or soft-shell
- 3 - Long Sleeve Shirt, moisture-wicking fabric
- 2 - Short Sleeve Shirt, moisture-wicking fabric
- 1 - Waterproof Pants, breathable (side zipper)
  
- 2 – Hiking Pants
- 1 – Fleece Pants
- 1 – Shorts (optional)
- 2 – Long Underwear, moisture-wicking fabric
- 3 – Underwear, moisture-wicking fabric
- 2 – Sports Bra

## **Headwear:**

- 1 - Brimmed Hat, for sun protection
- 1 - Knit Hat, for warmth
- 1 - Balaclava or Buff (face coverage)

## **Gloves:**

- 1 - Gloves, warm (waterproof)
- 1 - Gloves, thin for insulation

## **Footwear:**

- 1 - Hiking Boots, warm, waterproof, broken-in
- 1 – Sandals or Shoes, to wear at camp (optional)
- 3 – Hiking Socks, wool or polyester
- 1 – Wool Socks – thick warm socks for sleeping
- 1 - Gaiters

## **Accessories:**

- 1 – Sunglasses
- 1 – Inflatable pillow
- 1 - Backpack Cover
- 2 - Water Bottles (32 oz.)
- 1 - Water Bladder, 2-3 liters (optional)
- Water Purification Tablets (optional)
- Small lock for your duffel bag
- Compression Sacks, Plastic Bags, to keep gear dry
- Packing Towel

## **Equipment:**

- 1 - Sleeping Bag (10 Degree Fahrenheit or lower)
- 1 - Trekking Poles, collapsible
- 1 - Head lamp, with extra batteries
- 1 - Dry Bag or Duffel Bag, 50-80L, for porters to carry
- 1 - Daypack, 25-35L, for you to carry your personal gear during the trek (IE: Water, Hiking Snacks, Valuables)

## **Additional Toiletries:**

- Altitude Prescriptions (highly recommended)
- Camera, with extra batteries
- Sunscreen
- Lip Balm
- Insect Repellent with DEET
- First Aid Kit & General Medication (Ibuprofen, Motrin)
- Hand Sanitizer
- Toilet Paper
- Wet Wipes
- Snacks, lightweight, high calorie (candy, bars, gummies)
- Electrolytes, powder or tablets (optional)
- Hand Warmers

## **Paperwork:**

- Trip Receipt with Flight Itinerary
- Passport (valid for six months)
- Insurance Documents
- Visa (available at airport, Fees: U.S. \$100, Non-U.S. \$50)
- Immunizations (Yellow Fever, Hep A&B, Td-IPV, Typhoid)

