Expected temperature for online translation: -15 ℃ to+10 ℃

Essential Clothing - Please be sure to bring all the specified clothing below

2-4 pairs of warm socks (synthetic fiber materials such as Coolmax, wool, or similar materials, not made of cotton)

Warm hat (worn inside the helmet for warmth)

Lightweight synthetic fiber "liner" gloves (not made of cotton)

2 to 3 pairs of waterproof gloves, 1 pair of warm gloves, and 1 pair of gaitors

\*Note: In the rainy and snowy season, with a humid climate, in order not to affect the quality of the training, please prepare at least four pairs of socks and four pairs of gloves.

Leg protection (layering is important, you need to make sure you can comfortably wear all your pants)

1 to 2 sweat-wicking underwear (synthetic fiber, wool, or similar materials, not made of cotton)

Warm and sweat-wicking pants, medium thickness or two (wool, fleece, or similar materials)

Waterproof pants, down jacket or cotton jacket (Primaloft) (optional)

Upper body (layering is important, you need to make sure you can comfortably wear all the clothes)

1 to 2 sweat-wicking underwear (synthetic fiber, wool, or similar materials, not made of cotton)

Warm and sweat-wicking jacket

Fleece jackets or soft shells or similar (Soft Shell, Polartec, Wind Stopper)

Waterproof and breathable jackets, down jackets or cotton jackets (Primaloft) (with a filling capacity of over 250g and a fluffiness of over 850)

Personal medicine and hygiene products:

Guests who are taking medication before departure, please bring personal medication. The school has prepared various drugs for students, and students do not need to bring external medication on their own.

Please do not bring sleeping pills (which have the function of inhibiting breathing). Women bring their own hygiene products.

Other required items:

1 backpack (55 to 70 liters)

1 pair of durable hiking or hiking shoes

Dietary supplements or personal dietary supplements

Sleeping bag (at least -20 ℃)

Moisture proof pad (inflatable moisture proof pad is not recommended as it is easy to puncture)

Repair tape, needle and thread bags, lighters, and matches

Spare glasses, contact lens fluid, and other supplies

(For those who wear contact lenses, please bring a pair of frame glasses as a backup)

Headlight and backup battery

1-2 pairs of sunglasses (if wearing glasses regularly, please wear polarizers or buckles)

1 small multifunctional knife

1-liter insulated Flask

Sunscreen, lipstick (SPF>35)

Waterproof bags or sturdy plastic bags (used to hold clothes, sleeping bags)

Watch or similar product with alarm function

Technical equipment (optional):

The school provides the following technical equipment. Guests are welcome to bring the following equipment on their own, but please inform the staff of the equipment you need:

Mountaineering shoes, crampons, long ice axe, helmets, harness, 4 main biners, 4 non-locking biners, Belay Device (no figure 8 devices)

2 60cm Slings, 2 120cm Slings, 2 prussics, and a guide ropes

Recommended equipment (choose to carry according to your own needs):

Compass, GPS, camera, snacks and other treats, hiking sticks, earplugs, small (lightweight) top packs, urine bottles, ski goggles, general water bottles, books, etc