



**Summit
Travel**

Your Specialist for Adventures, Trekking, Expeditions and Climbing.



SummitClimb

Expedition to Khan Tengri Equipment List

The following equipment list is a guideline for every participant of our Khan Tengri expedition. If you have any questions, please contact us. Items that are not marked as optional must be carried by each participant.

Temperatures: down to -30°C / with wind-chill factor down to -45°C . General conditions of the climb: cold, windy, dry. Categories: Expedition 7000m, technical demanding, mountaineering.

General items:

- 1 backpack (50-80 litres) to carry on the mountain
- 1 large robust travel bag (duffel bag) with lock (100-140 litres)
- 1 small first aid kit with personal medication
- Passport + copies
- Insurance certificate: accident, rescue and foreign health insurance
- Cash, visa card
- Optional: additional small bag with lock for hotel depot.

Arrival + trekking to BC / ABC (4500m) :

- Clothing for temperature range $+30^{\circ}\text{C}$ to -5°C
- Trekking shoes / light mountain boots
- Sandals/Crocs, swimming suit (optional)
- Light sleeping bag (down to -15°C) for base camp
- Insulation mat

Important small items:

- 1 hygiene (toiletry) bag + contents
- 1 soap, 1 small towel
- 1 pair of sunglasses
- 1 large sunscreen (factor 30)
- 1 x sunscreen lipstick (at least factor 30)
- Optional: knife, multitool, MP3 player or iPod, music, book
- Optional: camera incl. SD cards and spare battery

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Expedition equipment - sleeping, clothing, shoes:

- 1 warm sleeping bag (comfort range approx. -20°C, light-weight)
- Optional: 1 additional insulation mat, light-weight and small
- 1 warm hat
- 1 face mask against wind and cold
- 1 pair of expedition mittens down incl. thin undergloves (e.g. Polartec)
- 1 pair of warm finger gloves waterproof
- 1 pair of light finger gloves
- 3 x functional underwear
- 2 functional shirts (short-sleeved)
- 1 functional shirts (long-sleeved)
- 1 wind/waterproof jacket (e.g. Gore Tex)
- 1 fleece jacket/soft shell
- 1 expedition down jacket with down hood
- 1 pair of long pants (e.g. Polartec)
- 1 wind/waterproof overtrousers (e.g. Gore Tex)
- 1 pair of down trousers
- 3 pairs of warm expedition socks (polypropylene or wool)
- warm (!!!) expedition boots: E.g. Millet Everest, Sportiva Olympus, Lowa 8000m, Koflac Arctic
- 1 pair of gaiters (if not already integrated in boot/pants)

Expedition equipment - important small items:

- 1 headlamp + 2 x spare batteries
- 1 pair of glacier goggles
- 1 pair of storm goggles/ski goggles
- 1 thermos bottle (min. 1 litre)
- 1 urine bottle (min. 1 litre, large opening)
- 1 sun cream (optimal factor 50)
- 1 lipstick (sun protection factor 50)
- 1-2 kg of personal good-tasting snacks (energy bars, etc.)
- 3-5 freeze-dried favourite meals (for evening meals in high camp)
- 1 lightweight cutlery (cup, spoon and fork)

Mountaineering equipment for Khan Tengri ascent:

- 1 climbing harness (light, adjustable leg loops)
- 3 screw carabiners (at least 1 of which is HMS)
- 2 single carabiners
- 1 abseil figure eight (generally works better on fixed ropes than ATC or other abseiling devices)
- 1 jumar (rope ascender)
- 1 ice screw
- 1 short, 1 long Prusik sling
- 1 long webbing sling
- 2 ice axes: 1 medium-length all-round ice axe + a second ice tool
- 1 pair of crampons (incl. cleats)
- 1 helmet (against rockfall / icfall)
- 1 pair of telescopic poles



Carrying backpacks on Khan Tengri:

If you book a personal porter-guide (please book in time!) you can save some weight and climb with a small backpack. As a full-service participant, you need to calculate approx. 10-12kg for your personal belongings and food (good-quality light-weight equipment) plus approx. 4-5 kg of group material (tent, stove, gas, rope...).

SummitClimb group equipment:

SummitClimb provides (for full-service participants) all high-camp equipment and group material, such as tents, shovels for high camp set-up, cookers and gas canisters, ropes, radios, satellite phone for the expedition leader, etc.

Equipment rental:

<https://www.summitclimb.de/en/service/ausruestung>

