



SummitClimb Expedition to Muztagh Ata Equipment List

The following equipment list is a guideline for every participant of our Muztagh Ata 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, snow & ice.

Categories: Expedition 7000m, technical easy mountaineering, ski or snowshoes.

General items:

- 1 backpack (50-75 liters) to carry on the mountain
- 1 large robust travel bag (duffel bag) with lock (100-140 liters)
- 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 (4500m) :

- Clothing for temperature range +30°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
- Trekking poles (optional)

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, music, books
- Optional: camera incl. SD cards and spare battery

Expedition equipment - sleeping, clothing, shoes:

- 1 warm sleeping bag (comfort range approx. -25°C, light-weight)
- 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)

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- 1 wind/waterproof jacket (e.g. Gore Tex)
- 1 fleece jacket/soft shell
- 1 expedition down jacket with down hood (or down suit)
- 1 pair of down trousers (or down suit)
- 1 pair of long pants (e.g. Polartec)
- 1 wind/waterproof overtrousers (e.g. Gore Tex)
- 3 pairs of warm expedition socks (polypropylene or wool)

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 Muztagh Ata ascent:

- 1 climbing harness (light, adjustable leg loops)
- 2 screw carabiners (at least 1 of which is HMS)
- 2 single carabiners
- 1 ice screw
- 1 short, 1 long Prusik sling
- 1 long webbing sling
- 1 ice axe (lightweight)
- 1 pair of crampons (lightweight, aluminum is sufficient)
- please check fit to ski touring boots / expedition boots
- 1 pair of poles (with snow plates)

a.) Equipment for Ski Touring

- Pair of alpine touring ski (plus skins)
- Ski touring boots (oversize for extra space at toes to prevent frostbite)
- Neopren overboots (like FortyBelow) and/or electric heating socks

b) Equipment for “normal” ascent - with Snowshoes

- warm (!!!) expedition boots like Millet Everest, Sportiva Olympus, Lowa 8000m
- please check the size/fit to snow shoes
- snow shoes (limited amount for rental available)

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.

Carrying on Muztagh Ata: As a full-service participant, you need to calculate approx. 10-12kg for your personal belongings (with good-quality light-weight equipment) and personal food to high camp. In case you have booked a personal guide, he can help with up to 5kg of your personal equipment during the ascent.

