



**Summit
Travel**

Your Specialist for Adventures, Trekking, Expeditions and Climbing.



SummitClimb

Expedition to Peak Lenin Equipment List

The following equipment list is a guideline for every participant of our Peak Lenin expedition. If you have any questions or uncertainties, please contact us at any time. 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, low technical difficulty, mountaineering, optional: ski.

General items:

- 1 backpack (50-65 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.

* Backpacks: with a personal porter-guide (please book in time!) you can save some weight and ascend with a very small backpack. For full-service participation, calculate approx. 10-12kg for your personal equipment and food (with good lightweight equipment).

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 trekking and base camp
- Insulation mat

Important small items:

- 1 hygiene (toiletry) bag + contents

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- 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, a good book
- Optional: camera incl. SD cards and spare battery

Expedition equipment - sleeping, clothing, shoes:

- 1 warm sleeping bag (comfort range approx. -25°C)
- Optional: 1 additional insulation mat
- 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
- functional underwear
- 2 functional shirts (short-sleeved)
- 2 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)

Expedition equipment - mountaineering:

- 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
- 1 pair of crampons (incl. cleats)
- 1 helmet (against rockfall / icefall)
- 1 pair of telescopic poles

Peak Lenin with skis:

- Touring skis (+ skins)
- Ski touring boots (with space in the toe area due to cold bridge)
- Additional neoprene gaiters (e.g. Forty Below / possibly electric heating)

The ascent of Pik Lenin with skis and subsequent descent (☺ ☺!) is optionally possible for very experienced ski tourers. Please contact us about ski luggage, preparation, etc.

Equipment rental :

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

SummitClimb group equipment:

SummitClimb provides (for full-service participants) all high camp equipment (tents) and group material, such as shovels for high camp set-up, cookers and gas canisters, ropes, radios, satellite phone for the expedition leader, etc. The group material (for full service participants, except for personal food and gas) is carried and set up by high camp porters. Basic participants must bring and carry their own equipment.

