

## Personal equipment

In general, personal equipment was the same as we'd take to the European Alps, albeit slightly adjusted for camping at 3000m without a shower block. We attempted to communalise as much as possible, so sunscreen, soap and toothpaste were all taken as a group to minimise packaging and excessive quantities.

Total weights varied, while we tried to keep it below 18kg, the average was probably around 16kg, while the minimum was around 8kg

Waterproof jacket	Camera + case
Waterproof trousers	Unbreakable Spoon/Spork
Gaiters	Mug
Buff	Small pack-towel or flannel
Warm Hat	Bowl/plate/box
Sunhat	Map Case
Sunglasses + spare	Sleeping bag (around 0°C comfort rating)
2x liner gloves	Sleeping bag liner
1x outer glove	Sleeping mat
Insulated jacket	Thermals
Fleece	Toothbrush
2x baselayers	Small notebook + pen
2x trousers	Duffel bag (left in Bishkek)
2x underwear	
2x mountaineering socks	
2x walking socks	
Approach trainers	
Boots	
Crampons	
Harness	
Helmet	
Climbing Rucksack (30-50 litres)	
Optional carrying rucksack (60+ litres)	
Knife	
Dry bags	
Trekking Poles	
Headtorch + spare batteries	
Water bottles	