

## Alpine Gear:



### **Sunglasses – glacier-rated (category 3 or 4 UV protection)**

High-protection sunglasses designed for intense sunlight and UV reflection on snow and ice. Category 4 offers maximum UV protection—essential for glacier travel and high-altitude environments.

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### **Trekking poles (optional but useful)**

Lightweight, adjustable poles that provide balance and reduce strain on knees during ascents and descents. Helpful on uneven terrain, snow, and long approaches.

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## Personal Gear:



### **Backpack – 35–55L (enough for a 1 or 2-day climb)**

Mid-sized pack with enough capacity for a 1-2 day alpine or climbing trip. Holds essentials like rope, food, layers, and technical gear. Look for good support, gear loops, and compression straps.

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### **Sleeping bag – rated to +5°C to 0°C (for Tusheti trips):**

Insulated bag designed to keep you warm in cold conditions down to -5°C or colder. Choose one with appropriate insulation type (down or synthetic) for lightweight warmth and compressibility.

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### **Raincoat - recommend**

Lightweight, waterproof outer layer that protects against rain and wind. Look for breathable fabric and adjustable features to stay dry and comfortable during storms or wet approaches.



### **Water bottles – total 1.5–2L**

Durable containers (typically 1–2L total) for carrying drinking water on the trail. Prefer wide-mouth, BPA-free bottles that are easy to refill and resistant to freezing in cold conditions.



### **Thermos – 0.5L or 1L for hot drinks**

Insulated bottle that keeps liquids hot for hours—ideal for tea, coffee, or soup during cold climbs. Compact size fits easily in packs; crucial for staying warm and hydrated.



### **Headlamp – with extra batteries**

Hands-free LED light essential for early starts, late descents, or emergencies. Look for adjustable brightness and weather resistance. Always carry spare batteries in cold environments.



### **Personal hygiene items – minimal: toothbrush, toothpaste, etc.**

Compact essentials like toothbrush, toothpaste, small biodegradable soap, and quick-dry towel. Keep it light and simple for short climbs—just enough for basic cleanliness.



### **Snacks – energy bars, gels**

Compact, high-calorie foods for quick energy during climbs. Easy to digest and pack, they provide essential fuel without slowing you down—ideal for short breaks or on-the-move eating.



### **Personal Medications (if needed):**

Include any essential prescription or over-the-counter medications specific to your health needs. Pack in labeled, waterproof containers and ensure you have enough for the entire trip.

# Clothing:



## **Insulated jacket – synthetic or down**

Warm outer or mid-layer for cold conditions. Down offers excellent warmth-to-weight but loses insulation when wet; synthetic stays warm when damp and dries faster—choose based on conditions.



## **Hard shell jacket – waterproof and windproof (Gore-Tex or similar)**

Lightweight, waterproof, and windproof jacket designed to protect you in harsh weather conditions. Ideal for rain, snow, and strong winds.



## **Warm hat – beanie or thermal cap**

Insulated beanie or thermal cap designed to trap heat and protect your head and ears from cold weather.



## **Normal cap**

Lightweight cap for sun protection during warmer or milder conditions; helps shield face and eyes from direct sunlight.



## **Socks – 2x wool or synthetic mountaineering socks**

Two pairs of thick wool or synthetic mountaineering socks that provide warmth, cushioning, and moisture management for long hikes in cold conditions.



## **Trekking Boots**

Durable and supportive footwear designed for long hikes and rugged terrain. They provide ankle protection, waterproofing, and grip for stability on uneven or slippery surfaces. Ideal for multi-day treks and challenging conditions.