

BAB EXPEDITION & TREKKING CO.

SUGGESTED PACKING LIST

Clothing

- ☐ Hardshell waterproof jacket, breathable w/hood (1)
- ☐ Insulated Jacket, Synthetic or Down w/hood (1)
- ☐ Soft Jacket, Fleece (1)
- ☐ Summit Day Down Jacket, 5°F/-15°C (1)
- ☐ Summit Insulated Waterproof Pants 5°F/-15°C (1)
- ☐ Waterproof Pants, Breathable (1)
- ☐ Hiking Pants (2)
- ☐ Fleece or Down Pants (1)
- ☐ Long-Sleeve Shirt, Moisture-Wicking w/hood (2)
- ☐ Short-Sleeve Shirt, Moisture-Wicking (2)
- ☐ Shorts (1)
- ☐ Light-Weight Base-Layer Thermal Top & Bottom (1)
- ☐ Heavy-Weight Base-Layer Thermal Top & Bottom (1)
- ☐ Moisture-Wicking Underwear (4)

Footwear

- ☐ Hiking Boots Waterproof (Ankle Support)
- ☐ Gaiters, Waterproof
- ☐ Socks, Wool or Synthetic (One each day)
& Heavy for Summit Day
- ☐ Comfortable Shoes for Camp

Gear

- ☐ Daypack, 30-40L, 13-18 Pounds Suggested (1)
- ☐ Daypack Cover, Waterproof
- ☐ Sleeping Bag, Four Seasons 10°F/-12°C (1)
- ☐ Sleeping Pad, but foam pads are generally provided
- ☐ Trekking Poles, Collapsible (1)
- ☐ Head Lamp, Extra Batteries (1)
- ☐ Duffel Bag for Porters to Carry, 70-90L, Total 15kg/33lbs

Head & Handwear

- ☐ Sun Hat or Baseball Cap
- ☐ Knit Hat Wool or Fleece Hat
- ☐ Baklava
- ☐ Neck Gaiter
- ☐ Gloves Waterproof and Warm Down Mittens
- ☐ Mountain Sunglasses UV Protection
- ☐ Goggles
- ☐ Feet and Hand Warmers (Optional)

Documents

- ☐ Passport
- ☐ Booking Confirmation
- ☐ Visa
- ☐ Immunization Papers
- ☐ Insurance Documents
- ☐ Money for Tips After Trip
- ☐ Book, For Downtime



Important Items

- ☐ Water Bottle (Nalgene 32Oz.) (1 or 2)
- ☐ Insulator for Water Bottle on Summit Night
- ☐ Water Bladder (Camelback, 3 Liters)
- ☐ Toiletries (Moleskin, Toothpaste/Brush, Q-Tips, Hair-Ties, Floss, Hairbrush, Deodorant)
- ☐ Prescriptions (Clotrimazole, Pain Medication, Diamox for Preventative & Treatment of Altitude Sickness)
- ☐ Sunscreen SPF 30+
- ☐ Lip Balm
- ☐ Hand Sanitizer
- ☐ Wet Wipes, Highly Suggested
- ☐ Snacks with High Calorie (Energy Bars, Chocolate, Nuts, Jerky)
- ☐ Electrolytes

Electronics

- ☐ Phone
- ☐ Camera w/Extra Batteries
- ☐ Power bank w/Waterproof Cover and Insulator
- ☐ Charging Cables
- ☐ Headphones or Earphones

Extras

- ☐ Waterproof Poncho to Cover Entire Pack
- ☐ Pee Bottle (1)
- ☐ Packing Cubes
- ☐ Camp Pillow
- ☐ Dry Shampoo
- ☐ Insect Repellent