**Equipment Checklist for mountaineering trip in China**

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| Personal Items | Body | Equipment | Specification | Yes/No |
| Head | Fleece hat | Wool or fleece hat can cover ears |  |
| Sun hat | Available provided by group, if need dome hat, please bring your own |  |
| Headlights | Headlights and spare batteries (the spare battery requires over 5 hours) |  |
| Eyes | Snow goggles | Snow goggles or sports sunglasses, UV380-400 |  |
| Face | Headscarf | Headscarf or face mask |  |
| Sunscreen | SPF 50++++ |  |
| Mouth | Lipstick | Important in plateau |  |
| Body | Body layer | Quick-drying underwear, sweat-wicking and warm underwear |  |
| Middle layer | Fleece, cotton or down clothes |  |
| Windproof and waterproof layer | Fully waterproof jacket with three-layer rubber |  |
| Outer layer | Filling capacity over 200g down jacket |  |
| Hands | Thin gloves | Fleece or soft shell materia |  |
| Thick gloves | Waterproof gloves with cotton (for summit) |  |
| Feet | Sock | Cashmere socks(several pairs) |  |
| Hiking boots | High-top waterproof boots |  |
| Gaiters | Waterproof and anti-dirty |  |
| Sleep | Sleeping bag | Over 1000g for male, over 1200g for female |  |
| Moisture-proof mat | Available for rent |  |
| Drink | Thermo jug | Suggested 800ml |  |
| Walk | Bag | Available for rent |  |
| Packet | Suggested 25-30L |  |
| Alpenstocks | Suggested two alpenstocks |  |

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| Technical equipment | Equipment | Quantity | Note |
| Helmet | 1 | available for rent |
| Seat belt | 1 |
| Ascenders | 1 |
| Descender | 1 |
| Ict axes | 1 |
| Crampons | 1 |
| Mountaineering boot | 1 |
| Other personal items | Prepared by personal requirements | |  |
| care products | |  |
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| Passport, personal medicines, toiletries, Masks, tissues, wet tissues, etc. | |  |
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| Personal cutlery (fork, spoon etc.), 4-5 road meals,  Mainly dry food (the gastrointestinal function at high altitude is weakened, first consider eating it) Raincoats | | Essentials |
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