

Kang Yatse II Equipment List

Clothing/Layers Walking boots If you're buying new boots for this trip, please ensure they are well broken in before departure. 12 point crampons that will fit a standard walking boot rather than a mountaineering boot. The Grivel GR 10 or Black Diamond Contact Crampon are recommended.	Long sleeve hooded base layers x 2 Silk, wool, or synthetic. Short sleeve base layer x 2 Silk, wool, or synthetic. Mid-weight fleece x 2 Down jacket It must be heavy weight with a hood (at least 600 grams in weight). Waterproof jacket
Gaiters if your boots do not have a built-in gaiter. Rental boots typically do not come with built-in gaiters.	Waterproof poncho Waterproof trousers Make sure the trousers have zips to
Runners or sandals To wear in transit & around camp.	the knee at least. Fleece hat/beanie To wear in the mornings and evenings.
Mid-weight hiking socks x 3 At least three pairs. Some people choose to bring a pair of socks for each day of trekking.	Balaclava/buff Sunglasses (category 3)
Lightweight liner socks For summit night	Sun hat with a wide brim To cover the face and neck.
Underwear We recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	Lightweight wool or synthetic liner gloves Down mitts
Shorts x 1 Knee length or below.	Trekking Essentials
Lightweight trousers x 1	Warm sleeping bag Comfort rating of -15°C or lower.
Synthetic/wool/silk long johns For night time use and summit night.	Thermarest A roll mat will be provided



Rucksack This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch. Duffel bag (90 litres) or large rucksack To carry your equipment while trekking. We recommend you	Toiletries As little as possible. If you are travelling with friends try to share toiletries. *Wet wipes and a nail brush are very useful. Menstrual hygiene products Your cycle can become irregular at altitude, so it's best to be
use something strong and sturdy as this bag will be carried by the support team.	prepared, even if you're not expecting it. Tampons or pads are best.
Dry bags If either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags.	Personal snacks Although meals are included
Water bottles (2 x 1 litre nalgenes) & water bladder (2 litre) You must have the capacity to carry at least three litres of water while walking.	throughout the trek, it's a good idea to carry your favourite high- energy snacks like energy bars, sweets, or chocolate for extra fuel.
Headtorch with spare batteries Walking poles	Spare set of clothes To wear after you finish the expedition.
Personal Care	Photocopy of your travel insurance and passport
Hand sanitiser You need to have enough supplies for the duration of your expedition.	Your vaccination booklet
Insect repellent DEET based products are best.	
Sun cream (at least factor 30)	Optional Items
SPF lip balm (factor 50)	Diamox (tablet form not capsules) If you have decided to take it. For
Small towel for washing	more information about Diamox its uses and side effects please refer to
Toilet paper (2 rolls and tissues) No toilet paper is provided on the expedition	the information on AMS and Diamox on your Earth's Edge account.



1	
Water purification We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets / drops such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	Essential Current medications: Please ensure you have a good supply of tablets, creams or inhalers you are currently taking or think you may need. Paracetamol & Ibuprofen Rehydration Salts
Swimming togs For the hotel pool.	Diarrhoea Relief tablets
Sleeping bag liner This is not essential but it helps to keep your sleeping bag clean and adds an extra season.	Plasters & Alcohol Wipes Compeed/blister plasters KT Tape
Ear plugs	Strongly Recommended
Power Adaptor - Plug C, D and M are used in India For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather	Antibiotics (One of Azithromycin, Doxycycline, Ciprofloxacin). Whilst the doctor will also be carrying antibiotics for the group it will only take an outbreak of a sickness to
than monthlies are highly recommended.	deplete supplies. Speak to your own GP/Travel Professional about taking a
Camera	small supply for emergencies.
Book and/or writing paper and pen	Optional
Hand warmer sachets	Diamox: please see separate section for further details
	Buscopan: for stomach cramps
Med Kit List	Laxatives: for constipation
It's essential that you bring your own basic first aid kit. Below are the key items you'll need, along with a few optional extras to help keep you comfortable on the trek.	Antihistamine: for allergic reactions. A sedating antihistamine may also aid with sleep in those struggling to rest on the mountain - discuss with expedition doctor before taking them for this reason.



Throat Lozenges: for sore throats.	
Nasal sprays/Sudafed: for nasal congestion.	
Medicated Cream: e.g Hydrocortisone 1-2%: for inflamed skin, Canesten for thrush, Zovirax for cold sores, Anusol for haemorrhoids etc.	
Anti-histamine cream: to treat bites and other skin irritants topically.	
Moisturiser: to treat dry skin caused by high-altitude conditions.	
If you have any questions or concerns, just get in touch - we're happy to help.	
Notes	