

PACKING CHECKLIST

Tick each item as you pack. Exact needs vary by objective and season — your team will fine-tune this with you.

FOR YOUR HEAD

- ☐ Wide-brimmed hat (sun)
- ☐ Balaclava
- ☐ Woollen cap

FOOTSTEPS OF AN EXPLORER

- ☐ Sturdy hiking boots
- ☐ Climbing boots with crampons
- ☐ Sandals (camp)
- ☐ 2× lightweight trekking socks
- ☐ 4× heavy synthetic/wool socks

HANDS THAT CONQUER

- ☐ Warm gloves
- ☐ Waterproof gloves

CLOTHING — THE ARMOUR

- ☐ 2× synthetic under shirts
- ☐ 3× long-sleeve T-shirts
- ☐ Fleece jacket
- ☐ Down jacket
- ☐ Poncho (rain)
- ☐ 2× thermal sets
- ☐ 2–3× trekking pants
- ☐ Waterproof gaiters

NAVIGATIONAL & SURVIVAL

- ☐ Trekking poles
- ☐ Thermos
- ☐ Water purifier bottle
- ☐ 60L rucksack
- ☐ Small day pack

PERSONAL CARE

- ☐ Sunscreen
- ☐ Lip balm
- ☐ Personal medication

SOUL NOURISHMENTS

- ☐ Camera
- ☐ Snacks
- ☐ Passport

ILLUMINATION & VISION

- ☐ Headtorch
- ☐ Spare batteries
- ☐ Cat. 4 polarised sunglasses (100% UV)
- ☐ Backup sunglasses

PREPARATION GUIDE

PREVIOUS EXPERIENCE

Familiarise yourself with high-altitude trekking or mountaineering for a smooth climb.

PHYSICAL TRAINING

- Weight training: walk uphill / stairs with a backpack
- Strength: legs & core — planks, crunches, cycling
- Cardio: regular jogging to build stamina
- Leg strength: squats for thighs, glutes, knees

For additional advice and coordination, join our **WhatsApp group** — we support you throughout your preparation. Contact us at info@nomadsofaltitude.com