

## RECOMMENDED KIT LIST: *Three Peaks of Ladakh*

All mountain treks have a wide range of temperatures; in Ladakh daytime temperatures can reach 35°C, however they will drop below zero on the summit days. The best clothing is a lot of thin layers, which are easier to adjust as the temperature fluctuates and are more effective than a few thick items of heavy clothing.

### GENERAL

- Exodus Kitbag/soft duffel bag
- Back pack (daypack): 30-40 litre capacity preferably with rain cover, hip belt for support & ice axe holder if climbing Dzo Jongo East
- Plastic/dry bags: to line your kitbag & daypack (take spares too)
- Sleeping bag: down filled 4 season (rated to minimum of -10°C)
- Sleeping mat: Thermarest type self-inflating mattress (with repair kit) or a foam mattress
- Head torch: LED recommended

#### OPTIONAL:

- Kit storage bag: to leave any items not required for the trek at the hotel in Delhi/Leh
- Sleeping bag liner
- Trekking poles (highly recommended): lightweight aluminium or carbon fibre
- Solar charger/spare batteries (lithium last longer in cold temperatures)
- Travel game/cards etc.

### HEAD & HANDS

- Wide brimmed sun hat/baseball cap
- Suitable UV blocking sunglasses: should meet EU Class 4 standards with a 'wraparound' design to avoid snow blindness
- Scarf/buff: for wind/dust protection
- Warm hat/balaclava: for summit days or cold conditions
- Gloves: pair of windproof light gloves & pair of insulated gloves/mittens (or over gloves) rated to at least -10°C for summit days

### LEGS & FEET

- Lightweight trekking boots: worn-in waterproof boots (synthetic/leather exterior). Day time temperatures in Ladakh can be hot so lightweight boots rather than insulated are best
- Socks: a few thin wool/synthetic pairs for trekking plus a couple of pairs of heavy (ideally wool) mountaineering socks for the summit days
- Thermal bottoms: synthetic/ merino wool long johns
- Trekking trousers & shorts: lightweight synthetic recommended
- Wind & waterproof overtrousers
- Gaiters: for wet/snowy conditions
- Trainers &/or sandals for evenings & river crossings

### UPPER BODY

- Down jacket with hood: medium weight (3/4 season)
- Wind & waterproof jacket: Gore-Tex or similar breathable fabric
- Tshirts/shirts: quick drying short sleeved tops (cotton/synthetic)
- Thermal base layers: long sleeved synthetic/merino wool tops (light & mid-weight)
- Fleece: long sleeved, windproof fabric recommended

### HYGIENE, FOOD & TOILETRIES

- Water bottles: 2/3 x 1 litre plastic/metal drinking bottles e.g. Nalgene/Sigg. Hydration systems (bladder plus a tube) strongly recommended but can freeze so should be in addition to your bottles
- Sun cream & lip balm: high SPF (50+)

- Personal toiletries
- Travel towel: small and quick drying
- 1-2 extra toilet rolls &/or tissues
- Personal first aid kit

#### OPTIONAL:

- Wet wipes or hand sanitiser gel
- Water purification treatment
- Extra snacks/energy bars
- Ear plugs

### CLIMBING EQUIPMENT

- Climber's helmet
- Strong worn in B1 or B2 boots: for summit day (plastic boots are not recommended). B1 boots are sturdy yet flexible & take a walking crampon. B2 boots are semi-rigid, designed for mountaineering & can take C1 or C2 crampons
- Crampons: walking crampons compatible with your boots (see above); please check they fit your boots before leaving home
- Walking ice axe straight not curved with wrist loop. Must be of a correct length for your height
- Climbing harness (alpine style) preferably which you do not need to step into
- Screw-lock karabiner x 1

#### OPTIONAL:

- Hand/toe warmer sachets

#### Final Notes:

Duffel bags or soft kitbags are required for the animals to carry on the trek. For all clients with a UK postal address a soft kitbag is provided free of charge. For the flight to Leh the weight limit for your checked in baggage is 15kg plus 7kg hand baggage. You can leave any extra luggage not required during the trek at the hotel in Delhi or Leh.

Items such as ice axes and crampons can be hired cheaply in Leh; we cannot guarantee the quality of locally hired equipment and recommend that you bring your own. Please also note that it is dangerous to attach crampons to soft trekking boots - you may wish to wear lightweight boots during the trek and take a separate pair of heavier boots for the climbs.

Although you do need to take all the essential climbing gear as outlined above, snow conditions in the mountains vary and sometimes there is very little snow and you may not need to use the crampons and ice axe. If you are not sure you will ever use these again we recommend you hire it rather than buying expensive equipment.

Climbing equipment, down jackets and sleeping bags are available for hire from **Expedition Kit Hire** (<http://www.expeditionkithire.co.uk>) who offer Exodus clients a 10% discount off individual items. Expedition Kit Hire can also provide a range of trekking essentials and accessories, from rucksacks to trekking poles. Please note that supplies are limited, and it is advisable to reserve any equipment as early as possible.

**Cotswold Outdoor** and **Nomad Travel Stores** offer Exodus clients a 15% discount and **Ellis Brigham** offers Exodus clients a 10% discount off purchases; please present your booking confirmation to redeem this.

For specific advice on individual items we recommend that you contact our **Customer Operations** department on [customerops@exodus.co.uk](mailto:customerops@exodus.co.uk) or talk to a specialist outdoor retailer prior to your trip.