




Peak Lenin (7,134m)


Expedition Kit List

Our comprehensive kit list has evolved over many successful expeditions to 7,000m summits. For specific advice on individual items please contact us or talk to a specialist outdoor retailer prior to your trip. Mountain Expeditions has negotiated a 15% discount at Cotswold Outdoors, simply enter discount code AF-MEXP-C2 at checkout. Items marked  can be hired in advance from Mountain Expeditions or hired in-country.



General

- Passport & Travel Documents plus photocopies:** Passport, Visa, Credit Cards, Airline tickets, etc.
- Rucksack:** 60-80L daypack. Good quality with hip belt.
- Holdall(s):** To put everything else in.
- Waterproof Liners:** Many, in a variety of sizes to keep your kit dry.
- Sleeping Bag:** A good quality 4 season sleeping bag comfort rating to -22°C or warmer.
- Sleeping Mats:** Inflatable Thermarest (or similar) and a foam mattress (e.g. Z-Lite) to help ensure a better night's sleep. 
- Sleeping Bag Liner:** Adds warmth and will keep your sleeping bag clean.
- LED Headtorch:** Good quality and bright. Bring spare Lithium batteries.
- Trekking Poles:** Highly recommended. 
- Camera:** Plus Memory Cards & Spare Batteries.
- Personal Entertainment:** Music, book, cards, diary, notepad & pen.


Head & Hands

- Sun Hat**
- Buff:** Essential against the wind and Sun.
- Sun Glasses:** Cat.3 or 4, 100% UVA/UVB.
- Ski Goggles:** Protect against wind & glare.
- Warm Hat**
- Thin Gloves:** 2 pairs of liner gloves e.g. Merino or Powerstretch.
- Thick Gloves:** Warm and insulated. Sized to go over your liner gloves e.g. Black Diamond Guide 
- Expedition Mitts:** e.g. Mountain Equipment Redline.

Upper Body

- Baselayers:** Mix of light and heavy weight long sleeve layers (not cotton). Merino wool is excellent.
- Lightweight Layer:** Fleece or Power Stretch top.
- Heavyweight Layer:** Thick fleece, soft-shell or Primaloft jacket. 
- Insulation Layer:** Primaloft or lightweight down.
- Waterproof Jacket:** Good quality shell jacket e.g. GoreTex, eVent.
- Expedition Down Jacket:** Essential kit. Must have a hood. 



Legs & Feet

- Long Thermal Leggings:** To sleep in and wear under your trousers on summit day.
- Walking Trousers:** 2 x pairs. 1 lightweight trekking trousers and 1 thicker, winter trousers e.g. Soft-shell.
- Waterproof Trousers:** Good quality shell trousers or salopettes e.g. GoreTex, eVent.
- Insulated Trousers:** Primaloft trousers for use in high camps and on summit night.
- Socks:** 3-4 pairs of trekking socks plus 3-4 pairs of thicker mountaineering socks e.g. Smartwool or Thorlo.
- Walking Trainers:** For use at basecamp (BC) and Advance BC.
- Double Boots:** 7,000m+ boots e.g. Scarpa 8000m or La Sportiva G2SM. 

Hygiene, Food & Toiletries

- Water Bottles:** 2 x 1 litre Nalgene water bottles with insulating covers and 2 x 0.5 litre Nalgene water bottles.
- Bowl & Spoon:** Tupperware bowl with tight fitting lid, e.g. Lock & Lock. Long handled titanium spoons are best (No Sporks!)
- Snacks:** Any of your favourite bars or sweets.
- Sunscreen & Lip Protection:** Essential. High SPF (50+) recommended.
- Wash Kit:** Wet wipes, hand sanitizer, toothbrush & toothpaste, travel towel and toilet paper.
- First Aid Kit:** Your Mountain Expeditions Guide will carry a comprehensive group first aid kit. A small blister/first aid kit of your own is advised: Compeed/Second Skin; plasters, painkillers (Paracetamol and Ibuprofen), Zinc Oxide tape, powdered rehydration sachets, anti-bacterial foot powder plus any personal medication you need.
- Small Repair Kit:** Gaffer tape, needle and thread, zip ties, spare bootlaces and paracord are useful for little repairs.
- Thermos Flask:** 0.5 Litre, personal. Optional, but brilliant.

Climbing Equipment

- Ice Axe:** Mountaineering/walking axe. 
- Crampons:** C2 walking crampons e.g. Grivel G12. 
- Harness:** Properly fitted Climbing harness.
- Gear:** A 3 metre length of 9mm dynamic cord; 1 x Jumar; 1 x Figure 8 Abseil Device; 4 x Screwgate carabiners.

Ski / Board Equipment

- If you are planning to ski/board up/down the mountain you will need to provide all of your own equipment.