

## Ticino Treks and Expedition - Gear List for 7000 m

Headgear	Bodywear	Footwear
<input type="checkbox"/> Climbing Helmet	<input type="checkbox"/> Base Layers (Top & Bottoms)	<input type="checkbox"/> Mountaineering Boots
<input type="checkbox"/> Warm Hat	<input type="checkbox"/> Mid-Layer Tops	<input type="checkbox"/> Trekking Boots
<input type="checkbox"/> Balaclava	<input type="checkbox"/> Softshell Jacket & Pants	<input type="checkbox"/> Gaiters
<input type="checkbox"/> Sun Hat	<input type="checkbox"/> Hardshell Jacket & Pants	<input type="checkbox"/> Thermal Socks
<input type="checkbox"/> Glacier Glasses	<input type="checkbox"/> Insulated Down Jacket	<input type="checkbox"/> Liner Socks
<input type="checkbox"/> Ski Goggles	<input type="checkbox"/> Trekking Pants & Shirts	<input type="checkbox"/> Camp Shoes/Sandals
Handwear	Backpacks	Sleeping Gears
<input type="checkbox"/> Liner Gloves	<input type="checkbox"/> Expedition Backpack (65-90L)	<input type="checkbox"/> Sleeping Bag
<input type="checkbox"/> Softshell Gloves	<input type="checkbox"/> Daypack (30-40L)	<input type="checkbox"/> Sleeping Pad/Mat
<input type="checkbox"/> Insulated Shell Gloves	<input type="checkbox"/> Duffel Bag	<input type="checkbox"/> Inflatable Pillow
<input type="checkbox"/> Expedition Mittens	<input type="checkbox"/> Pack Cover	





Climbing Equipment	Accessories
<input type="checkbox"/> Ice Axe	<input type="checkbox"/> Headlamp
<input type="checkbox"/> Crampons	<input type="checkbox"/> Water Bottles
<input type="checkbox"/> Climbing Harness	<input type="checkbox"/> Thermos Flask
<input type="checkbox"/> Carabiners	<input type="checkbox"/> Sunscreen (SPF 50+)
<input type="checkbox"/> Belay Device	<input type="checkbox"/> Lip Balm with SPF
<input type="checkbox"/> Ascender (Jumar)	<input type="checkbox"/> First Aid Kit
<input type="checkbox"/> Trekking Poles	<input type="checkbox"/> Multi-tool/Pocket Knife
	<input type="checkbox"/> Repair Kit
	<input type="checkbox"/> Stuff Sacks/Dry Bags
	<input type="checkbox"/> Toiletries