

International trekking & climbing Festival in the Khumbu

Year of Asia

UIAA Global Youth Summit 2011 20-28th November 2011 endorsed by NMA

Equipment Checklist - we recommend the following items:

RECOMMENDED EQUIPMENT CHECK LIST

FOOTWEAR	ROCK CLIMBING KIT
Lightweight hiking shoes or boots - one pair	Personal kit including harness, helmet, belay device
Trainers for camp wear - one pair	Climbing shoes, chalk bag, prussic, sling, screw gate x 4
CLOTHES	OTHER
Down Jacket	Memory stick or CD with some photos of climbing in your country
Warm fleece trousers	Compass or GPS
Small sleeping bag with liner and pack sack	Towel, Toilet kit, toiletries
Mid layer long sleeve	Head torch with extra batteries
Fleece sweater, full sleeve - One	Sunglasses and spare pair
Trousers, breathable - Two pairs	Repair kit: needle, thread, climbing tape, small scissors, safety pins
Thermal leggings- One pair	Water bottle
Warm hat & sun hat	Notebook, pen
Waterproof jacket and trousers- One	Plastic bags for reading material etc.
Gloves One	Large plastic bags or stuff bags
Walking Socks for boots Three	Swiss Army type knife - one (pack in checked baggage)
Normal socks x 2	Personal sweets, snacks medicines.
Insurance certificate covering rescue, repatriation for activities mentioned in the programme	45 litre sack, day bag and duffle bag
Personal first aid kit	Camera/video (optional) Extra camera batteries
Travel insurance recommended	Lip salve
Sun tan cream	Optional gift for participants/school children
ACCESSORIES	
If you think there is something missing that you would like to bring please ask. Ropes will be provided and we may request	