

GEAR LIST

We know that having the right equipment makes a key difference in any mountain activity, especially in high-altitude expeditions where conditions can change rapidly. NANUK ADVENTURES has prepared this technical **equipment guide** to provide you with clear and practical guidance on the essential gear you must bring during your expedition, ensuring a safe, well-organized, and properly planned experience.

We strongly recommend using **high-quality equipment**, as every detail matters in the field and can directly impact performance, comfort, and safety. At NANUK ADVENTURES, we provide part of the technical gear required for the activity. However, if you prefer to use your own equipment, you are welcome to do so, as long as it meets the appropriate high-mountain standards.

To support you throughout this process, we offer **personalized guidance** to answer any questions related to the equipment and its proper use. In addition, we provide an explanatory **video** detailing the function and correct use of each item on this list. If you do not have all the required gear, we have a partnership with a **specialized equipment provider** that offers a special discount for **NANUK ADVENTURES participants**.

Finally, we recommend doing a **double check** of all your equipment before departure, reviewing this list well in advance, and planning every detail ahead of time. Proper preparation is essential to enjoying a safe and confident experience in the mountains.

VIDEO



TECHNICAL CLOTHING

Technical clothing refers to specialized apparel designed to keep the body warm, dry, and protected in extreme weather conditions. It is specifically engineered to provide comfort, mobility, and safety during the activity.

Base Layer (First Layer)

- Long-sleeve thermal top (synthetic or merino wool) (1)
- Thermal leggings / base layer bottoms (1)
- Long thermal socks (1)
- Lightweight thermal gloves (1)*
- Thermal beanie (1)*
- Buff or multifunctional neck gaiter (1)

Second Layer (Insulation Layer)

- Fleece jacket or thermal mid-layer (1)*
- Thermal pants / softshell / trekking pants (1)*
- Wool or thermal socks (1)
- Spare thermal gloves (1)*

Third Layer (Outer Shell)

- Waterproof and windproof jacket (1)*
- Waterproof and wind-resistant pants (1)*
- Waterproof and insulated high-altitude gloves (1)*

Additional Insulation Layer


- Down jacket or heavy fleece (1)*
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TECHNICAL EQUIPMENT

Technical equipment refers to the set of specialized tools and gear used to move and ensure safe progression in the mountains. It is designed to increase safety and control in demanding terrain.

- Mountaineering helmet (included in the fee) (1)*
- Harness (included in the fee) (1)*
- Mountaineering ice axe (included in the fee) (1)*
- Crampons (included in the fee) (1)*
- HMS carabiner (included in the fee) (1)*
- Comfortable and durable summit backpack (25 liters) (1)*
- UV-protection sunglasses (dark lenses) (1)*
- Headlamp with spare batteries (1)*
- Trekking poles (optional) (1)*

Footwear

- High-altitude mountaineering boots, waterproof and crampon-compatible (semi-rigid or rigid) (1)* 
- Snow gaiters (1)*

Personal Gear and Accessories

- Sunscreen (1)
- Lip balm (1)
- Water thermos with at least 1.5 liters capacity (no hydration bladder/Camelbak) (1)
- Snacks for the summit push (high-energy foods)

Clothing and Extras

- Complete change of clothes
- Comfortable clothing for resting at the refuge
- Sleeping bag (1)*
- Sleeping pad or insulating mat (if applicable) (1)*
- Basic personal hygiene items
- Identification documents

***RENTAL OPTION AVAILABLE**
