**Equipment checklist for Yuzhu Peak mountaineering trip**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Serial No.** | **Item** | **Quantity** | **Specification**  | **Remark** | **Yes/No** |
| **Clothing and Shoes** | 1 | Hiking boots | 1 pair |  | Waterproof |  |
| 2 | Charge pajamas | 1 suit |  | Waterproof and breathable |  |
| 3 | Fleece coat | 1 suit |  | Warm and breathable |  |
| 4 | Down jacket | 1 piece |  | with hat over 350g, available for rent |  |
| 5 | Down pants | 1 suit |  | over 80g, available for purchase |  |
| 6 | Waterproof gloves | 1 pair |  |  |  |
| 7 | Fleece gloves | 1 pair |  |  |  |
| 8 | Balaclava  | 1 piece |  | suitable for covering ears |  |
| 9 | Socks | 3 pairs |  | Breathable |  |
| **Other Equipment** | 10 | Down-filled sleeping bag | 1 piece | over 1000g | Suitable for -20℃ |  |
| 11 | Gaiters | 1 pair |  |  |  |
| 12 | Snow goggles | 1 pair |  | Professional and UV-proof |  |
| 13 | Alpenstock | 1 pair |  | Used during trekking |  |
| 14 | Headlights | 1 piece |  | Prolonged and high-qualified |  |
| 15 | Moisture-proof pad | 1 piece |  | Free provided |  |
| 16 | Backpack | 1 piece | 50-70L |  |  |
| **Personal Items** | 17 | Lipstick | 1 piece |  | UV suggested |  |
| 18 | Sunscreen | 1 piece |  | Multi-times per day |  |
| 19 | Thermo jug | 1 piece |  | 1L Suggested |  |
| 20 | Snack | 1 meal |  | high-calorie snack (not necessary) |  |
| **Technical Equipment** | 21 | Crampons | 1 pair |  | Available for rent |  |
| 22 | Ice axes | 1 piece |  |  |
| 23 | Protector | 1 piece |  |  |
| 24 | Safety belt | 1 piece |  |  |
| 25 | Carabiners | 5 pieces |  |  |
| 26 | Ascenders | 1 piece |  |  |
| 27 | Slings | 2 pieces | 120cm |  |
| 28 | Mountaineering boot | 1 pair |  |  |
| 29 | Helmet | 1 piece |  |  |