



## **SNOW LEOPARD QUEST**

### **EQUIPMENT:**

The following three specialist items are particularly noteworthy..

- i) Down sleeping bag – get the best 4-season one you can. Add a silk liner for extra warmth.
  - ii) Down jacket – should be roomy, comfortable, of high quality
  - iii) Walking boots – stout, winter-rated, walking boots, capable of taking two pairs of quality socks comfortably. Ensure you have walked a few miles in them (at least) before bringing them!
1. Plus..
    - a. Gloves, mittens, and hand warmers
    - b. Warm hat, plus a 'peaked hat'/'baseball cap'
    - c. 4+ pairs thin thermal socks
    - d. 4+ pairs thicker thermal socks
    - e. 2x thermal base layer (top and bottom)
    - f. 2x thermal mid layer (top)
    - g. 2 pairs Hiking trousers (usa = pants!)
    - h. Fleece jacket
    - i. Thin down jacket/vest (optional, in addition to the down jacket above)
    - j. Lightweight/micro weight 'windbreaker jacket' eg single skin Gore-tax
    - k. Lightweight/micro weight 'windbreaker over trousers' (usa= rain pants) eg single skin Gore-Tex
    - l. Small flashlight/torch, with hook/strap to hang from roof of tent
    - m. Spare batteries for anything electrical (Lithium are best in cold temps)
    - n. Binoculars (if possible SWAROVSKI)
    - o. Telescope & tripod (if possible SWAROVSKI)
    - p. Sunscreen
    - q. Essential medications for at least one week longer than the intended duration of the trip
    - r. Personal Toiletries -
    - s. Water bottle-
    - t. Good quality of sun glass-
    - u. High neck -
    - v. Crampon
    - w. Walking stick