



2020 Carstensz Pyramid Xpedition

This gear list is standard for a moderate-to-cold weather, multi-day climbs, with emphasis on waterproof and technical climbing gear. Because of the extreme weather changes, layering your clothes is important to be prepared for all potential conditions. And as always, avoid clothes made of cotton.

This list is intended to be a guide to help you plan for the climb. You will probably have some of your own preferences and additions to this list.

The climate around Carstensz Pyramid is very diverse. During the day the temperature rises from 12°C/55 F, up to 37°C/98 F. At night the temperature near the Base Camp decreases to -5°C/20°F. The temperature on the summit of the Carstensz Pyramid might decrease even to below -10°C/15°F. Usually it rains for several hours during the day.

We will be restricted to 15kg/33lbs on the helicopter ride to basecamp. If you have **any** questions about what gear to take, please contact Gavin: 720-651-3368 Gavin@SummitXperience.com. I would much rather hear from you than you buy something that is not right.

Feet and Legs:

- 1 Pair of climbing boots. For example: La Sportiva Trango TRK GTX, Salewa Mountain Trainer MID Gore-Tex.
- Trainers for hanging out at basecamp
- 2-3 pairs of medium-weight hiking socks
- 3-5 pairs of underwear
- 1 pair of light/medium long underwear
- 1 medium/heavy fleece pants
- 1 pair of heavyweight ski pants or down pants
- 1 pair of long hiking pants
- 1 windproof/waterproof rain pants, preferably Gore-Tex®
- Gaiters

Torso:

- 2 short-sleeve non-cotton t-shirts
- 2 long-sleeve non-cotton t-shirts
- 1 heavier weight non-cotton long sleeve t-shirt
- 1 medium/heavyweight long-sleeve fleece/jacket
- 1 windproof/waterproof rain jacket, preferably Gore-Tex
- 1 medium or heavyweight down jacket

Head and Hands:

- Fleece gloves
- Waterproof outer mittens
- Warm hat
- Buff
- Bandana
- Visor or baseball hat
- Headlamp & spare batteries
- Sunglasses

Bags:

- We will be restricted to 15kg/33lbs on the helicopter. Some items can be left at the hotel for our return
- 25-30L backpack for summit day

In Tent:

- Down sleeping bag (-15C)
- Therm-a-Rest and a Z-Rest type sleeping pads
- 1 Pee Bottle (optional)
- Quart Nalgene bottles x 2 (CamelBak is ok)

Food:

- Summit day snacks. A light breakfast will be provided on summit day morning. Once we leave camp you will want to have tasty treats to nibble on through the summit day until you arrive back at camp.

Medical/1st Aid:

- Pain meds such as Tylenol, Motrin. Something for diarrhea/bad stomach like Imodium, Tums or Pepto tablets. Allergy medication if you need it. It is your responsibility to bring any essential medications you may need. Consider a sleep aid.
- Band Aids and Moleskin.
- Insect repellent. [Repel Sportsmen Insect Repellent Wipes 30 Percent DEET](#) works well. Cutter also makes wipes. Take them on the flight so you can apply before arriving in Indonesia.
- Sunscreen 45 SPF. Lip balm with SPF.
- Visit your local travel clinic well in advance of your trip in order to get up to date information on which immunizations to get.

Hygiene/Toiletry kit.

- Baby Wipes, '[No Rinse Bathing Wipes](#)', and a small deodorant. You will be able to get hot water at camp and have a 'tent bath'.
- Toothbrush & small toothpaste.
- Small towel
- 1 or 2 pack of tissues
- All water is filtered. Additional sterilization like iodine tablets or steriPEN are optional.

Climbing Equipment

- 1 climbing harness
- 1 pair ascenders
- 1 descender (Figure of Eight)
- 4 carabiners screw gate
- Climbing helmet
- Two 1-meter x 7mm prusik loops