



Equipment List for Aspiring Discovery Trek - 3 days

Accommodation on this trip is at our fixed Aspiring Discovery camp. The camp is stocked with cooking equipment, food, tents, sleeping bags and sleeping mats, so you only need to carry your personal equipment including a sleeping bag liner. You therefore do not need a large pack - a light day pack will be sufficient. We have a good selection of equipment for hire if you do not have something, or do not want to bring your own. We supply all food and snack foods throughout each day.

Below is a list of required equipment. Further detail is available in the equipment detail information, accessed from the [Aspiring Discovery](#) Trek page on www.aspiringguides.com. If you have any questions about the equipment list, please be sure to contact us at climb@aspiringguides.com.

Personal Equipment Checklist

**Available for hire*

Please bring all your equipment to the scheduled pre-trip meeting.

Body

- Underwear
- Base layer (150-190g weight, merino or polypro, no cotton)
 - top
 - leggings
- Mid layer top (fleece or windproof)
- Insulating jacket (fleece or synthetic fill)
- Waterproof and breathable jacket and **overpants*** (eg Gore Tex® or similar)
- Lightweight, quick drying shorts or trousers
- Light collared shirt for sunny weather

Head/Face

- Sun hat & sunglasses
- Warm hat which covers ears

Feet

- Walking boots (eg La Sportiva® Trango Trek)
 - boots are likely to get wet from river crossings
- Calf or ankle gaiters (recommended)
- 2 pairs of trekking socks

Hands

- Warm windproof gloves or mittens

Accessories

- Backpack (25+ litres)***
- Sleeping bag liner***
- Small pack liner or plastic bag
- Personal toiletries and medication
- Insect repellent - for sand flies
- Sun cream and lip balm
- Water bottle (at least 1 litre)
- Camera
- Headtorch

Optional - personal preference

- Collapsible trekking poles (recommended)***
- Light book or magazine
- Earplugs (handy for huts)
- Plastic cup for drinking from streams
- Camp shoes (eg Crocs®)
- Insect repellent - for sandflies

I need to hire

If you need to hire or purchase any equipment, please complete the form and return it to us before the start of your trip. Alternatively phone or email us informing us of the items your require.

Item	Own	Hire	Daily Rate
Backpack	<input type="checkbox"/>	<input type="checkbox"/>	\$10
Sleeping bag liner	<input type="checkbox"/>	<input type="checkbox"/>	free
Overpants, specify size S M L	<input type="checkbox"/>	<input type="checkbox"/>	\$10
Collapsible trekking poles	<input type="checkbox"/>	<input type="checkbox"/>	\$15

I, (the hirer) accept all responsibility for any loss or damage to equipment that is in my care.

If damaged or lost I give permission for Aspiring Guides to charge replacement costs to my account.

I also acknowledge the hire fee is calculated from the start of the trip to when the equipment is returned to the Aspiring Guides office.

Hirer name:

Hirer's signature: