



Mount DAMAVAND Equipment List

Climbing Gear:

Rucksack

Duffel bag that will be carried by horses with size 80-100 liters.
Small backpack for hikes and summit climb with size 35-45 litres.

Sleeping bag

Sleeping bag for -10 / -15 centigrade in summer and -15 / -25 for winter minimum.

Crampons: Automatic or regular

Snow gaiters

Ice axe: General Mountaineering or Alpine Pick An ice axe.

Protectors for ice axe and crampons, **optional**

Headlamp\torch

Treking poles: **optional, highly recommended**

Harness: with a short piece of rope for selfbelay, 2 carabiners.

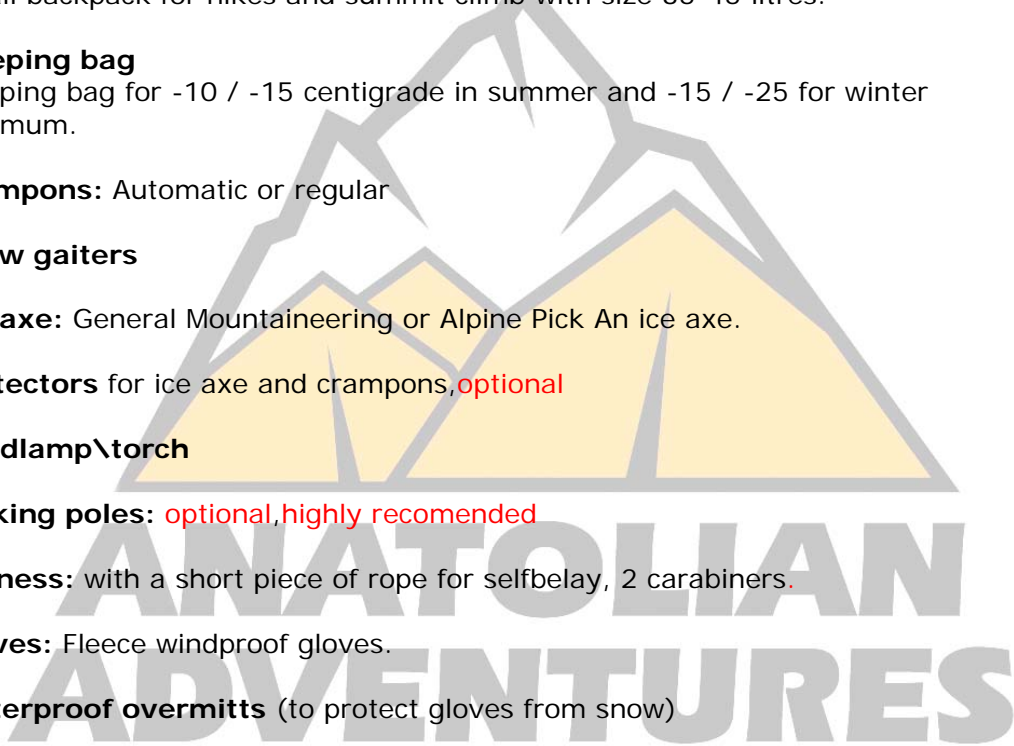
Gloves: Fleece windproof gloves.

Waterproof overmitts (to protect gloves from snow)

Footwear:

- Crampon-compatible heavy leather mountaineering boots in summer.
- In winter plastic boots are necessary
- Camp shoes: running shoes or trail shoes, sneakers or sandalets

Sunglasses: with side-shields / glacier glasses / goggles



Clothing

Waterproof Jacket/Shell

A robust waterproof and windproof outer shell. Must have breathable membrane like Gore-Tex or equivalent.

Waterproof trousers

Waterproof, windproof trousers preferably with braces and long leg zips for ease of fitting over boots (and crampons). Must have breathable membrane like Gore-Tex or equivalent.

Fleece jacket

Fleece jacket as the main warm layer.

Fleece tops

A combination of 2 to 3 mid-weight fleece tops. Fleece layers are more versatile than one heavy layer when combined with a good thermal base layer. One of the fleece layers can be carried as a spare layer. If you feel the cold then add or carry an extra layer.

Hiking pants

Hiking socks (minimum 3 pairs)

T-shirts

Thermal Liner

Long sleeves and zip polo necks recommended.

Warm hat: Fleece hat with a windproof membrane. Make sure that any hat can cover the ears and the back of the head and neck.

Sun hat

Bandana: It is **optional** but something that will protect your neck from direct sun light is highly recommended

Balaclava

Trekking / Travel accessories:

- Sun protection material
- Sun and Lip block: necessary and very important.
- Water bottles / Thermos (minimum 2 litres)
- Pocket knife or multi-tool
- Toiletry kit
- Small, quick-dry towel
- Personal first-aid kit.
- Adapter for any electrical appliances. The 220V current in Turkey.
- Camera, film and spare batteries