

8000m Peak Gear Checklist

Travel Items:

- ☐ Travel wallet/crossbody bag
- ☐ Cash
- ☐ Passport, passport photos, and travel documents
- ☐ Casual travel/in-town clothes
- ☐ In-town toiletries
- ☐ Travel adapters, charging cables, battery packs, etc.
- ☐ 3 x XXL duffel bags with locks

Lower Body:

- ☐ Lightweight sneakers
- ☐ Shower sandals
- ☐ Trekking boots
- ☐ 2 - 5 x pairs of hiking socks
- ☐ Gaiters (optional)
- ☐ Insulated rubber boots
- ☐ Triple-insulated climbing boots
- ☐ 4 - 5 x pairs of climbing socks
- ☐ Electric foot warmers (optional)
- ☐ Foot powder
- ☐ Down booties
- ☐ 5 - 10 x pairs of synthetic underwear
- ☐ 2 x pairs of base layer thermal bottoms
- ☐ 2 x pairs of soft shell climbing pants
- ☐ Belt (optional)
- ☐ Shell pants
- ☐ Insulated pants

Upper Body:

- ☐ 2 x lightweight sun hoody
- ☐ 2 x base layer thermal top
- ☐ 2 x midweight layers
- ☐ Shell jacket
- ☐ Down parka
- ☐ 8000m expedition down suit
- ☐ 4 - 5 x neck gaiters
- ☐ Balaclava or face mask
- ☐ 2 x winter hat
- ☐ Baseball or sun hat
- ☐ Lightweight gloves
- ☐ Midweight gloves
- ☐ Climbing gloves
- ☐ 8000m mitts
- ☐ Chemical hand & foot warmers (optional)
- ☐ 2 x glacier glasses
- ☐ 2 x goggles
- ☐ Prescription eyewear

Climbing Gear:

- ☐ 50 - 65L climbing pack
- ☐ 30 - 40L day pack
- ☐ Pack cover
- ☐ Trekking poles with snow baskets
- ☐ Lightweight climbing harness
- ☐ Climbing ascender
- ☐ ATC & Figure 8 rappel device
- ☐ 2 x double-length slings (120 cm)
- ☐ Single-length sling (60 cm)
- ☐ 3 x locking carabiners
- ☐ 4. x non-locking carabiners
- ☐ 20 feet of 8mm prusik cord
- ☐ Climbing helmet
- ☐ Alpine ice axe
- ☐ 12-point crampons
- ☐ Avalanche transceiver with extra batteries
- ☐ -20°F/ -28°C down sleeping bag
- ☐ -40° down sleeping
- ☐ Closed-cell foam sleeping pad
- ☐ Inflatable sleeping pad
- ☐ 2 x headlamps with extra batteries

Personal Items:

- ☐ Water bottles
- ☐ Insulating bottle covers
- ☐ 0.5 - 1L thermos
- ☐ Water purification system
- ☐ Book, Kindle, or tablet
- ☐ Headphones (optional)
- ☐ Earplugs (optional)
- ☐ Multitool (optional)
- ☐ Rain poncho or umbrella (optional)
- ☐ Camera (optional)
- ☐ Pillow case (optional)
- ☐ Altitude watch
- ☐ Cup, bowl, and spork
- ☐ Sunscreen with zinc
- ☐ Portable humidifier (optional)
- ☐ 2 x lip balm with SPF
- ☐ Hand sanitizer (several small bottles)
- ☐ Toothbrush and toothpaste
- ☐ Trek towel (optional)
- ☐ Baby wipes (optional)
- ☐ Personal toiletries
- ☐ Nail trimmers
- ☐ Small personal medical kit
- ☐ 2 - 3 x rolls of toilet paper + bag
- ☐ Pee funnel (women-only)
- ☐ Pee bottle
- ☐ 3 x heavy duty trash bags
- ☐ 10lbs/4kg snack foods

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.