

8000m PEAK GEAR LIST

**EVEREST - LHOTSE - MANASLU - CHO OYU
EVEREST CAMP 2 & CAMP 3 PARTIAL CLIMBS**

www.climbingthesevensummits.com

8000m Peak Gear List

Everest, Lhotse, Manaslu, Cho Oyu

Everest Camp 2 & Camp 3 Partial Climbs

This detailed gear list is provided for your reference.

Each item has been selected by our owners and trusted guide staff over the course of many expeditions to the peak and experience from hundreds of expeditions to other peaks. Please follow these guidelines carefully. Every item on the list is mandatory (except where noted as optional), and if you arrive missing some of them, you will be required to track them down prior to the climb at your own expense, which can be difficult and costly.

We have identified our favorites as examples of each item, which we highly recommend, but you don't need these specific brands/examples, just items that are similar and fit for the same purpose.

Being fully prepared will ensure that your trip and that of your teammates go smoothly and will contribute to your success in the mountains.

If you have any gear questions, please email or give us a call, and we can discuss them: we're here to help!

Travel Wallet/Crossbody Bag (optional)

- With your passport, cash, travel documents, and pen

Casual Travel / In-Town Clothes

- These should be comfortable and suitable for wearing to restaurants in town and exploring.
- It can be hot, bring appropriate clothes.
- These clothes can be left at the hotel in a bag and do not need to go on the expedition.
- It can be nice to bring a pair of casual clothes to wear at Base Camp during down time, i.e., jeans, a cotton t-shirt and a hoody.



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

In-Town Toiletries

Travel Adapters, Charging Cables, Battery Packs, etc.

3 X Duffel Bags (with locks)

Duffel 1

- This can be any bag, wheeled, backpack, stuff sack, it doesn't matter.
- This will be left at your hotel with any travel items not going on the trek.

Duffels 2 & 3

- Waterproof PVC rugged construction with shoulder straps (like North Face XXL).
- Please do not use duffels with a roller frame. They are much heavier and very difficult for the porters and yaks to carry.
- One duffel will travel with you during your expedition while the second, depending on your expedition, may be sent ahead to a higher camp. Your guide will review the logistics of where your bags will be going during your briefing before you depart.



The North Face XXL Base Camp Duffel (150L)

Lightweight Sneakers

- For in-town travel and during the climb.
- These must be suitable for travel and to wear around teahouses while on the trek and at Base Camp.
- An aggressive tread for traction and some water resistances is important.

Shower Sandals

- Lightweight and packable pair of sandals for use in the shower.



Hoka Speedgoat 6



Shower Sandals

Trekking Boots

- Medium warmth.
- These need to have ankle support and be waterproof with a good tread.
- Standard hiking/backpacking boots are a great option.
- Foot comfort is the most important; there are many hiking boots out there that work well.



La Sportiva TX Hike Mid GTX



Salomon Women's Quest 4D 3 Gore-Tex® Boots

2 - 5 x Pairs of Trekking Socks

- These should be midweight and need to extend above the boot top.
- These should be merino wool, not cotton.



Darn Tough Men's Hiker Micro Crew
Midweight Hiking Sock



Darn Tough Women's Hiker Micro Crew
Midweight Hiking Sock

Gaiters (Optional)

- These must be waterproof or resistant and fit your trekking boots well.



Sea To Summit Tumbleweed Ankle Gaiters

Insulated Rubber Boots

- For relaxing in cold weather at Base Camp
- They must be fleece lined for warmth and
- be suitable for use in the snow.



Sorel Caribou Boot

Triple-Insulated Climbing Boots

- These are ideally suited for Everest-style trip boots, featuring a built-in gaiter and exposed tread.
- We don't recommend double boots with a neoprene over boot because the fit isn't as snug or secure as the tread isn't exposed making them dangerous walking on snow, ice and steep terrain.
- Double boots alone are not warm enough.



Scarpa Phantom 8,000 Thermic HD



La Sportiva Olympus Mons Cube S

4 - 5 x Pairs of Climbing Socks

- To be worn with your triple boots.
- These need to be heavyweight and extend above the top of your boots.
- They need to fit well so they don't bunch up while climbing.



Darn Tough Mountaineering Over-the-Calf Extra Cushion

Electric Foot Warmers (optional)

- If you have cold feet, these can be a nice addition to your boots.
- You will want to fit and use these in your boots before the climb, so you are familiar with how they work.

Note: these are built into the Scarpa Phantom 8,000 Thermic HD boots.



Hotronics Foot Warmer Power Plus Universal

Foot Powder

- Helps to keep feet warm and dry

Down Booties

- These will be worn at Base Camp and at upper camps.
- They need to have grip on the sole to walk around on snow.



Feathered Friends Down Booties

5 - 10 x Pairs of Synthetic Underwear & Bras

2 x Pairs of Base Layer Thermal Bottoms

- 1 x lightweight pair.
- 1 x midweight pair.



Icebreaker Men's Merino 260 Tech
Thermal Base Layer Leggings



Women's 250 Vertex Leggings
Snow Storm

2 x Pairs of Soft Shell Climbing Pants

- 1 x lightweight pair for the trek to Base Camp.
- 1 x midweight pair for climbing above Base Camp.
- These need to fit over your thermal underlayer and under your full-zip shell pants.
- Zippered pockets are good, and thigh vents can be useful during periods of high exertion.

Belt (optional)

- For climbing pants if needed.
- It should be low profile to fit underneath a harness.



Outdoor Research Men's
Research Cirque II Pants



Outdoor Research
Women's Cirque II Pants



Outdoor Research
Men's Ferrosi Pants



Outdoor Research
Women's Ferrosi Pants

Shell Pants

- These must fit over your thermal under layers AND climbing pants.
- These must be waterproof, and it is recommended that they have full zips on the side so you can easily put them on and off over your hiking boots.
- Lightweight and breathable are ideal.



Outdoor Research Men's
Stratoburst Stretch Rain Pants



Outdoor Research Women's
Stratoburst Stretch Rain Pants

Insulated Pants

- Synthetic or down is good.
- These should fit over BOTH your thermal base layers and your climbing pants.
- These must have full zips on the sides to get them on and off over your climbing boots and crampons without taking your boots off.



Mountain Hardwear Men's
Compressor Alpine Pant



Mountain Hardwear Women's
Compressor Alpine Pant

2 x Lightweight Sun Hoody

- Non-cotton, long-sleeved sun shirt with a hood.
- The trek can be hot and dusty. Having a good lightweight sun hoody can make those days much more pleasant, as well as keep the sun off your shoulders and head.
- This can also function as one of your base layer tops.



Black Diamond Men's
Alpenglow Hoody



Black Diamond Women's
Alpenglow Hoody

2 x Base Layer Thermal Tops

- 1 x lightweight.
- 1 x midweight.



Icebreaker Men's Merino 260 Tech
Long Sleeve Half Zip Thermal Top



Icebreaker Women's Merino 260 Tech
Long Sleeve Half Zip Thermal Top

2 x Midweight Layers

- 1 x fleece or sweater.
- 1 x down or synthetic jacket.
- You will want a combination of options, including both a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.



RAB Microlight Alpine
Down Jacket - Men's or
Women's



Patagonia Nano-Air
Hoody Men's or
Women's



Patagonia R1 Air Full-Zip
Hoody Men's or Women's



Patagonia Nano-Air
Light Vest Men's or
Women's

Shell Jacket

- This should be lightweight, waterproof, and packable with a hood.
- It must fit over all your upper body layers except your largest down parka.
- Any waterproof/breathable jacket with a hood can work. It shouldn't have any additional insulation, only a waterproof shell.



Arc'teryx Alpha Jacket Men's and Women's

Down Parka

- This needs to be heavyweight, very warm yet packable with a hood.
- This will be worn at various camps on the mountain and during summit day.
- Don't underestimate the cold.

Specs to look for in a jacket:

- A fill weight ~ 350 - 500 grams.
- An overall weight ~ 900 - 1,000 grams.
- A water resistant shell.



Feathered Friends Khumbu
Parka



Mountain Hardware
Absolute Zero Parka

8000m Expedition Down Suit

- This should be the warmest suit you can find with a hood
- Ideally you want your suit to have leg and arm pit zippers and a rainbow zip butt.
- This is OPTIONAL for all Everest Camp 2 and Camp 3 climbers.

Specs to look for in a down suit:

- A fill weight of ~ 700 - 900 grams.
- A down fill power ~ 800 -1,000+.
- An overall weight ~ 1,800 - 2,000 grams.
- A water proof/resistant shell.



Feathered Friends Expedition
Down Suit



Mountain Hardware Absolute
Zero Suit

4 - 5 x Neck Gaiters

- Daily use of a buff over your face is key for respiratory health.

Balaclava or Face Mask

- This is in addition to the neck gaiters.
- This needs to cover your entire face in conjunction with your glacier glasses or goggles to prevent frostbite.



Buff Lightweight Merino
Neck Gaiter



Outdoor Research Gorilla
Gore-Tex® Infinium™ Balaclava

2 x Winter Hats

- It must be very warm and cover your ears.
- Needs to fit under your climbing helmet.

Baseball Hat or Sun Hat

- This should be lightweight and breathable for warm sunny days yet cover as much exposed skin as possible.



Outdoor Research Vigor
Grid Fleece Beanie



Outdoor Research
Sun Runner Cap

Lightweight Gloves

- These should be light enough to trek in but still keep your hands warm.
- These need to be slim enough to fit under your heavyweight gloves.



Outdoor Research Men's Vigor
Midweight Sensor Gloves



Outdoor Research Women's Vigor
Midweight Sensor Gloves

Midweight Gloves

- Midweight.
- These will be worn on the trek and at lower camps when it is warm.
- These need to be slim enough to fit under your climbing gloves. Use the lightweight version if needed to ensure you have room to move your fingers.



Outdoor Research Stormtracker Sensor Windbloc® Gloves

Climbing Gloves

- These need to be the warmest climbing gloves you can find. Do not skimp on this item, as it is one of the most important items of gear you will have.
- These need to have room in the fingers so as not to be constricting and cut off warmth and circulation to your fingers. More room in the gloves is better than less.
- You must have enough dexterity to use technical gear (e.g., ascender, carabiners, etc.) while wearing these gloves. Please practice with them before the climb.



Black Diamond
Guide Gloves



Black Diamond Women's
Guide Gloves

8000m Mittens

- These must fit over your midweight liner gloves and possibly your heavyweight climbing gloves without constriction. Larger is always better than smaller.
- Hopefully, you will be able to climb in your heavyweight climbing gloves all the way to the summit and back because gloves offer you a lot more dexterity than mitts. These down mitts serve as a backup in case you drop a glove, or your hands are simply too cold in the heavyweight gloves and need a warmer option (i.e., gloves plus mitts).



Outdoor Research Men's
Alti II GORE-TEX Mitts



Outdoor Research Women's
Alti II GORE-TEX Mitts

Chemical Hand and Foot Warmers (optional)

- Bring enough pairs to get you through the expedition, but not more, as they are heavy to carry.
- If you are bringing the Hotronics electric foot warmers or have the Scarpa Phantom 8000 Thermic HD boots you will likely not need the chemical warmers.
- Note: chemical hand warmers use oxygen to burn, so they do not work well at high altitudes, and the foot warmers in the boots do not really work at all on summit day.



Hand warmers

2 x Glacier Glasses

- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light.
- Bring a second pair as a spare.

2 x Goggles

- These should be the darkest lenses you can buy (Cat 4).
- Bring a second pair as a spare.

Prescription Eyewear

- If you need prescription glacier glasses, contact the manufacturer for options well in advance of your trip.



Julbo Camino with
Spectron 4 Lens



Julbo Monterosa 2



Julbo Launcher

50 - 65L Climbing Pack

- Your pack should fit you comfortably above all else.
- This pack should be lightweight with as few “bells and whistles” as possible. We find that a simple tube design with no outside pockets (other than a crampon pouch) works the best.
- There needs to be a place to store your cr and a way to fasten an ice axe.
- Side compression straps are critical to be cinch the pack down around the oxygen on the summit bid to keep it upright and



Hyperlite Mountain Gear
Halka 55



Mountain Hardwear
Direttissima 50L

30 - 40L Day Pack

- Your pack should fit you comfortably above all else.
- You can use your climbing pack as your trekking pack.
- This pack can be used as a carryon bag for your flight and then for the trek into base camp.
- It should be light weight and have both a waist belt and chest strap.
- There are many trekking packs out there, the following are examples.



Hyperlite Prism Pack (40L)



Black Diamond Speed Goat 40

Pack Cover

Trekking Poles with Snow Basket

- These must be lightweight and collapsible to fit in your duffel bag.
- The “flick lock” style is the most reliable.
- Larger powder snow baskets are the best option.



Black Diamond Powder Baskets



Osprey Ultralight Rain Cover



Black Diamond Trail Pro

Lightweight Climbing Harness

- This must have detachable leg loops and be big enough to fit over your puffy pants but also fit snugly over just a base layer if it is hot at lower altitudes.

Climbing Ascender

- Buy the ascender for your strong/dominant hand. (If you are right handed, buy it for your right hand.)



Black Diamond Couloir Harness



Black Diamond Index Ascender

ATC & Figure 8 Rappel Device

- Some guides prefer you to use a Figure 8 on tight fixed lines because it is easier to get on the rope and smoother to rappel with but twists the ropes.
- Other guides prefer an ATC-style rappel device because it doesn't twist the rope.
- Please bring both to be able to deal with any scenario.



Black Diamond Super 8



Black Diamond ATC

2 x Double-Length Slings (120cm)

- This will be used for rigging and safety while climbing.

1 x Single-Length Sling (60cm)

- This will be used for rigging and safety while climbing.



Black Diamond Nylon Slings

3 x Locking Carabiners

4 x Non-Locking Carabiners

20 feet of 8mm Prusik Cord

- This will be used to rig your ascender, safety and ditch loop.



Black Diamond Oval
Wire Carabiner



Black Diamond VaporLock
Screwgate Carabiner

Climbing Helmet

- Must fit well and be lightweight.
- Must accept a headlamp securely.
- Must be made for climbing (not skiing, biking, etc.)

Alpine Ice Axe

- This must have a leash to clip to your harness.
- You will not be using your ice axe while climbing very often. You will mostly be focused on using your ascender and safety while climbing the fixed line with your ice axe strapped to your pack in case you need it to climb.



Black Diamond Vapor Helmet



Black Diamond Raven Ice Axe

12-Point Crampons

- These MUST fit your boots perfectly.
- These must be steel (NOT aluminum) and be 12-point. Please, no vertical-style front points. These are more aggressive than you need and are dangerous for less technical sections. We have found that to get the best fit, you want a clip-on heel bail and rounded plastic toe bail (as pictured on the Petzl Vasak). The wire toe bails can break and often do not fit properly.

Avalanche Transceiver

- Must be a multi-antenna avalanche transceiver.
- Please bring extra batteries.



Petzl Vasak



Black Diamond Sabretooth
Crampons



Mammut Barryvox

2 x Down Sleeping Bags

- 1x Rated to -20°F/ -28°C.
- 1x Rated to -40°.
- You will keep one of these bags at Base Camp and send the other one to the higher camps.
- These must be roomy enough to fit your water bottles inside so they don't freeze.
- You will use your lighter (-20°F) bag for the trek.



Mountain Hardwear
Lamina -20°F/-29°C



Feathered Friends
Plover ES -25°F
Women's Sleeping Bag



Feathered Friends
Snow Goose ES -40°F



RAB Expedition 1400
Sleeping Bag -40°F

2 x Sleeping Pads

- 1 x closed-cell foam.
- 1 x inflatable.
- You will use these together for more comfort and warmth.
- The closed-cell foam (RidgeRest- type) protects your inflatable (NeoAir- type) pad from the rock and gravel underneath your tent.



Therm-a-Rest RidgeRest



Therm-a-Rest NeoAir®
XTherm™ NXT Sleeping Pad

2 x Headlamps

- Your main headlamp needs to be powerful enough to hike during bad weather.
- Your secondary headlamp should be small and lightweight yet strong enough to climb with during an emergency should your main headlamp fail.
- Please select battery-powered headlamps over rechargeable headlamps because recharging can be difficult on the mountain.
- Please bring extra batteries.



Black Diamond Storm 450 Headlamp



Black Diamond Spot 400 Headlamp

Water Bottles

- Must be wide-mouth bottles for easy filling.
- You will need a water-carrying capacity of at least 2 liters.
- Either 2 x 1 L water bottles or 1 x 1.5 L and 1 x .5 L water bottles.
- CamelBak-type hydration systems are okay for the trek. A cover to keep the mouthpiece clean and dust/dirt free is key. Above base camp they are unacceptable. They freeze, pop, and break, and can be unreliable.
- We have found that having one large 1.5L water bottle in an insulator in the pack works better because it doesn't freeze as quickly as a 1L. You can combine this with a .5L water bottle small enough to fit in your front down suit pocket to be able to access without taking your pack off and another .5L thermos that will keep liquid unfrozen for a longer time. Drink the .5L accessible water bottle first, then the thermos, and when both of these are empty then you can refill from the larger 1.5L in the pack or simply use that to drink from.



Nalgene 48oz Wide Mouth Silo



Nalgene 32oz Wide Mouth



Nalgene 16oz wide mouth

Insulating Bottle Covers

- One for each water bottle.

0.5 - 1L Thermos

- For hot water and rinks to help with hydration on cold mountain days.
- Avoid narrow mouthed thermoses which are challenging to fill.



Forty Below Bottle Boot



20 oz Coffee with Flex Sip™ Lid

Water Purification: Iodine Tablets, Filter, or UV Treatment

- Water on the mountain is usually just melted, not boiled, to save time and fuel. It is important to have a way to purify your drinking water.
- If using a UV water purifier please bring extra batteries.



Aqua Mira



Katadyn Steripen Adventurer Opti
UV Water Purifier

Book, Kindle, or Tablet

- Download movies or TV series for entertainment on rest days or during weather delays.

Headphones (optional)

Earplugs (optional)

- For sleeping if it is windy or if a teammate snores.

Multitool (optional)

Rain Poncho and Umbrella (optional)

- An umbrella is nice to have if it rains to help keep dry. Buy one with a long handle. A rain poncho helps to keep you dry while staying cooler, as wearing your shell layers can be very warm on the first few days of the climb.

Camera (optional)

Pillow Case (optional)



Six Moon Designs Silver Shadow
Ultralight Umbrella



Outdoor Products
Backpacker Poncho

Altitude Watch

- This should have a long-lasting battery and an alarm.

Cup, Bowl, and Spork

- Make sure they are strong and lightweight.



Suunto Traverse



Coros Verti GPS Watch



Sea to Summit Passage Dinnerware Set

Sunscreen and Zinc

- Buy a sunscreen with high zinc content and sweat resistance.
- This must be 30 SPF or higher.
- **Balm:** Non-toxic, pocket size for high rotations/lightweight at 25g. We like the balm because you can use for sun and wind protection AND recovery for sunburn, windburn and cuts/abrasions as deeply hydrating, and fits in a pocket for quick, easy access on the go.
- **Stick:** Non-toxic, doesn't have a white cast, the metal tube, means it doesn't get contaminated over a long expedition with microbes. It is a non plastic solution (recyclable) and most importantly it is rugged, durable, and can be applied without taking your gloves off. Product doesn't freeze as contains no water and is sweat resistant for 80mins+

As a CTSS climber, you can enjoy 20% off **Utu Outdoor Skincare** with code **CTSS20%**.

Note: CTSS does not receive any commission or affiliate benefit from this offer.



Utu Hydrating Sun Balm
Face & Lip Protector
SPF50 Mineral Sunscreen



Utu SPF50 Mineral
Sunscreen Stick

Portable Humidifier (optional)

- Consider bringing a small portable humidifier that runs off a USB power stick for use in your tent at night.
- This can be an invaluable tool for good respiratory health and to prevent the Khumbu cough.



Hey Dewy Wireless, Rechargeable Humidifier.

2 x Lip Balm with SPF

Hand Sanitizer

- Bring several small bottles.

Tooth Brush and Toothpaste

Trek Towel (optional)

- Showers are available at base camp and teahouses.
- Bring small soap if you plan to shower.

Baby Wipes (optional)

Personal Toiletries

Nail Trimmers



Sea to Summit Tek Towel

Small Personal Medical Kit

- **First Aid items:**

- Blister kit
- Band-Aids
- Wound closure strips
- Triple antibiotic ointment
- Basic repair kit
- Scissors
- Duct tape

- **High altitude medicationss:**

- Diamox (acetazolamide, 125mg) for AMS
- Nifedepine (time release) or pulmonary edema
- Dexamethazone (4mg) for cerebral edema

- **Other medications:**

- Antacids
- NSAIDs such as aspirin or ibuprofen
- Anti-diarrheal
- Antibiotics
 - An upper respiratory one, such as Azithromycin
 - A gastrointestinal one, such as Ciprofloxacin
- Melatonin
- Asthma medication if you use it (Advair)
- Cold and flu medication.
- Low-dose aspirin

*** *All prescription medications should be selected in consultation with your doctor.* ***

2 - 3 x Roll of Toilet Paper + Ziploc Bag For Storage

Pee Funnel (women only)

Pee Bottle

- 1L bottle with a wide mouth.

3 x Heavy-Duty Trash Bags

- For waterproofing your backpack.



Metolius Climbing, G-Whiz

Snack Food

- We recommend 10lbs / 4kg.
- You need to have an assortment of food you know will be palatable to you at high altitudes when you don't want to eat.
- We will provide you with dinners, lunches and breakfasts on the trek, but you will need to bring additional snacks to supplement while trekking.
- It is invaluable to have an assortment of food that you know works for you.
- Be sure to include an electrolyte powder or tab, these can help keep you hydrated and make your water taste better.
- We recommend a wide variety of cheeses, meats, nuts, dried fruits, hard candies, chocolates, and specialty athletic foods such as Gu, RX Bars, Pro Bar, Nuun, Clif Bloks, and the like. All calories are good calories on the mountain.
- We recommend bringing probiotics and a multivitamin along as well.



Snickers



Pro Bar Meal Bars



RXBARS
Protein Bars



Gnarly Hydrate
Electrolyte Drink Mix

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

[illegible]



CLIMBING
THE SEVEN SUMMITS

www.climbingthesevensummits.com