

Lobuche East & 3 Peaks Gear Checklist:

Travel Items:

- Travel wallet/crossbody bag
- Cash
- Passport 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)
- Double-insulated climbing boots
- 3 - 4 x pairs of climbing socks
- Electric foot warmers (optional)
- Down booties (optional)
- 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:

- Lightweight sun hoody
- 2 x base layer thermal top
- 2 x midweight layers
- Shell jacket
- Down parka
- 4 - 5 x neck gaiters
- Balaclava or face mask
- 2 x winter hats
- 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 - 60L 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
- 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
- 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
- 4lbs/2kg snack foods

Gear Notes:



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