

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

[illegible]



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