



LOBUCHE EAST & 3 PEAKS GEAR LIST

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Lobuche East & 3 Peaks Gear List

This detailed gear list is provided for your reference.

Each item has been selected by our owners and trusted guide staff over many expeditions to the peak, drawing on 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). If you arrive missing any, you will be required to locate them before 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 to have these specific brands or examples; just items that are similar and fit for the same purpose.

Making sure you are fully prepared will ensure your trip, and that of your teammates, goes smoothly and will contribute to your success in the mountains.

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

Travel Wallet/Crossbody Bag

- With your passport, cash, travel documents, and pen.
- This must be discreet and able to be hidden underneath clothing layers with either a neck lanyard or a waist belt .

Cash

Passport and Travel Documents

- Print out team emails to bring with you or download them on your phone for quick reference.

Casual Travel / In-Town Clothes

- These should be comfortable and suitable for wearing to nicer restaurants and exploring town.
- It can be hot in Kathmandu., plan accordingly.
- These clothes can be left at the hotel in your duffel and do not need to go on the trek.



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

Swimsuit (optional)

- For the hotel pool.

In-Town Toiletries

Travel Adapters, Charging Cables, Battery Packs, etc.

3 x Large 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.



The North Face XXL Base Camp Duffel (150L)

Lightweight Sneakers

- For travel around Kathmandu and during the trek.
- 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

5 x 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

Double-Insulated Climbing Boots

- Don't underestimate the cold on summit days.
- Leather boots are NOT acceptable.
- Your crampons must fit your boots perfectly before the trip.
- Make sure your boots fit well and leave a bit of room with the socks you are going to use so they are not cold and cramped.



La Sportiva G2 EVO



Scarpa Phantom 6000 HD

3 - 4 x Pairs of Climbing Socks

- To be worn with your double 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.

Down Booties (optional)

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



Hotronics Foot Warmer
Power Plus Universal



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 base layers AND trekking pants.
- These MUST be waterproof, yet lightweight
- These should have full zips on the side to get on and off over your climbing boots and crampons.



Outdoor Research Men's
Stratoburst Stretch Rain Pants



Outdoor Research Women's
Stratoburst Stretch Rain Pants

Insulated pants

- These will be worn during cold nights at tea houses, Lobuche Base Camp, and Everest Base Camp.
- Synthetic or down is good.
- Midweight is ideal.
- These should fit over BOTH your base layer and trekking pants.
- These must have full zips on the sides to get them on and off over your trekking boots.



Mountain Hardware Compressor Pants

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

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 - 60L 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 55L

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

- Although it is unlikely that you will ever need an avalanche transceiver, we highly recommend that you use it while climbing. Although the risk is small, there is potential for avalanches, ice falls, and serac falls. Transceivers would be an important tool for finding you if buried.
- Must be a multi-antenna avalanche transceiver.
- Please bring extra batteries.



Petzl Vasak



Black Diamond Sabretooth
Crampons



Mammut Barryvox

Down Sleeping Bag

- 1x Rated to -20°F/ -28°C.
- These must be roomy enough to fit your water bottles inside so they don't freeze.
- Don't underestimate the cold at Base Camp



Mountain Hardwear
Lamina -20°F/-29°C



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

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

Headlamp

- Your headlamp needs to be powerful enough to see clearly at night.
- Please select battery-powered headlamps over rechargeable headlamps because recharging can be difficult on the mountain.
- Make sure to have enough batteries for the expedition, including spares.



Black Diamond Storm 450
Headlamp



Black Diamond Deploy 325
Headlamp

Water Bottles

- Must be wide-mouth bottles for easy filling.
- Either 2 x 1L water bottles or 1 x 1.5L and 1 x .5L water bottles.
- CamelBak-type hydration systems are okay for the trek.
 - A cover to keep the mouthpiece clean and dust/dirt free is key.
 - Do note in cold weather, they can freeze, pop, break, and be unreliable.



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 Verticó 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

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

- **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

- **High altitude medications:**

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



*** 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



Colorful pStyle, pStyle

Snack Food

- We recommend 4lbs / 2kg.
- 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

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

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.



CLIMBING
THE SEVEN SUMMITS

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