

# Quick Reference: Gear Priorities for 6000m

## 1. Travel Documents

Item	Quantity	Purpose	Pro Tip
Valid Passport	1	International travel & permit processing	Ensure 6+ months validity beyond trip end
Credit/Debit Card	1-2	Emergency funds, Kathmandu expenses	Notify bank of travel to Nepal
Passport Size Photos	5 pieces	Permits, TIMS card	White background, recent (within 6 months)
Insurance Paper	1 copy	Proof of rescue/medical coverage	Keep digital copy on phone + physical copy in duffel
Emergency Contacts	1 copy	Family & company contacts	Laminate or seal in waterproof bag

## 2. Headwear

Item	Quantity	Purpose	Pro Tip
Sun Cap	1	Daytime sun protection at Base Camp	Light color with neck flap
Desert Cap	1	High-altitude sun protection	Baseball-style with breathable fabric
Balaclava	1	Full face protection in wind and cold	Choose fleece or merino wool
Fleece/Warm Hat	1-2	Insulation for head at night and high camps	Should cover ears completely
Neck Gaiter/Buff Mask	2-3	Face protection from sun, wind, and dust	Versatile – can be worn multiple ways

## 3. Handwear

Item	Quantity	Purpose	Pro Tip
Thin Fleece Gloves	1 pair	Dexterity tasks (cooking, adjusting gear)	Can be liner inside heavier gloves
Windstopper Gloves	1 pair	Trekking and lower camp use	Good dexterity with moderate warmth
Heavy Gloves (Guide Gloves)	1 pair	High camp and summit use	Leather palms for grip on fixed ropes
Summit Gloves (Mittens)	1 pair	Summit day – extreme cold protection	Mittens are warmer than fingered gloves

## 4. Upper Body Layering System

Layer	Item	Quantity	Purpose
Base Layer	Thermal Top	2	Moisture wicking, next-to-skin warmth
Mid Layer	Fleece Jacket	2	Insulation, breathability during activity
Softshell	Windproof Jacket	1	Blocks wind, light precipitation
Hardshell	Gore-Tex Jacket	1	Waterproof, breathable protection
Insulation	Down Jacket	1 (optional)	Maximum warmth at rest – recommended for colder months
Casual	Quick Dry T-Shirt	2-4	Base Camp comfort (full-sleeve recommended for sun protection)

## 5. Lower Body

Item	Quantity	Purpose	Pro Tip
Thermal Bottom Base Layer	2	Moisture-wicking insulation	Merino wool or synthetic (no cotton)
Fleece Trouser	1	Mid-layer insulation	Worn over base layer, under shell
Gore-Tex Pant	1	Waterproof/windproof outer layer	Full side zips for easy on/off over boots
Mid-Weight Pants	1-2	Trekking and Base Camp	Softshell fabric preferred
Lightweight Trekking Pants	2-3	Lower elevations, Base Camp	Quick-dry, UPF protection
Gaiters	1 pair	Prevents snow entry into boots	High-cut for deep snow
Down Pants	1	Extreme cold at high camps	Essential for colder months or if you get cold easily
Underwear	3-5	Basic hygiene	Merino wool or synthetic (no cotton)

## 6. Climbing Equipment

Item	Quantity	Specification	Pro Tip
Climbing Helmet	1	UIAA/CE certified	Try on with hat/balaclava
Crampons	1 pair	Must fit boots – bring packing cover	Practice putting on with gloves
Ice Axe	1	50-60cm with spike & protector	Curved shaft preferred for steep terrain
Harness	1	Full-strength climbing harness	Adjustable leg loops for layering
Belay Device	1	Figure 8 or ATC Guide	Practice use before expedition
Jumar/Ascender	1	For fixed rope ascent	Right-handed or left-handed models available
Locking Carabiner	3	Screw-gate or auto-lock	For anchor building and safety
Non-Locking Carabiner	2	Standard oval or D-shape	For gear organization

Tape Slings	240cm	For anchor extension	Also carry 6mm dynamic cord (300cm)
Headlamp	1	300-500 lumens	Spare batteries (Energizer Ultimate Lithium – cold resistant)
Glacier Glasses	1	Anti-fog, polarized, UV protection (Cat 3-4)	Essential for glacier travel – no exposed skin around eyes
Trekking Poles	1 pair	Adjustable, with snow baskets	Collapsible for packing
Pocket Knife/Multi-tool	1	Swiss Army or similar	For gear adjustments and emergencies

## 7. Backpacks & Bags

Item	Quantity	Specification	Purpose
Rucksack	1	35-50 liters	Day pack for summit push – carries water, snacks, layers, camera
Duffle Bag	1	120-150 liters	Main gear transport – one bag sufficient for 6000m peaks
Dry Bags/Stuff Sacks	2-3	Small/medium/large	Organize gear inside duffel; keep items dry

## 8. Sleeping System

Item	Quantity	Specification	Pro Tip
Sleeping Bag	1	-30°C to -40°C comfort rating	For high camps – down recommended
Sleeping Pad	1	Thermarest (closed cell foam) OR inflatable	Closed cell foam is more durable, inflatable is more comfortable
Sleeping Bag Liner	1	Silk or fleece	Keeps bag clean, adds 5-10° warmth
Inflatable Pillow	1 (optional)	–	Compact, improves sleep quality

## 9. Footwear

Item	Quantity	Specification	Pro Tip
Summit Boot	1 pair	6000m-rated double-layer boot (La Sportiva, Millet, Scarpa)	Double-layer protects against cold – try on with summit socks
Summit Socks	2 pairs	Thick wool, high-altitude specific	Change daily at high camps
Normal Socks	4-6 pairs	Merino wool or synthetic	No cotton
Trekking Shoes	1 pair	Gore-Tex, ankle support	For trek to Base Camp

Camp Booties	1 pair	Insulated, with sole	For Base Camp and tent use – allows boots to dry
Slippers	1 pair	Lightweight	Lodge and hotel use

## 10. Toiletries (Personal)

Item	Purpose	Pro Tip
Toilet Paper & Wet Wipes	Hygiene	Pack out used paper (carry zip-lock bags)
Toothpaste & Toothbrush	Oral hygiene	Mini/travel sizes
Soap & Shampoo	Washing	Biodegradable only
Hand Disinfectant	Sanitation	Small bottle for high camps
Towel	Drying	Microfiber, quick-dry
Garbage Bags	Waste management	Pack out everything – leave no trace

## 11. Eating & Drinking

Item	Specification	Pro Tip
Water Bottle	1 liter (Nalgene – BPA/BPS free)	Wide mouth prevents freezing
Thermos	1-1.5 liters	For hot drinks at high camp – preheat with boiling water
Spoon/Fork/Bowl/Mug	Lightweight, unbreakable (optional)	Many lodges provide basic utensils

## 12. Sun Protection

Item	Specification	Pro Tip
Sun Cream	SPF 50+	Apply to all exposed skin – reapply every 2 hours
Lip Guard	SPF 30-50	Lips burn and crack easily at altitude
Sunglasses	UV400 protection, Cat 3-4	Essential for glacier travel – Category 4 recommended
Moisturizer/Lotion	High altitude formula	Dry air damages skin

## 13. Miscellaneous

Item	Purpose	Pro Tip
Nail Cutter	Prevent torn nails	Cut nails short before expedition
Umbrella/Rain Poncho	Rain protection at Base Camp	Also useful for privacy while changing
Hot Water Bottle	Warm sleeping bag at high camps	Fill at last tea stop before bed

Tenacious Tape	Emergency gear repair	Repairs tents, jackets, sleeping bags
Hand & Toe Warmers	Extra warmth on summit day	Activate 10 minutes before use
Travel Charger & Earbuds	Electronics charging	Universal plug adapter for Nepal
Power Bank	Backup charging	10,000–20,000 mAh recommended
Camera (Optional)	Documentation	Keep batteries warm (in sleeping bag)
Altimeter Watch (Optional)	Altitude and weather tracking	GPS models preferred
Satellite Phone with Credit (Optional)	Emergency communication	Pre-paid credit required – check with operator