

Quick Reference: Gear Priorities for 7000m.

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 extreme wind	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	2 pairs	Dexterity tasks (cooking, adjusting gear)	Wear as liner inside heavier gloves
Windstopper Gloves	1-2 pairs	Trekking and lower camp use	Good dexterity with moderate warmth
Heavy Gloves	1 pair	Camp 2 to high camp 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

The Layering Principle:

Layer	Item	Quantity	Purpose
Base Layer	Thermal Top	2-3	Moisture wicking, next-to-skin warmth
Mid Layer	Fleece Jacket	1-2	Insulation, breathability during activity
Softshell	Windproof Jacket	1-2	Blocks wind, light precipitation
Hardshell	Gore-Tex Jacket	1	Waterproof, breathable protection
Insulation	Down Jacket	1	Maximum warmth at rest and high camps
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	2-3	Moisture-wicking insulation	Merino wool or synthetic (no cotton)
Fleece Trouser	1-2	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 Camp 2 and above on 7000m peaks
Underwear	3-5	Basic hygiene	Merino wool or synthetic (no cotton)

6. Climbing Equipment

Item	Quantity	Specification	Pro Tip
Summit Down Suit (Optional)	1	8000m-rated (Marmot, North Face, Millet)	Not always required on 7000m – down jacket + pants may suffice
Climbing Helmet	1	UIAA/CE certified	Try on with balaclava and hat
Crampons	1 pair	Must fit boots	Bring packing cover for transport
Ice Axe	1	55-65cm 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	3	Standard oval or D-shape	For gear organization
Tape Slings	240cm	For anchor extension	Also carry 6mm dynamic rope (300cm)
Snow Goggles	1	Summit use – anti-fog, polarized, UV protection	Essential for whiteout conditions
Glacier Glasses	1	Anti-fog, polarized, UV protection (Cat 3-4)	Category 4 recommended for high altitude
Headlamp	1	500-700 lumens	Spare batteries (Energizer Ultimate Lithium – cold resistant)
Trekking Poles	1 pair	Adjustable, with snow baskets	Collapsible for packing
Pocket Knife	1	Swiss Army or similar	Multi-tool preferred
Pee Bottle	1	Wide-mouth, clearly marked	Essential for high camp – avoids exiting tent in cold

7. Backpacks & Bags

Item	Quantity	Specification	Purpose
Rucksack	1	50-65 liters	Day pack for summit push, carries oxygen, water, snacks, layers
Duffle Bag	2	120-150 liters	Main gear transport – one for Base Camp, one for storage
Dry Bags/Stuff Sacks	3-4	Small/medium/large	Organize gear inside duffle; keep items dry

8. Sleeping System

Item	Quantity	Specification	Pro Tip
Down Sleeping Bag	1	-30°C to -40°C comfort rating	For high camps (Camp 2 and above)
Sleeping Bag	1	-20°C to -30°C	For Base Camp use only
Thermarest Mattress	1	Cell foam (closed cell)	Lightweight, durable, cannot puncture
Down Mattress	1	Inflatable	Adds insulation and comfort – carry repair kit
Sleeping Bag Liner	1	Silk or fleece	Keeps bag clean, adds 5-10° warmth
Inflatable Pillow	1	–	Compact, improves sleep quality

9. Footwear

Item	Quantity	Specification	Pro Tip
Summit Boot	1 pair	7000m-8000m rated (La Sportiva, Millet, Scarpa)	Try on with summit socks – should fit snug but not tight
Climbing Boot	1 pair	6000m-rated	For lower camps and approach

Summit Socks	2 pairs	Thick wool, high-altitude specific	Change daily at high camps
Normal Socks	5-8 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
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	Collapsible options save space

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
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	20,000 mAh minimum
Camera (Optional)	Documentation	Keep batteries warm (in sleeping bag)
Altimeter Watch (Optional)	Altitude and weather tracking	GPS models preferred
Satellite Phone (Optional)	Emergency communication	Pre-paid credit required