

Required Personal Climbing Gears Check List

8,000m Peak Expedition



SL	Gear List	Rec. Brand	Qty	✓
1	Large climbing pack 50L - 75L	Moutain Hardware (MH)	1	
2	Trekking pack 45L - 50L	Moutain Hardware (MH)	1	
3	High Camp Down Sleeping bag (-40° rated)	Camp/North Face	1	
4	Base Camp Down Sleeping bag (-20° rated)		1	
5	Heavey Down Jacket (400grms down)	Mountain Hardware	1	
6	Down Suit	Muntain Hardware (MH)	1	
7	Light weight Down pant to use at BC&C2		1	
8	One Sport Climbing Shoe	La Sportiva/Millet	1 pair	
9	Gore-tex suit (Pant & Jacket)	MH / North Face	1 set	
10	Wind Stopper Summit Mitten (-40)	Black Diamond	1 pair	
11	Heavy Gloves for Camp II & III	Black Diamond	1 pair	
12	Trekking Gloves	Black Diamond	1 pair	
13	Thermal liner inner gloves	Black Diamond	3 pairs	
14	Summit Socks (-40rated)	North Face or best one	3 pair	
15	Heavy Trekking Socks	Rohner	4 pair	
16	Liner Socks (very thin)	Rohner	2 pair	
17	Summit Google (category 3 or 4)	Adidas / Julbo	1	
18	Sun & Snow goggles (UV & polarized are best)		1	
19	Crampon (must fit your boot)	Black Diamond	1 pair	
20	Climbing harness with a belay loop, and 8mm rope - 9 meters	Black Diamond	1 set	
21	Carabineers (Lock & Unlock)	Black Diamond	4-5	
22	Descender/Figure of 8	Black Diamond	1	
23	Ice Axe, 65-75cm in length	Black Diamond	1	

SL	Gear List	Rec. Brand	Qty	✓
24	Ascender/Jumar	Black Diamond	1	
25	Light weight hiking Boot, ankle protected		1 pair	
26	Trekkingpants/trousers, Light weight		4-5	
27	Thermal/fleece inner bottoms/pants	Kolon Sport/MH	3	
28	Thermals inner tops, 4-5	Kolon Sport/MH	3	
29	Balaclava	Marmot/OR	1	
30	Fleece scarf or neck gaiter		2-3	
31	Fleece jacket or pullover mid weight	Marmot/NF	2-3	
32	Fleece jacket heavy weight	Marmot/NF	2	
33	Warm Woolen Sweaters		2	
34	Cotton normal ware T-shirt (long&short)		5-6	
35	First aid kit and blister kit (tape or moleskin, band aids, betadine, bandages etc)		1	
36	Water containers 1L each or bladder another 2L capacity	Nalgene wide mouth bottles	2	
37	Wash kit (personal toiletries, towel, nail clippers and pack towel)		1	
38	Sleeping mat (*recommended; e.g. ThermoRest or RidgeRest)	Solite	1	
39	Head Touch with spare Batteries	Black Diamond	1	
40	Secondary head touch with spar batteries	BD or Camp	1	
41	Sandals/Camping Shoe		1-1	
42	Running Shoe/Sneakers			
43	Pee Bottles (cheap quality is fine)	Nalgene wide mouth bottles	2	
44	Plenty of under wears, Sun screen, zinc cream and lip balm			
45	Travel and town clothes (can leave extras in hotel in KTM)			

NF - North Face / BD - Black Diamond / MD - Muntain Hardware

Group Gears by Dream Himalaya Adventures

✓	Group medical kit (for altitude illness, reserve antibiotics); emergency oxygen or portable altitude chamber		
✓	Satellite phone (pay for air time used: USD \$3/minute)	✓	Sleeping tents, dining tent, all cooking and eating equipment & food on trek/climb
✓	240V AC generator at BC to recharge camera batteries	✓	Barrel or duffle bag for transporting personal gear by Yak and truck
✓	Climbing ropes, fixed safety ropes	✓	Snow anchors, ice anchors, rock anchors, v-thread cord