



8000m Peak Climbing Gear Checklist

1. Travel Documents

- Valid Passport
- Credit Cards
- Passport-Size Photos (4)
- Insurance Paper & Contact Address
- Family/Company Contact Address

2. Headwear & Face Protection

- Sun Cap
- Desert Cap
- Balaclava
- Fleece/Warm Hat (1-2)
- Neck Gaiter (2-3)
- Sunglasses (UV Protection)
- Glacier Glasses (UV Protection)

3. Upper Body Clothing

- Thermal Base Layer Tops (2-3)
- Fleece Jackets (1-3)
- Gore-Tex Jacket (1)
- Windproof Jacket (1-2)
- Down Jacket (1-2)
- Cotton T-Shirts (3-5)

4. Handwear

- Thin Fleece Gloves (2 pairs)
- Windstopper/Screen Tap Gloves (2 pairs)
- Heavy Gloves (Guide Gloves)
- Summit Gloves – 8000m

5. Lower Body Clothing

- Thermal Base Layer Bottoms (2-3)
- Fleece Trousers (1)
- Gore-Tex Pants (1)
- Mid-Weight Pants (1-3)
- Lightweight Quick-Dry Trekking Pants (2-3)
- Down Pants (1)
- Gaiters (for trekking boots)
- Underwear (4-6)

6. Footwear

- Summit Boots – 8000m
- Climbing Boots –6000m
- Normal Socks (5-6 pairs)
- Summit Socks (2 pairs)
- Trekking Shoes (Gore-Tex)
- Light Trekking/Sports Shoes
- Camp Booties (1 pair)
- Slippers (1 pair)

7. Climbing Equipment

- Climbing Helmet
- Summit Down Suit – 8000m
- Crampons (Boot-Compatible)
- Ice Axe (with Spike & Axe Protector)
- Harness
- Belay Device (Figure 8 / ATC Guide)
- Jumar/Ascender
- Locking Carabiners (3)
- Non-Locking Carabiners (2)
- Tape Slings (240cm)
- Snow Goggles (Summit Purpose)
- Headlamp (400-500 lumens) + Spare Batteries
- Satellite Phone + Credit
- GPS Tracker (Optional)
- Hand & Toe Warmers
- Prusik Loops
- Trekking Poles
- Pocket Knife (Swiss)
- Altimeter Watch

8. Sleeping Gear

- Sleeping Bag (-20°C to -30°C for Base Camp)
- Down Sleeping Bag (-40°C for Extreme Comfort)
- Thermarest Mattress (Cell Foam)

Note: This gear list is for informational purposes only and may be adjusted based on specific expedition scenarios. The medications listed are commonly used during expeditions but should only be taken as per a doctor's prescription. Any use of this gear or medications is at your own risk, and Rise Expeditions is not responsible for any harm or issues that may arise.

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- Down Mattress (Inflatable)
- Sleeping Bag Liner
- Inflatable Pillow

9. Backpacks & Storage

- Rucksack (45L-55L)
- Duffle Bags (90L-120L) – 2 pieces
- Waterproof Stuff Sacks/Dry Bags (Small/Medium/Large – 3-4)

10. Sun Protection & Skincare

- Sunscreen (SPF 50) – Banana Boat/Nivea
- Lip Balm (SPF 30-50)
- Moisturizer/Lotion

11. Toiletries & Hygiene

- Toilet Paper / Wet Wipes
- Toothpaste & Toothbrush
- Soap & Shampoo
- Towel
- Garbage Bags

12. Eating & Drinking Gear

- 1L Water Bottle
- 1-1.5L Thermos
- Mug
- Spoon/Fork
- Bowl

13. Medical & First Aid

- Brufen/Ibuprofen
- Antibiotics
- Diamox (Altitude Sickness)
- Paracetamol
- Handy Plasters & Crack Bandages
- Tincture Iodine
- Ondem (Anti-Nausea)
- Cetirizine (Anti-Allergy)
- Electrolyte Powder
- Minil 10mg (Palpitations, Anxiety)
- Codopar (Headache, Chest Pain)
- Salbetol 4mg (Breathlessness)
- Azithromycin 500mg (Infections – Take for 5 Days)
- Flupen 250mg (Prevent Wound Infections)
- Allegra 120/180mg (Allergic Tonsil Relief)
- Menstrual Products

14. Miscellaneous Essentials

- Nail Cutter
- Umbrella/Raincoat
- Hot Water Bottle
- Pee Bottle
- Tenacious Tape Repair Kit
- Camera
- Power Bank

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