



## Equipment checklist for climbing a peak in the Himalayas

### Content

Introduction.....	1
Gear check.....	1
Backpacks & bags .....	1
Clothing.....	1
Shoes .....	2
Technical equipment .....	2
Overnight stay.....	2
Miscellaneous.....	2
Confirmation of participants .....	3

### Introduction

This equipment checklist serves as a guide for potential participants to compile the necessary personal equipment for a summit ascent in the Himalayas in Nepal in a complete and practical manner. Ascents of mountains ranging from 6,000 to over 7,000 meters lead to extreme altitudes, take place in high alpine, glaciated terrain, and are often far removed from any infrastructure. Low temperatures, strong winds, rapid weather changes, and the effects of altitude place high demands on people and equipment.

Careful selection, adaptation, and testing of personal equipment is therefore an essential prerequisite for safety, performance, and a successful expedition. The equipment requirements are based, among other things, on the difficulty of the route according to the SAC mountain and high-altitude tour scale ([Berg- und Hochtourenskala SAC](#)) and on the specific conditions of the respective summit climb.

### Gear check

The following checklist is very comprehensive and includes some optional equipment items or items that can be rented from us for a fee. **All items that must be procured independently are marked with an \*.**

#### Backpacks & bags

- ✓ Touring backpack (60-75 liters) incl. rain cover \*
- ✓ Duffle bag for transporting equipment that does not fit in the touring backpack \*
- ✓ Daypack for acclimatization tours (15-20 liters) \*

#### Clothing

- ✓ Underwear (merino underwear recommended) \*
- ✓ Trekking socks & warm socks (merino socks recommended) \*
- ✓ Base layer (merino base layer recommended - long & short sleeves) \*

- ✓ Mid layer (merino mid layer recommended) \*
- ✓ Softshell jacket \*
- ✓ Hardshell jacket \*
- ✓ Insulation (Primaloft or down jacket) \*
- ✓ Softshell pants \*
- ✓ Hardshell pants \*
- ✓ Down mittens \*
- ✓ Goretex gloves \*
- ✓ Undergloves \*
- ✓ Hat (wool hat recommended – headband a good addition) \*
- ✓ Buff \*
- ✓ Balaclava

## Shoes

- ✓ Mountain boots with inner boots (6,000, 7,000, or 8,000 series boots) \*
- ✓ Trekking shoes (lightweight mountaineering boots or approach shoes) \*
- ✓ Comfortable shoes (trail running shoes or running shoes) \*

## Technical equipment

- ✓ Crampons \*
- ✓ Ice axe or ice tools \*
- ✓ Alpine harness \*
- ✓ Helmet \*
- ✓ 2x safety carabiners \*
- ✓ 3x HMS carabiners \*
- ✓ 3x gear carabiners \*
- ✓ 2x cord (120 cm & 300 cm) \*
- ✓ 2x slings (80 cm & 120 cm) \*
- ✓ Tuber \*
- ✓ Microtraxion \*
- ✓ 1x ice screw \*
- ✓ Rope clamp (Ascender)

The technical equipment listed represents the minimum equipment required for high-altitude tours. The list is based on equipment lists that participants in a high-altitude tour course also receive. Technically more difficult climbs require additional equipment such as friends, nuts, etc.

## Overnight stay

- ✓ Sleeping bag & (down) sleeping pad \*
- ✓ Pillow (e.g., pillowcase filled with a down jacket) \*
- ✓ Eating utensils \*
- ✓ Stove (MSR Windburner recommended) \*

## Miscellaneous

- ✓ Water bottles, including thermos flask (Nalgene recommended) \*
- ✓ Headlamp, including batteries & charging cable (spare headlamp recommended) \*
- ✓ Cell phone, including charging cable & sufficient memory cards \*
- ✓ Camera, including batteries and charging cable
- ✓ Watch with altimeter

- ✓ Satellite phone, including charging cable
- ✓ Solar panel
- ✓ First aid kit (medication for stomach, throat, and painkillers) \*
- ✓ Other medication \*
- ✓ Sunscreen (body, face, and lips) \*
- ✓ Moisturizer (face and hands) \*
- ✓ Toilet paper and sanitary wipes (available in Kathmandu) \*
- ✓ Glacier sunglasses \*
- ✓ Spare glacier sunglasses (can be vital for survival!) \*
- ✓ Towel & flip-flops (showering & personal hygiene) \*
- ✓ Passport \*
- ✓ Proof of insurance \*
- ✓ Emergency contact \*
- ✓ Cash & credit cards \*

## Confirmation of participants

I have the necessary equipment or am willing to purchase it.

Desired summit: \_\_\_\_\_

Desired period: \_\_\_\_\_

Location / Date: \_\_\_\_\_

Signature: \_\_\_\_\_