



Are you ready to climb a peak in the Himalayas?

Content

Introduction.....	1
Physical fitness.....	1
Mindset	2
Sure-footedness & no fear of heights	2
Altitude & Acclimatization	2
Technical requirements.....	2
Accommodation & Comfort.....	2
Personal Equipment.....	2
Health & personal responsibility	3
Insurance & Documents.....	3
Safety & Decision-Making Authority	3
Exclusion Criteria.....	3
Self-assessment by participants.....	3

Introduction

This checklist serves as a guide for potential participants to realistically assess their own abilities. Summit ascents in the Himalayas (6,000-7,000 m) are significantly more demanding than trekking tours: they take place at extreme altitudes, in high alpine terrain, and often far away from infrastructure. The conditions are demanding, the weather can change quickly, and success depends heavily on physical, mental, and technical preparation.

Very good physical condition, altitude fitness, mountaineering experience, and careful, long-term preparation are fundamental prerequisites for safety, teamwork, and a positive mountain experience.

The difficulty is assessed using the SAC alpine climbing scale - [Berg- und Hochtourenskala SAC](#).

Physical fitness

- ✓ Walking for several hours (8-12 hours) on several consecutive days in both trekking and alpine terrain
- ✓ Walking for several hours (up to 14 hours) on individual days (pass crossings & summit stages)
- ✓ Climbing and descending up to 1,300 meters in altitude per day at high altitudes
- ✓ Sufficient strength to carry most of your own equipment (12-16 kg) on several consecutive days
- ✓ Sufficient strength to live a certain level of independence in the camps (cooking, water treatment, etc.) even after long daily stages at high altitude

Mindset

- ✓ Sufficient resilience to withstand the adversities of high mountains (cold, wind, rain, snow, loss of comfort, etc.)
- ✓ Passion, motivation, and teamwork to boost the morale of the group
- ✓ High-altitude mountaineering requires a significantly higher level of endurance and willpower to reach the summit compared to mountaineering in the Western Alps

Sure-footedness & no fear of heights

- ✓ Confident walking on narrow mountain trails and in alpine terrain (steep grass, scree, boulder fields, snowfields, ice fields, steep flanks, and narrow ridges)
- ✓ No fear of heights in exposed terrain with a risk of falling

Altitude & Acclimatization

- ✓ Willingness to deal intensively with the topic of altitude adjustment (knowing the symptoms to be able to communicate them)
- ✓ Willingness to follow the guides' instructions and implement their advice (slow ascent, acclimatization days, rest days, nutrition, and hydration)
- ✓ Willingness to communicate any symptoms immediately and turn back if necessary

Technical requirements

- ✓ Technical difficulties of the selected tour must be overcome (study the SAC mountain and high-altitude tour scale ([Berg- und Hochtourenskala SAC](#)) to understand the rating)
- ✓ Rope handling, safe use of crampons and ice axes, alpine belaying techniques, abseiling techniques, use of ascenders and crevasse rescue must be mastered (High-altitude courses are the ideal preparation).

Accommodation & Comfort

- ✓ Willingness to leave your comfort zone - overnight stays in simple tea houses or tents (sanitary conditions, electricity supply, local food, and cold temperatures at night)
- ✓ The higher the camps are located, the more rudimentary the food and accommodation will be

Personal Equipment

Willingness to purchase the necessary equipment (separate document available) - here is a brief overview:

Backpacks & Bags	Touring backpack (60-75 liters), rain cover, daypack, and possibly a duffel bag
Clothes	Underwear, trekking socks & warm socks, base layer, mid layer, softshell & hardshell jacket, softshell & hardshell pants, down jacket, down mittens, Goretex gloves, undergloves, hat & buff (materials such as merino wool & down if possible)
Shoes	Trekking shoes, hiking boots, and comfortable shoes
Technical Equipment	Crampons, ice axes, high-altitude harness, helmet, carabiners (safety, HMS, and gear carabiners), cord, slings, tube, Microtraxion, ice screws, and ascenders

Miscellaneous	Trekking poles, water bottles, eating utensils, stove, headlamp, altimeter, glacier sunglasses, spare glacier sunglasses, sunscreen, moisturizer, towel, medication, cash, credit cards, passport, and proof of insurance
---------------	---

Health & personal responsibility

- ✓ Discuss any pre-existing medical conditions (heart, lung, metabolic, orthopedic problems, etc.) with a doctor in advance and inform us.
- ✓ Experience at high altitudes (high-altitude trekking or mountaineering) above 5,000 or 6,000 meters is required.

Insurance & Documents

- ✓ International health insurance with sufficient coverage, including mountain rescue at altitudes above 5,000 meters (confirm this in writing with your insurance company in advance!)
- ✓ Valid passport (at least 6 months)
- ✓ Visa for Nepal
- ✓ Emergency contacts

Safety & Decision-Making Authority

“A summit only belongs to you once you are back down again - because before that, you belong to it.” - Hans Kammerlander

- ✓ Safety is the top priority and is ensured by certified trekking guides and mountain guides
- ✓ Deviations from the itinerary due to safety concerns on the part of the guides must be accepted and are not open to discussion (avalanche conditions, visibility, etc.)

Exclusion Criteria

- ✓ Insufficient physical preparation
- ✓ Insufficient prior experience
- ✓ Lack of insurance coverage
- ✓ Concealment of relevant pre-existing conditions
- ✓ Disregard for safety instructions
- ✓ Lack of respect for the team and locals
- ✓ Inadequate equipment

Self-assessment by participants

I have taken note of and understood the difficulty rating of the tour.

Desired summit: _____

Desired period: _____

I meet all the above requirements and am prepared to follow the safety instructions.

Place / Date: _____

Signature: _____