

Gear List for 8000m Expedition



BACKPACK

- * 1x Climbing pack (between 50 to 75 liters)

FEET

- * Trekking socks (3–4 pairs)
- * Liner socks (2 pairs)
- * Down booties
- * Base camp shoes (comfortable, waterproof and warm)
- * Hiking shoes (good low to mid cut), or
- * Light weight trekking boots



HEAD / HANDS / EYES

- * Cap
- * Wide brim or bucket hat
- * 3x buffs
- * 2x warm polar fleece or wool hat (beanie)
- * 2x glacier glasses (category 4 lens, must wrap around your face well)
- * 2x Headlamp (bright LED with powerful beam) and plenty of extra batteries
- * 2x Lightweight synthetic liner gloves
- * Soft shell gloves for lower camps
- * Working /climbing gloves
- * Expedition gloves and mitts for high–altitude expeditions (maximum warmth)



LEGS

- * 3x Thermal layers (breathable and moisture wicking, few different weights, e.g. Midweight and expedition weight))
- * Soft shell pants (comfortable for everyday wear and climbing lower sections of the mountain)

LEGS (continued):

- * Hardshell pants (heavy duty with reinforced crampon patches and waterproof zippers)
- * Insulated pants (down or primaloft)
- * 2–3x Trekking pants
- * Shorts (quick dry – optional)

UPPER BODY

- * 3x Thermal layers (breathable and moisture wicking, few different weights, e.g. Midweight and expedition weight)
- * Warm jacket (fleece or light–weight down)
- * Hard shell jacket (breathable waterproof with good hood that fits over a climbing helmet)
- * Down jacket (800 fill, lightweight with hood)
- * 3x t–shirts
- * 3x mid–weight layer (long sleeves)
- * 1–2 fleece style hoodies

UNDERWEAR

Men

- * 4x boxers or preferred style (merino)
- * 2x boxers or preferred style (clean for sleeping)

Women

- * 6x merino briefs or preferred style
- * 4x sports bra or preferred style

FIRST AID KIT

Personal kit including any specialist medication, Panadol, Ibuprofen, Anti–inflammatories, hydration tabs, Band-aids, Blister Pads, Ointments etc.



Specialist gear for 8000m Expedition



BAGGAGE

- * 1 x Everest One duffel bag for trekking gear provided by Everest One
- * Additional duffel bag provided to transport your climbing gear to Base Camp
- * Climbing pack (outlined in previous list)
- * Stuff sacks (waterproof)

CLIMBING HARDWEAR

- * Harness (light weight alpine with belay loop and gear loops)
- * Crampons (semi auto with heel bail, good anti-balling system and steel)
- * Carabineers (6 screw gate and 6 snap gate)
- * Rappel device – ATC and Figure 8 (easy to use and lightweight)
- * Prussik cord (about 8 meters of 6mm and 5 meters of 4mm)
- * Ice Axe (for alpine use and correct length for your height)
- * Jumar (large handle to fit your gloved hand)
- * Trekking poles (lightweight with good snow basket – optional)
- * Climbing helmet

SLEEPING

- * 2 x sleeping bag (–20oC to –40oC rated (800+ goose down fill, correct length for your height, one for base camp and one for higher camps)
- * Sleeping mats (full length, insulated inflatable with repair kit and closed cell foam pad)

FEET:

- * 8000m Mountaineering boots
- * 3 x Summit socks

DOWN:

- 1 x 8000m down suit (specialized suits built to perform and protect climbers from extreme cold conditions)

HYDRATION

- * 2 x 1 liter water bottles
- * Thermos

IMPORTANT ESSENTIALS

- * 1 x travel towel (microfibre are best)
- * 1 x small face cloth
- * 2 x small bottles hand sanitiser (important)
- * 2 x tube Sunscreen
- * 2 x tube Lip balm (minimum 40 SPF)
- * Spare laces (important)
- * Camera – optional
- * Power bank
- * Books, Kindle etc
- * Phone with cables
- * Headphones (optional)
- * Pocket knife or Leatherman (optional)
- * Pee bottle

TRAVELLING DOCUMENTS

- * Passport (plus 2 photocopies of passport)
- * 4 passport size photos
- * Airline tickets
- * Travel insurance
- * Pouch for travel documents/money and passport

