



Marvel Treks & Expedition Pvt. Ltd.

G.P.O. Box: 8717 | Lekhnath Marg, Thamel, Kathmandu, Nepal

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CLIMBING GEAR LIST FOR 8000m EXPEDITIONS

1. TRAVEL DOCUMENTS

Valid passport (minimum 6 months validity)
Credit / Debit card
Passport-size photos (2 pcs)
Travel & rescue insurance documents
Emergency contact details (family / company)

2. HAND WEAR

Thin fleece gloves (2 pairs)
Wind-stopper / softshell gloves (2 pairs)
Heavy insulated gloves (guide gloves)
Summit mittens – 8000m rated

3. SUN PROTECTION

Sunscreen SPF 50+
Lip balm SPF 30–50
Sunglasses (UV protection)
Moisturizer / lotion

4. PERSONAL

TOILETRIES

Toilet paper / wet wipes
Toothbrush & toothpaste
Soap / shampoo
Quick-dry towel
Garbage / waste bags

5. EATING & DRINKING

Water bottle 1 L (Nalgene, BPA/BPS free)
Thermos flask 1–1.5 L
Spoon / fork / bowl / mug (optional)

6. MISCELLANEOUS

Nail cutter
Umbrella / rain poncho
Hot water bottle
Tenacious tape / repair kit
Hand & toe warmers
Travel charger & earbuds
Power bank
Camera (optional)
Altimeter watch (optional)
Satellite phone with credit (optional)
GPS tracker (recommended)

7. SLEEPING SYSTEM

Down sleeping bag -40°C (extreme comfort)
Sleeping bag -20°C to -30°C (Base Camp)
Sleeping bag liner
Therm-a-Rest foam mattress
Inflatable down mattress
Inflatable pillow

8. BAGS & PACKS

Rucksack 50–65 L
Expedition duffle bag 120–150 L (2 pcs)
Waterproof stuff sacks / dry bags (Small / Medium / Large – 3–4 pcs)

9. CLIMBING EQUIPMENT

8000m summit down suit (Pelliot / Marmot / Mountain Hardwear / The North Face / Millet)

Climbing helmet

Crampons (compatible with boots)

Ice axe (with spike & axe protector)

Harness

Belay device (ATC Guide / Figure 8)

Ascender / Jumar

Locking carabiners (3 pcs)

Non-locking carabiners (3 pcs)

Tape slings 240 cm

Dynamic rope 6 mm (3 m)

Snow goggles (summit use – anti-fog, polarized, UV)

Glacier glasses (anti-fog, polarized, UV)

Headlamp 500–700 lumens + spare batteries

(Energizer Ultimate Lithium recommended)

Trekking poles

Pocket knife (Swiss type)

Pee bottle

10. FOOTWEAR

Summit boots – 8000m (Pelliot / La Sportiva / Millet)

Climbing boots – 6000m

Summit socks (8000m) – 2 pairs

Normal trekking socks – 5–8 pairs

Trekking shoes (Gore-Tex)

Camp booties – 1 pair

Slippers – 1 pair



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11. UPPER BODY

CLOTHING

Thermal base layer tops –

2–3 pcs

Fleece jacket – 1–2 pcs

Gore-Tex shell jacket – 1 pc

Windproof jacket – 1–2 pcs

Down jacket – 1–2 pcs

Quick-dry T-shirts – 3–5 pcs

(full-sleeve recommended)

12. LOWER BODY

CLOTHING

Thermal base layer bottoms

– 2–3 pcs

Fleece trousers – 1–2 pcs

Gore-Tex shell pants – 1 pc

Mid-weight trekking pants –

1–2 pcs

Lightweight quick-dry

trekking pants – 2–3 pairs

Down pants – 1 pc

Gaiters (for trekking boots)

Underwear – 4–6 pcs

13. HEAD WEAR

Sun cap

Desert cap

Balaclava

Fleece / warm hat – 1–2 pcs

Neck gaiter / buff – 2–3 pcs