



SATORI
ADVENTURES
your mountain guide in the himalayas

6000M EXPEDITION EQUIPMENT CHECKLIST

1. REQUIRED DOCUMENTS

- ☐ Valid passport (min. 6 months validity)
- ☐ Passport-size photos (2)
- ☐ Credit/Debit card
- ☐ Travel insurance & emergency contacts
- ☐ Family/Company contact address details

2. CLOTHING

Base Layers

Upper Body

- ☐ Thermal base layer tops (2)
- ☐ Quick-dry T-shirts (2-4)
(Full-sleeve recommended)

Lower Body

- ☐ Thermal base layer bottoms (2)
- ☐ Underwear (3-5)

Insulation Layers

Upper Body

- ☐ Fleece jackets (2)
- ☐ Down jacket (Optional) (1)

Lower Body

- ☐ Fleece trousers (1)
- ☐ Down pants (1)

Shell / Outer Layers

Upper Body

- ☐ Gore-Tex jacket (1)
- ☐ Windproof jacket (1)

Lower Body

- ☐ Gore-Tex pants (1)
- ☐ Midweight trekking pants (1-2)
- ☐ Lightweight quick-dry trekking pants (2-3)
- ☐ Gaiters (for trekking boots)

3. EYE PROTECTION

- ☐ Glacier sunglasses
(Polarized, Anti-fog, UV protection)
- ☐ Sunglasses (UV protection)

4. HEADWEAR

- ☐ Sun cap and Desert cap
- ☐ Balaclava
- ☐ Fleece/Warm hat (1-2)
- ☐ Neck gaiter/ Buff (2-3)

5. HAND PROTECTION

- ☐ Thin fleece gloves (1 pairs)
- ☐ Windstopper touchscreen gloves
- ☐ Heavy insulated guide gloves
- ☐ Summit mittens (6000m)

6. CLIMBING EQUIPMENT

- ☐ Climbing helmet
- ☐ Crampons (fit with boots)
- ☐ Crampon packing cover
- ☐ Ice axe with spike & axe protector
- ☐ Climbing harness
- ☐ Belay devices / Figure 8 / ATC Guide
- ☐ Jumar / Ascender
- ☐ Lock carabiners (3)
- ☐ Unlock carabiners (2)
- ☐ 240 cm tape slings
- ☐ Dynamic rope 6mm (300cm)

7. LIGHTING & ELECTRONICS

- ☐ Headlamp (300-500 lumens)
- ☐ Spare Energizer Ultimate Lithium batteries
- ☐ Travel charger, Power bank and Earbuds
- ☐ Camera (Optional)
- ☐ Altimeter watch (Optional)
- ☐ Satellite phone with credit (Optional)
- ☐ GPS tracker (Recommended)

8. FOOTWEAR

- ☐ 6000m - Summit boots (Double Layered)
(Pelliot/ La Sportiva/ Millet)
- ☐ Gore-Tex trekking shoes
- ☐ Camp booties (1 pair)
- ☐ Summit socks (2 pairs)
- ☐ Regular trekking socks (4-6 pairs)
- ☐ Slippers (1 pair)

9. SLEEPING SYSTEM

- ☐ Sleeping bag (-30°C to -40°C)
- ☐ Therm-a-Rest mattress (cell foam)
or down mattress (inflatable)
- ☐ Sleeping bag liner
- ☐ Inflatable pillow

10. BAGS

- ☐ Rucksack (35-50 L)
- ☐ Duffle bag (120-150 L) (1)
- ☐ Waterproof stuff sacks/ Dry bags
(Small, Medium & Large) (2-3)

11. HYDRATION & EATING

- ☐ 1 L water bottle (Nalgene BPA/BPS free)
- ☐ 1-1.5 L thermos
- ☐ Spoon, fork, bowl & mug (Optional)

12. SUN PROTECTION

- ☐ Sun cream (up to SPF 50)
- ☐ Lip guard (SPF 30-50)
- ☐ Moisturizer/ Lotion

13. PERSONAL TOILETRIES

- ☐ Toilet paper/Wet tissue
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Soap
- ☐ Shampoo
- ☐ Towel
- ☐ Garbage bags

14. MISCELLANEOUS

- ☐ Trekking poles/Walking stick
- ☐ Multi-tool pocket knife
- ☐ Hand warmer
- ☐ Toe warmer
- ☐ Nail cutter
- ☐ Umbrella/ Rain poncho
- ☐ Hot water bag
- ☐ Tenacious Tape repair kit

