



**SATORI**  
**ADVENTURES**  
your mountain guide in the himalayas

# 7000M 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 (2-3)
- ☐ Quick-dry T-shirts (2-4)  
(Full-sleeve recommended)

#### Lower Body

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

### Insulation Layers

#### Upper Body

- ☐ Fleece jackets (2)
- ☐ Down jacket (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. FOOTWEAR

- ☐ Summit boots (Pelliot/ La Sportiva/ Millet)
- ☐ Gore-Tex trekking shoes
- ☐ Camp booties (1 pair)
- ☐ 7000m summit socks (2 pairs)
- ☐ Regular trekking socks (5-6 pairs)
- ☐ Slippers (1 pair)

## 4. HEADWEAR

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

## 5. HAND PROTECTION

- ☐ Thin fleece gloves (2 pairs)
- ☐ Windstopper touchscreen gloves
- ☐ Heavy insulated guide gloves
- ☐ Summit mittens (8000m)

## 6. CLIMBING EQUIPMENT

- ☐ 8000m down suit (Pelliot/ Millet/ Mamot/ Mountain Hardwear/ The North Face)
- ☐ 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 (3)
- ☐ 240 cm tape slings
- ☐ Dynamic rope 6mm (300cm)

## 7. EYE PROTECTION

- ☐ Snow goggles (Summit purpose, Anti-fog, Polarized, UV protection)
- ☐ Sunglasses (UV protection)

## 8. LIGHTING & ELECTRONICS

- ☐ Headlamp (400-500 lumens)
- ☐ Spare Energizer Ultimate Lithium batteries
- ☐ Travel charger
- ☐ Earbuds
- ☐ Power bank
- ☐ Camera (Optional)
- ☐ Altimeter watch (Optional)
- ☐ Satellite phone with credit (Optional)
- ☐ GPS tracker (Recommended)

## 9. SLEEPING SYSTEM

- ☐ Sleeping bag (-30°C to -40°C)
- ☐ Down sleeping bag (-40°C extreme comfort)
- ☐ Therm-a-Rest mattress (cell foam)
- ☐ Down mattress (inflatable)
- ☐ Sleeping bag liner
- ☐ Inflatable pillow

## 10. BAGS

- ☐ Rucksack (50-65 L)
- ☐ Duffle bag (120-150 L) (2)
- ☐ Waterproof stuff sacks/ Dry bags (Small, Medium & Large ) (3-4)

## 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 (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
- ☐ Swiss pocket knife
- ☐ Hand warmer
- ☐ Toe warmer
- ☐ Nail cutter
- ☐ Umbrella/Rain poncho
- ☐ Hot water bag
- ☐ Tenacious Tape repair kit
- ☐ Pee bottle

