



SATORI
ADVENTURES
your mountain guide in the himalayas

8000M 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 (3-5)
(Full-sleeve recommended)

Lower Body

- ☐ Thermal base layer bottoms (2-3)
- ☐ Underwear (4-6)

Insulation Layers

Upper Body

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

Lower Body

- ☐ Fleece trousers (1-2)
- ☐ Down pants (1)

Shell/Outer Layers

Upper Body

- ☐ Gore-Tex jacket (1)
- ☐ Windproof jacket (1-2)

Lower Body

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

3. FOOTWEAR

- ☐ 8000m summit boots
(Pelliot / La Sportiva / Millet)
- ☐ 6000m climbing boots
(Pelliot / La Sportiva / Millet)
- ☐ Gore-Tex trekking shoes
- ☐ Camp booties (1 pair)
- ☐ Slippers (1 pair)
- ☐ Summit socks (2 pairs)
- ☐ Regular trekking socks (5-8 pairs)

4. HEADWEAR

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

5. HAND PROTECTION

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

6. CLIMBING EQUIPMENT

- ☐ 8000m down suit (Pelliot/ Marmot/ Millet/ Mountain Hardwear/ The North Face)
- ☐ Climbing helmet
- ☐ Crampons (compatible with boots)
- ☐ Crampon packing cover
- ☐ Ice axe with spike & head protector
- ☐ Climbing harness
- ☐ Belay device (Figure 8/ ATC Guide)
- ☐ Jumar/ Ascender
- ☐ Locking carabiners (3)
- ☐ Non-locking carabiners (3)
- ☐ 240 cm sling
- ☐ 6 mm dynamic rope (300cm)
- ☐ Trekking poles
- ☐ Swiss pocket knife
- ☐ Pee bottle

7. EYE PROTECTION

- ☐ Glacier sunglasses
(Polarized, UV protection, Anti-fog)
- ☐ Summit snow goggles
(Polarized, UV protection, Anti-fog)

8. LIGHTING & ELECTRONICS

- ☐ Headlamp (500-700 lumens)
- ☐ Spare Energizer Ultimate Lithium batteries
- ☐ Travel charger
- ☐ Power bank
- ☐ Earbuds
- ☐ Camera (Optional)
- ☐ GPS tracker (Recommended)
- ☐ Satellite phone with credit (Optional)
- ☐ Altimeter watch (Optional)

9. SLEEPING SYSTEM

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

10. HYDRATION & EATING

- ☐ 1 L Nalgene BPA/BPS-free water bottle
- ☐ 1-1.5 L thermos flask
- ☐ Spoon (Optional)
- ☐ Fork (Optional)
- ☐ Bowl (Optional)
- ☐ Mug (Optional)

11. SUN PROTECTION

- ☐ Sunscreen (SPF 50+)
- ☐ Lip balm (SPF 30-50)
- ☐ UV-protection sunglasses
- ☐ Moisturizer/Lotion

12. PERSONAL TOILETRIES

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

13. BAGS

- ☐ Rucksack (50-65 L)
- ☐ Expedition duffel bags (120-150 L) x2
- ☐ Waterproof dry bags/stuff sacks
(Small, Medium & Large - 3 to 4 pieces)

14. MISCELLANEOUS

- ☐ Nail cutter
- ☐ Umbrella or rain poncho
- ☐ Hot water bag
- ☐ Tenacious Tape repair kit
- ☐ Hand warmers
- ☐ Toe warmers

