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## **8000 meter peaks Equipment List and notes:**

*Note that this list is to be used as guide line and memory prompt. There is now a vast range of good expedition mountaineering equipment available from most good mountaineering retail outlets. Climbers need to supply their own personal clothing and equipment which should include:*

Lightweight climbing helmet  
Thin hat for use under the helmet  
Thicker wool hat or balaclava for extreme cold and wind and when the climbing helmet is not being worn.  
Sun hat  
Sun and Cold air creams and lip salves  
Neck and face buff

Underwear  
Zip T neck, "Calpaline or Smart wool" type thermal shirts, long and short sleeved  
Thicker thermal shirts  
Thermal long johns and power stretch trouser/ fleece trouser  
Fleece jacket  
Outer shell jacket and trousers (Gore-tex or equivalent)  
Trekking trousers, for trekking and travel  
Climbing trouser (Note: soft shell clothing is becoming very popular)  
Down suit or Down jacket and down trouser combination  
Note: for flexibility many climbers now use a synthetic "Puff Ball type" trouser and jacket combination and supplement this with a down layer for colder temperatures. This is useful as it allows more flexibility to control your body temperature as you climb higher and into the colder altitudes high on the mountain and/or for sitting around a chilly camp.  
Good well fitting socks- bring several pair  
A range of gloves which give you dexterity and warmth to include: wind stopper gloves, good ski/ climbing gloves and down mittens for extreme altitude.

Crampons  
Ice axe(s)  
Harness  
Ascender(s)  
Head torch  
Some tape slings  
4 Screw gate Karabiners, Large pear shaped ones are good as they are easier to use while wearing gloves/mittens.  
Descender/abseil device (Figure or Eights types are preferred by many expedition climbers)  
Drinking Water bottle(s) (Nalgene/Camel back and so on)  
Trekking Poles (telescopic, three section ones are popular as they can be easier to pack away while travelling and technical climbing)  
Goggles and sun /glacier spectacles

Rucksack.. has to be large enough to get your high altitude sleeping bag and spare clothing in side! (It's useful take a smaller sac for the trek and an expedition lightweight sac for use on the mountain, its a good idea if you have the luggage allowance to do so!)

Boots (you will need an approach shoe or boot and also a good quality expedition climbing boot (complete with gaiters or neoprene over boot); La Sportiva Olympus Mons, Millet Everest, Scarpa Phantom 8,000. and there are others.



“Thermarest” type sleeping mats and a close cell insulated roll mat ( Its good to have at least two as inflatable types are not so useful when/if they burst)

Sleeping Bag(s) it's useful to have two, one for use at base camp and one for use on the mountain. We recommend Mountain Equipment and Rab for all down equipment

*Oxygen: Is normally not included in our price however we always have emergency Oxygen and a Gamov bag at base camp for emergency use only.*

*Oxygen is available for use on the mountain at extra cost: The costs vary from year to year and country by country. We always try and supply lightweight Russian oxygen bottles manufactured by POISK and our regulators are also manufactured by Poisk. The Poisk system is without doubt the best available at this time.*



*Quantities: Quantities vary on each mountain and on many peaks such as Shishapagma , Cho Oyu and Nanga Parbat oxygen is hardly necessary but is nice to have and most doctors would inform you that its worth taking as we loose enough brain cells during our normal daily lives so why go and loose more! Oxygen also*

*helps you to maintain warmth. For example, when guiding Everest, Team Ascent supply most western mountaineering clients with up to 7 bottles of oxygen and most of this will be utilised. Where as the Sherpa's and guides would plan on taking 4 bottles and perhaps end up using two or three. Of course on the Everest expeditions it's a fact that almost everyone uses oxygen on commercial expeditions so there are spare resources available.*

*Oxygen is expensive to buy and ship and in addition to this you should also bear in mind that even the lightweight systems are heavy and even if you are going to use it at only very high altitudes (Summit day) it still has to be carried up to the high camp in the first place. It also has to be carried down again at the end of the expedition, so the porter charges and additional organisation and time involved in such load carrying soon mounts up.*

*For smaller 8000 meter peaks there are other organisational difficulties in supplying oxygen and if one decides to use it then two to three cylinders per person is probably all that is required. However the decision to use it and take it has to be considered at the early stages of the expedition as the oxygen sets have usually to be carried in with the expedition from day one.*

### **Other useful items:**

Small wash kit. (Small tooth brush, paste, soap, wet wipes etc).

Travel towel

Small personal first aid kit; include blisters kit and some band aids. A general antibiotic ; Ciprofloxin 500mg tablets for traveller's diarrhoea. Immodium or Lomotil for diarrhoea. Azithromycin 250mg for non gastrointestinal infections. Acetazolamide ( Diamox) 125 or 250mg is useful for high altitude. Iboprufen, and Asprin, cough and cold medicines such as Lemsip or cough pastles. Do bring any personal medicine)

**Please remember to inform the expedition leader about any medical condition(s) and specific medicines you may have)**

Small Repair & sowing kit (include spare nuts and bolts if your crampons or ice axes require these!)

Swim suit. (Hotels, hot springs and rivers)

Swiss army type knife or Leather man

Cameras and memory cards and spare batteries

Music, books and writing materials.

Spare head torch batteries and perhaps bulbs.

Insulated mug with lid (great around Base camp)

Water sterilisation tablets

Personal mug, bowl and cutlery (lightweight/ unbreakable) for use at high camps

Passport and travel documents

Money (the US \$ still seems to be the preferred overseas currency!)

Passport and a couple of photo copies of the main pages, plus you should bring some spare passport type face photos.

Pack it all in good holdalls( It's useful to have two, as often you may have to split your equipment and clothing into two lots, one for equipment and clothing for base Camp and above, and the other for the approach walk.