

8000 Expedition Packing Guide

Item	Notes
Bags & Packs	
Large Duffle Bag	
Large Duffle Bag	
Large Backpack (75L)	
Daypack (40L) with rain cover!	
Trash bags	
Cache/deposit bags	Only for solo expedition
Sleeping Gear & Tents	
Heavyweight Sleeping Bag (-30)	
Lightweight Down Sleeping Bag	For the base camp
Midweight Sleeping Bag	
Foam Sleeping Pad	
Inflatable Sleeping Pad	
Lightweight Tent	Only for solo expedition
Spare Tent	Only for solo expedition
Climbing Gear	

Crampons

Ice axe

Climbing Harness

Carabiners

Ascender (Jumar)

Belay Device

Ice screw

Sling

Proosik loop

Trekking poles

Climbing Helmet

Electronics

Watch

Action Camera

Smartphone

Charging Cables

Power Strip / Multi-plug

Headlamp

Backup Headlamp

Spare Batteries

Power Banks

Documents & Valuables

Travel Documents

Cash / Credit Cards

Travel Insurance

Heating & Survival

Electric Hand/Foot Warmers

Heated Insoles

Chemical Warmers

Emergency Space Blanket

Repair Kit

Duct Tape

Cooking & Hydration

Gas Canister

Only for solo expedition

Stove

Only for solo expedition

Insulated Water Bottle

Thermos Flask

Hard Plastic Water Bottle

Mess Kit (Bowl, Utensils)

Matches / Lighter

Only for solo expedition

Camping Mug

Hygiene & Toiletries

Toilet Paper / Wet Wipes

Sunscreen

Hand Cream

Lip Balm

Microfiber Towel

Toothpaste

Toothbrush

Small Scissors

Comb

Travel Shampoo

Footwear

High-Altitude Mountaineering Boots

Rubber Boots/Base camp boots

Trekking / Mountaineering Boots

Camp Sneakers/sandals

Eyewear & Headwear

Glacier / Ski Goggles

High UV Sunglasses

Thermal Face Mask

Warm Beanie / Local Hat

Fleece Neck Gaiter

Buff

Wide-brimmed Sun Hat

Balaclava

Clothing (Outerwear)

High-Altitude Down Suit

Down Jacket

Fleece Jacket (x2)

Lightweight Trekking Pants

Softshell Mountaineering Pants

Insulated Pants

Hardshell / Rain Pants

Clothing (Gloves & Socks)

Heavyweight Mittens

Down Expedition Mittens

Windproof Gloves

Liner Gloves

Down Booties / Socks

Lightweight Trekking Socks

Midweight Wool Socks

Heavyweight Expedition Socks

Clothing (Base Layers)

Heavyweight Base Layer (Top & Bottom)

Lightweight Base Layer

Thermal Shorts

Synthetic T-shirts

Performance Underwear

Medical & First Aid

Antiviral Medication (Acyclovir)

Activated Carbon / Charcoal

Multivitamins

Electrolyte / Isotonic Powder

Mineral Supplements

Paracetamol / Acetaminophen

Adhesive Bandages / Plasters

Headache Medication (Citramon)

Altitude Sickness Medication (Dexamethasone)

General Painkillers

Chewing Gum

Throat Lozenges

Pulse Oximeter

Food & Nutrition

Dried Meals

Only for solo expedition

Instant Noodles

Only for solo expedition

Snacks

Energy Bars

Energy Gels

Tea Bags