

7 Summits Expedition Checklist

Planning to tackle one, two or all of the seven great summits? Let our handy checklist be your guide.

What do you need?	Where are you going?						
Requirements	Everest	Kilimanjaro	Denali	Elbrus	Aconcagua	Vinson	Carstenz
Gear							
Ice axe	✓		✓	✓	✓	✓	
Crampons	✓		✓	✓	✓	✓	
6mm accessory cord	15m		15m	3m		15m	7m
Alpine climbing harness	✓		✓	✓	✓	✓	✓
Locking biners	2 twistlock, 1 screwgate		2 Screwgate	1 twistlock		4	3 screwgate
Standard biners	3		6	2		4	
Belay device	✓		✓	✓			Figure 8
Adjustable helmet	✓		✓	✓	✓	✓	✓
Ascenders	✓		✓			✓	Left or right
Trekking poles	✓	✓	✓	✓	✓	✓	✓
Expedition pack	Ariel 65L		Xenith 105L		Xenith 105L	Volt 75L	
Trekking pack	Exos 38L	Exos 38L		Exos 38L	Exos 38L		Exos 38L
Dry bags	✓	✓	✓	✓	✓	✓	
Sleeping bag -40°C	✓					✓	
Sleeping bag -30°C	✓	✓					
Sleeping bag -10°C			✓	✓	✓		✓
Sleeping bag liner	✓	✓	✓	✓	✓		
Compression stuff sacks	✓	✓	✓	✓	✓	✓	✓
Self inflating pad	2	✓	✓	✓	✓	✓	✓
Closed cell foam pad	✓		✓		✓	✓	✓
Thermal non-spill cup	✓		✓		✓	✓	
Spoon	✓		✓		✓	✓	
Collapsable bowl	✓		✓		✓	✓	
Sunscreen SPF 50	✓	✓	✓	✓	✓	✓	✓
Lip protect SPF 30+	✓	✓	✓	✓	✓	✓	✓
Widemouth water bottles	2-3 bottles	2-3 bottles	2-3 Bottles	2-3 bottles	2-3 bottles	2-3 bottles	2 x 1L, 2 x 0.5L
Water purification	✓	✓	✓	✓	✓		✓
Water purification	✓	✓	✓	✓	✓		✓
Pee bottle	✓	✓	✓	✓	✓	✓	✓
Pee funnel	✓	✓	✓	✓	✓	✓	✓
Water bottle insulator	✓		✓	✓	2	2	
Vacuum insulated stainless bottle	✓		✓	✓			
Multi-tool	✓	✓	✓	✓	✓	✓	✓
Toiletry bag	✓	✓	✓	✓	✓	✓	
Hand and toe warmers	✓		✓		✓	✓	
Trash compactor bags x 4	✓	✓	✓	✓	✓	✓	✓
Small digital camera	✓	✓	✓	✓	✓	✓	✓
Large Duffel bag	2	✓	✓	✓	✓	✓	✓
Small Duffel Bag		✓	✓		✓		
Personal first aid kit	✓	✓	✓	✓	✓	✓	✓
Personal medication	✓	✓	✓	✓	✓	✓	✓
Hand Sanitizer	✓	✓	✓	✓	✓	✓	✓
Ear Plugs	✓	✓	✓	✓	✓	✓	✓
Insect Repellent		✓					✓
Hands and feet							
Hiking boots/trekking shoes	✓	✓			✓		✓
Approach shoes		✓		✓		✓	
All in one boot	✓		✓	✓	✓	✓	
Snow Shoes			✓				
Lightweight sandals/crocs					✓		
Gaitors		✓					✓
Heavy weight socks	4 pairs	3 pairs	3 pairs	3 pairs	3 pairs	3 pairs	3 pairs
Liner socks	4 pairs	1-3 pairs	1-3 Pair	1-3 pairs	1-3 pairs	1-3 pairs	3 pairs
Camp Boots	Optional	optional	optional	Optional	Optional	Optional	
Lightweight Liners	✓	✓	✓	✓	✓	✓	✓
Heavy weight soft shel gloves	✓	✓	✓	✓	✓	✓	✓
Expedition shell gloves	✓		✓	✓	✓	✓	
Expedition mitts	✓	✓	✓		✓	✓	
Leather Belay Gloves							✓
Headwear							
Headlamp	✓	✓	✓	✓	✓	✓	✓
Beanie		✓	✓	✓	✓	✓	✓
Balaclava Heavyweight	✓		✓			✓	
Balaclava lightweight	✓	✓	✓	✓	✓	✓	✓
Sun hat	✓	✓	✓	✓	✓	✓	✓
Buff	✓	✓	✓	✓	✓	✓	✓
Glacier glasses	✓	✓	✓	✓	✓	✓	✓
Ski Goggles	✓		✓	✓	✓	✓	
Clothing							
Travel clothes	✓	✓	✓	✓	✓	✓	✓
Lightweight long Base Layer	✓	✓	✓	✓	✓	✓	
Heavyweight long Base Layer	✓	✓	✓	✓	✓	✓	
Heavyweight long underwear	✓		✓	✓	✓		✓
Lightweight long underwear	2-3 pairs	2-3 pairs	2-3 pairs	2-3 pairs	2-3 pairs		✓
Lightweight short underwear		2-3 pairs					
Pair synthetic short sleeve shirt	1-2 pairs	✓	✓	✓	✓		
Lightweight Nylon pants	1-2 pairs	✓	✓	✓	✓	✓	✓
Mid Layer top		✓	✓	✓	✓	✓	✓
Soft shell Jacket	✓	✓	✓	✓	✓	✓	✓
Soft shell pants	✓	✓	✓	✓	✓	✓	✓
Insulated zip off pants	✓		✓	✓			✓
Insulated jacket	✓	✓	✓	✓	✓	✓	
Lightweight hard shell Jacket	✓	✓	✓	✓	✓		✓
Hard shell pants	✓	✓	✓	✓	✓		✓
Insulated down suit	✓						
Insulated down parka		✓	✓		✓	✓	
Insulated down pants		✓	✓		✓	✓	