



7 Summits Expedition – Conquer the Highest Peak on Each Continent

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

7 Summits

ACCOMMODATION

**Hotels, Mountain Lodges, Base Camp
Tents, Expedition Tents**

WALKING

5–8 Hours

MAX ALTITUDE

8,848
m

DURATION

120
Days

DIFFICULTY

Extreme
Difficult

BEST SEASON

Summer, Spring, Autumn

Overview

The **7 Summits Expedition** is one of the most prestigious achievements in mountaineering. It involves climbing the highest mountain on each of the seven continents, pushing climbers to test their endurance, skill, and determination across diverse terrains and extreme environments.

The challenge includes summiting **Mount Everest (Asia)**, **Aconcagua (South America)**, **Denali (North America)**, **Kilimanjaro (Africa)**, **Mount Elbrus (Europe)**, **Vinson Massif (Antarctica)**, and **Carstensz Pyramid (Oceania)**.

Each expedition requires careful preparation, high-altitude acclimatization, and technical climbing skills. Climbers will experience glaciers, snowfields, volcanic terrain, and extreme weather conditions while being supported by experienced guides and professional expedition logistics.

This adventure is designed for climbers seeking the ultimate global mountaineering challenge and an opportunity to stand on the highest points of all continents.

Services

INCLUDES

EXCLUDES

Itinerary

Days	Date	Program	Altitude	Meals	Accommodation	Description
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Gear List

Use the interactive checklist at: https://checklist-14peaks.pages.dev/14peaks_checklist

Travel Documents

- Valid Passport
- Debit/Credit Card
- PP Size Photos(4 Pieces)
- Insurance Paper/Certificate
- Summit Down Suit – 8000M

Medicine / First Aid Kits

- Paracetamole

Upper Body

- Thermal Base Layer
- Fleece Jacket
- Gore Tex Jacket
- Warm Jacket
- Wind Proof Jacket
- Down Jacket
- Cotton T-Shirt

Lower Body

- Trouser
- Bottom Base Layer
- Fleece Trouser
- Gore Tex Pant
- Heavy Weight Pant
- Mid Weight Pant
- Trekking Pant
- Under Wear
- Down Pant
- Gaiters for Trekking Boots
- Climbing Boot -6000m
- Normal Socks
- Summit Socks
- Trekking Shoes
- Thermal Bottom Base Layer
- Trekking Pants

Foot Wear

- Summit Boot - 8000m
- Sport Shoes

Hand

- Thin Fleece Gloves
- Wind Stopper Gloves
- Heavy Gloves(Guide)
- Summit Gloves

Head

- Sun Cap
- Desert Cap
- Fleece Hat/Warm Hat
- Neck Gaiter
- Snow Goggles
- Balaclava

Eating & Drinking

- Water bottle
- Thermos

Bag Packs

- Rucksack 35L-50L
- Duffle Bag
- Dry Bags

Miscellaneous

- Trekking Pole
- Pocket Knife
- Nail Cutter
- Umbrella/Rain Coat
- Hot Water Bag
- Pee Bottle
- Tenacious Tape Repair
- Altimeter Watch
- Satellite Phone(Optional)
- GPS Tracker
- Power Bank
- Camera
- GPS Tracker