MOUNTAINEER.FI

FREE PRE-EXPEDITION FIELD PACK · 2026–2027 EDITION

The 6,000m Readiness & High-Altitude Insurance Audit

Objective physical benchmarks, Nepal 6,000m peak selection matrix, 5-point helicopter rescue policy audit, Lukla 15 kg baggage reference, and a printable rucksack emergency card.

ISLAND PEAK · 6,189 M

MERA PEAK · 6,476 M

LOBUCHE EAST · 6,119 M

AMA DABLAM · 6,812 M

Why we publish this free: Most failed 6,000m Himalayan climbs—and nearly every denied helicopter rescue claim—trace back to avoidable pre-trip errors: choosing the wrong first peak, buying a policy capped at 6,000 m, or arriving in Kathmandu over Lukla's 15 kg baggage limit.

Contact: contact@mountaineer.fi · @mountaineerbjj

Nepal 6,000m Peak Selection Matrix

Compare Mountaineer.fi's four dry-price Nepal climbs by altitude, steepness, endurance demand and ideal climber profile.

PEAK & ELEVATION	REGION & DAYS	TECHNICAL GRADE	KEY CHALLENGE	DRY PRICE
Mera Peak 6,476 m	Hinku Valley 16 days	Alpine F / PD– Non-technical glacier	High summit altitude, long cold summit day (10–14 h), remoteness	**$750**
Island Peak 6,189 m	Khumbu 16 days	Alpine PD+ 45–55° headwall	Glacier crevasse ladders, steep fixed-rope headwall & exposed ridge	**$750**
Lobuche East 6,119 m	Khumbu 18 days	Alpine PD+ / AD– 45–50° snow/rock	Steeper slab approach to High Camp, exposed airy false summit ridge	**$750**
Ama Dablam 6,812 m	Khumbu 21 days	Alpine TD / AD+ 50–65° rock & ice	Sustained technical granite (Yellow Tower), hanging glacier, Camp II/III exposure	**$5,500**

Objective Sea-Level Fitness & Skill Benchmarks

6,000m Trekking Peaks (Mera / Island / Lobuche)

- Climb 1,000 m vertical in < 2.5 h with a 12–15 kg pack
- 8–12 h/week Zone 2 aerobic base for 4–6 months
- Back-to-back 6–8 h hill days without knee breakdown
- Automatic jumar ascent & autoblock abseil in warm gloves (Island/Lobuche)

Ama Dablam Technical Standard (6,812 m)

- Prior clean summit ≥ 6,000 m with proven acclimatisation
- 10–14 h/week aerobic volume + 15–18 kg pack efficiency
- Confident steep-ice cramponing & multi-pitch abseiling
- Calm exposure management on narrow Camp II/III ridges

14-Tier Autonomy Rule (White Paper No 1): Fitness does *not* prevent Acute Mountain Sickness (AMS). Conditioning exists to keep your heart rate low on steep slopes so you finish summit day with energy left for a safe descent—where the majority of Himalayan accidents happen. Check your full autonomy class at **mountaineer.fi/tiers**.

5-Point High-Altitude Insurance Verification Checklist

Emergency helicopter evacuation from Khumbu or Hinku base camps costs **$4,500–$15,000+** (and $20,000+ for long-line rescues above 6,000 m). Kathmandu operators will not launch without insurer guarantee or credit-card pre-authorisation.

- ☐ **1. Summit Altitude Ceiling Cleared:** Policy schedule explicitly covers **≥ 6,500 m** (or unlimited altitude) for Island Peak (6,189 m), Lobuche East (6,119 m) and Mera Peak (6,476 m), or **≥ 7,000 m** for Ama Dablam (6,812 m). *Never accept a "6,000 m cap" — it provides zero cover on Nepal's trekking summits.*
- ☐ **2. Field Search & Rescue (SAR) from Glacier:** Distinguish between "medical evacuation" (hospital-to-hospital transfer) and "Field SAR" (helicopter dispatch directly to 5,200 m Base Camp). You need **both**.
- ☐ **3. Companion ICU Medical Cover (≥ $250,000):** Evacuation memberships (e.g. Global Rescue) fly you off the mountain but do **not** pay Kathmandu ICU hospital bills ($2,000–$4,000/day for HAPE/HACE) unless paired with companion health/travel insurance (e.g. IMG Signature).
- ☐ **4. Ropes, Crampons & Ice-Axe Endorsement:** Confirm technical mountaineering is covered—not merely "trekking on recognised trails".
- ☐ **5. DIY / Independent Clause Check:** If trekking independently to Base Camp on a Mountaineer.fi $750 dry-price permit, verify in writing that your insurer does not require a Western guide on the approach trek.

Provider Structure Comparison

PROVIDER	STRUCTURE	ALTITUDE LIMIT	CRITICAL CAVEAT
Global Rescue (+ IMG)	Field SAR membership + add IMG medical	Unlimited with High-Altitude Package (>4,572 m)	Must add BOTH High-Altitude rider & hospital medical policy
Ripcord Rescue	All-in-one SAR + ICU medical + cancellation	Technical climbing >6,000 m (custom quote)	Higher premium; removes dual-insurer claim friction
True Traveller / Battleface	Bundled UK/EU/Int'l adventure travel	Up to 6,000 m standard; verify >6,000 m endorsement	Residency-dependent; get peak height printed on certificate
ÖAV Alpine Club / World Nomads	Club rescue / Explorer travel	Standard cap stops strictly at **6,000 m**	Great for Alps/EBC/Kilimanjaro; insufficient above 6,000 m without special extension

Nepal Rescue Fraud Rule: Unless facing immediate life-threatening HAPE, HACE or severe trauma, have your Base Camp guide or the HRA clinic at Pheriche call your insurer's 24/7 desk *before* launching a helicopter.

Printable Rucksack-Lid & Base Camp Rescue Card

Mobile reception vanishes above Dingboche and Khare. Print two copies of this page, fill in with permanent ink, seal in waterproof pouches: carry Copy 1 inside your rucksack lid and hand Copy 2 to your Base Camp manager.

EMERGENCY HELICOPTER & MEDICAL AUTHORISATION CARD — KEEP WATERPROOF

Full Name (as on Passport):	_____
Nationality & Passport Number:	_____
Date of Birth / Blood Type:	_____
Drug Allergies / Medical Conditions:	_____
SAR / Evacuation Provider Name:	_____
SAR Policy / Membership Number:	_____
24/7 Emergency Collect Phone (Int'l):	_____
Companion Medical Insurer & Policy #:	_____
Verified Altitude Ceiling on Policy:	[ ] 6,500 m [ ] 7,000 m [ ] Unlimited
Emergency Next of Kin (Name & Phone):	_____
Kathmandu Agency / Guide WhatsApp:	_____

Critical Nepal High-Altitude Emergency Numbers

FACILITY / SERVICE	LOCATION	CONTACT / NOTES
CIWEC Hospital & Travel Medicine	Lainchaur, Kathmandu	+977-1-4524111 (24/7 high-altitude & trauma ER)
Himalayan Rescue Association (HRA)	Pheriche (4,240 m) & Manang	+977-38-540022 (seasonal Spring/Autumn clinics)
Mountaineer.fi Support Desk	Kathmandu / Remote	contact@mountaineer.fi · Use Guide WhatsApp issued with permit

Non-Negotiable HAPE / HACE Descent Triggers (WMS 2024):

- **HACE:** Ataxia (cannot walk heel-to-toe in a straight line), confusion, slurred speech → **Immediate descent + O2 + Dexamethasone 8 mg.**
- **HAPE:** Extreme breathlessness at rest, wet rattling cough, pink frothy sputum, SpO2 collapsing → **Immediate descent + O2 + Nifedipine SR 30 mg.**

Lukla 15 kg Baggage Reference & Acclimatisation Rules

Twin Otter flights from Kathmandu or Manthali (Ramechhap) to Lukla strictly enforce **10 kg checked duffel + 5 kg carry-on**. Overweight luggage risks being left behind for later flights.

SLOT	HARD LIMIT	WHAT GOES HERE (PRO STRATEGY)	TARGET WEIGHT
Checked Duffel	**10.0 kg**	Sleeping bag (-20°C), pad, base/mid layers, crampons, ice axe, harness, hardware, bottles	9.0–9.8 kg
Carry-On Pack	**5.0 kg**	Down parka, Gore-Tex shell, mittens, helmet, Cat 4 sunglasses, headlamp, ALL lithium batteries, passport & insurance	4.3–4.9 kg
Worn Boarding	Excluded	Heavy 6,000 m double boots (or heavy trekking boots), fleece, softshell trousers, belt	~2.5 kg saved

WMS 2024 Acclimatisation Rules for 6,000 m Nepal Climbs

The Golden Ascent Limits

- Above **3,000 m**, limit sleeping elevation gain to **≤ 500 m per day**.
- Take a full **rest & acclimatisation day** every 3–4 days (Namche 3,440 m + Dingboche 4,410 m / Khare 4,900 m).
- Drink **3.5–4.5 L/day** and eat high-carbohydrate trail meals even when appetite drops.

Weather Buffer Discipline

- Build **1–2 extra summit days** at Base Camp/Chhukung/Khare.
- Build **2 full buffer days** in Kathmandu before your international flight home—Lukla clouds routinely ground Twin Otters for 24–48 hours.

Rent in Thamel vs Bring From Home

Renting bulky summit kit in Thamel, Kathmandu (verified reputable shops) cuts international airline fees and saves 4+ kg on the Lukla leg: 6,000 m double boots ($4–$5/day), -20 °C sleeping bag ($2.50–$3.50/day), 800-fill down parka ($2–$3/day), 12-point steel crampons ($1.50/day). **Always fit rented crampons onto your exact boots before leaving Kathmandu.**

Ready to Organise Your 6,000m Climb Without Commercial Markup?

Western operators routinely charge $4,500–$6,000 for Island Peak, Mera Peak or Lobuche East. Independent climbers using Mountaineer.fi's $750 dry-price permit + basecamp model complete the exact same mountain for roughly $2,200–$2,900 all-in.

Option A: The DIY Himalayan 6,000m Expedition OS ($39)

Get our complete formula-driven Excel / Google Sheets 4-peak budget calculator, gram-level 15 kg Lukla gear & Thamel rental tracker, automated WMS 2024 acclimatisation builder, Notion workspace, and 10-page Field Playbook PDF.

Includes a 100% $39 credit voucher (DIYOS39) toward any Mountaineer.fi permit package.

mountaineer.fi/diy-expedition-os

Option B: Dry-Price Permits & Basecamp ($750 / $5,500)

Know your peak and dates already? Reserve your climbing permit, 2 days at Base Camp with meals, and a dedicated local summit-day climbing guide directly through Mountaineer.fi:

- Island Peak (6,189 m) — **$750**
- Mera Peak (6,476 m) — **$750**
- Lobuche East (6,119 m) — **$750**
- Ama Dablam (6,812 m) — **$5,500**

mountaineer.fi/expeditions

YOUR NEXT ACTION

1. Check Insurance → 2. Build Your Budget → 3. Lock Your Permit

Explore 120+ field-verified guides on acclimatisation, gear, Lukla flights and Himalayan history free at **https://mountaineer.fi/articles**, or message us directly at **contact@mountaineer.fi**.