

Top 100 Parent Mountains Checklist

Printable summit tracker organized by continent. Check each mountain as you visit it.

100 Total Mountains	7 Continents	Checkbox Print Format
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How to use this checklist

- Print and mark each box as you visit a mountain.
- Continents follow a practical mountaineering/travel convention used for planning and list-building.
- Transcontinental peaks are grouped where they are most commonly tracked on summit lists.

Continent	Count
Asia	35
Europe	18
North America	16
South America	12
Africa	10
Oceania	7
Antarctica	2

Tip: print double-sided and keep this as your lifetime mountain checklist.

Asia

35 mountains

- Mount Everest
- K2
- Kangchenjunga
- Lhotse
- Makalu
- Cho Oyu
- Dhaulagiri I
- Manaslu
- Nanga Parbat
- Annapurna I
- Gasherbrum I
- Broad Peak
- Gasherbrum II
- Shishapangma
- Ama Dablam
- Nuptse
- Pumori
- Island Peak (Imja Tse)
- Mera Peak
- Lobuche East
- Baruntse
- Mount Kailash
- Mount Fuji
- Mount Kinabalu
- Mount Rinjani
- Mount Agung
- Mount Apo
- Mount Ararat
- Mount Damavand
- Khan Tengri
- Jengish Chokusu (Pobeda Peak)
- Peak Lenin (Ibn Sina Peak)
- Ismoil Somoni Peak
- Peak Korzhenevskaya
- Mount Belukha

Europe

18 mountains

- Mount Elbrus
- Mount Kazbek
- Mount Olympus (Greece)
- Mount Etna
- Mount Vesuvius
- Mont Blanc
- Matterhorn
- Eiger
- Jungfrau
- Dufourspitze (Monte Rosa)
- Grossglockner
- Zugspitze
- Marmolada
- Ben Nevis
- Mount Teide (Tenerife)
- Mount Triglav
- Kebnekaise
- Galdhøpiggen

North America

16 mountains

- Denali
- Mount Rainier
- Mount Whitney
- Mount Shasta
- Mount Hood
- Grand Teton
- Longs Peak
- Pikes Peak
- Mount Elbert
- Mount Logan
- Mount Saint Elias
- Pico de Orizaba (Citlaltépetl)
- Iztaccihuatl
- Mauna Kea
- Mauna Loa
- Haleakal■

South America

12 mountains

- Aconcagua
- Ojos del Salado
- Huascarán
- Alpamayo
- Chimborazo
- Cotopaxi
- Illimani
- Sajama
- Fitz Roy (Cerro Chaltén)
- Cerro Torre
- Pico Bolívar (Venezuela)
- Mount Roraima

Africa

10 mountains

- Mount Kilimanjaro
- Mount Kenya
- Mount Stanley (Margherita Peak)
- Mount Meru
- Jebel Toubkal
- Ras Dashen
- Mount Cameroon
- Thabana Ntlenyana
- Mount Karisimbi
- Mount Nyiragongo

Oceania

7 mountains

- Puncak Jaya (Carstensch Pyramid)
- Mount Kosciuszko
- Aoraki / Mount Cook
- Mount Aspiring / Tititea
- Mount Wilhelm (Papua New Guinea)
- Mount Ruapehu
- Mount Taranaki / Egmont

Antarctica

2 mountains

- Vinson Massif
- Mount Erebus (Antarctica)