



EVEREST BASE CAMP TREK

KIT LIST

To help you plan & prepare for your adventure...

This is a guide to essential, optional and recommended kit needed for your challenge. You can save money by using our discount codes, shop in outdoor factory outlets, search for sales, borrow items from friends or family or hire kit that you are unlikely to use again such as a sleeping bag or down jacket! We do recommend you invest in a good pair of walking boots fitted by a professional.

Baggage

- On the international flight, you will be allowed 23kg of checked in baggage and 7kg hand luggage.
- On the internal flight from Kathmandu to Lukla – your luggage is strictly limited to 15kg maximum (10kg duffle bag and 5kg day bag). This can be achieved by sensible packing! A good tip is to wear extra layers on the flight and put snacks or luxury items in your pockets.
- We recommend carrying portable chargers and batteries in your cabin baggage: https://www.faa.gov/about/initiatives/hazmat_safety/more_info/?hazmat=7
- During the trek Sherpas will carry your main bags and you carry your day bag.

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ITEM	IMPORTANCE	✓
FOOTWEAR		
Gortex or leather hiking boots – water repellent and fully broken in with ankle support	ESSENTIAL	
Trainers, slippers light footwear – for use in the teahouses	RECOMMENDED	
4 x pairs of thick walking socks & 4 x thin liner socks to avoid blisters	ESSENTIAL	
1 x pair heavyweight mountaineering socks for colder days	RECOMMENDED	
CLOTHING		
Gortex or breathable Waterproof jacket with hood *ensure this fits over fleece or down jacket	ESSENTIAL	
Gortex or breathable Waterproof over trousers *ensure these fit over trekking trousers	ESSENTIAL	
Heavyweight trekking trousers for cold days	RECOMMENDED	
Lightweight trekking trousers and shorts for warmer days – zip offs work well	ESSENTIAL	
Down or synthetic insulated jacket	ESSENTIAL	
1-2 x micro fleece tops for layering	ESSENTIAL	
2-3 x trekking t-shirts * wicking or synthetic not cotton	ESSENTIAL	
Light to mid weight wicking or synthetic long / thermal underwear/ base layers for top and bottom * not cotton	ESSENTIAL	
1 x warm pair of wind stopper gloves – must be able to fit under waterproof gloves	ESSENTIAL	
1 x thick pair of gloves *must be waterproof	ESSENTIAL	
1 x extra pair of thick fleecy mitts	RECOMMENDED	

Warm fleecy hat / head band which covers ears or a balaclava	ESSENTIAL	
A bandana or buff for warmth and sun protection – ideally with fleece layer	ESSENTIAL	
Peaked cap with neck cover or wide brimmed hat for sun protection	ESSENTIAL	
Casual clothes for gala dinner/ hotels / travel – can be left at the hotel to avoid carrying on the mountain	RECOMMENDED	
Tracksuit bottoms / spare trousers to wear in the campsites in the evenings	OPTIONAL	
EQUIPMENT		
90 – 110 litre duffle bag or backpack (no wheels)	ESSENTIAL	
Minimum 30 – 35 litre rucksack for carrying personal items on trekking days with rain cover	ESSENTIAL	
4 – 5 season sleeping bag in cover	ESSENTIAL	
Strong heavy duty bin liners or waterproof bag liner to keep clothing/ equipment dry	ESSENTIAL	
Smaller waterproof bags to organise equipment into and keep spare clothing dry	RECOMMENDED	
2 – 3 litre platypus/camelback water carrier and 2 x 1 litre water bottles (camelback mouth tubing prone to freezing on summit night so bottles essential)	ESSENTIAL	
Head torch with spare batteries	ESSENTIAL	
Sun glasses with 100% UV protection that block out the sun from the sides – skiing sunglasses work well.	ESSENTIAL	
Thin sleeping bag liner (cotton or silk) for extra warmth	RECOMMENDED	
Camera with spare batteries and memory cards	RECOMMENDED	
Snacks for up to 11 trekking days – sweets/trail mix/cereal bars – can be bought locally in Namche and throughout trek	OPTIONAL	
Carbohydrate gels/energy tablets/ Electrolyte replacement tablets for adding to drinking water	RECOMMENDED	
Ear plugs	OPTIONAL	
Travel pillow	OPTIONAL	
Travel towel	OPTIONAL	
Trekking poles	RECOMMENDED	
Mobile telephone with charger and adaptor	OPTIONAL	
Chemical (one-use) hand warmers for colder days	RECOMMENDED	
TOILETRIES		
Anti-bacterial hand gel	ESSENTIAL	
Toilet roll or packs of travel tissues for 15 days trekking	ESSENTIAL	
Ziplock resealable bags – for storing toilet paper between camps	ESSENTIAL	
Sun screen (at least factor 30+), lip balm and after sun	ESSENTIAL	
Wet wipes for personal hygiene	RECOMMENDED	
Toothbrush and small tube of toothpaste	ESSENTIAL	
Shampoo and shower products	RECOMMENDED	
Insect repellent wipes/sprays or patches	ESSENTIAL	
Soap/face wash	OPTIONAL	
Small nail brush to keep hands and nails clean	RECOMMENDED	
Contact lenses & solutions for wearers. A pair of glasses as back up	IF APPLICABLE	

PERSONAL FIRST AID KIT		
Paracetamol / Ibuprofen / Aspirin	ESSENTIAL	
Antihistamines	ESSENTIAL	
Plasters / blister kit / zinc oxide tape	ESSENTIAL	
Rehydration powder (dioralyte)	ESSENTIAL	
Anti-diarrhoea tablets (Imodium)	RECOMMENDED	
Antiseptic Wipes	RECOMMENDED	
Throat Lozenges	RECOMMENDED	
Muscle rub / deep heat / ibuprofen gel	RECOMMENDED	
Knee supports (if required)	RECOMMENDED	
Talcum powder	RECOMMENDED	
Diamox tablets for those who have consulted a GP/clinic	OPTIONAL	
Any personal medication that has been prescribed by a GP or clinic – split between hold and hand luggage	IF APPLICABLE	
DOCUMENTS		
Passport and photocopy of passport – stored separately from passport in case passport goes missing	ESSENTIAL	
2 passport sized photo – stored separately from passport in case passport goes missing	ESSENTIAL	
Visa for Nepal	ESSENTIAL	
Travel insurance certificate and 24 hr emergency contact telephone number for insurance company	ESSENTIAL	
Your itinerary includes internal Nepalese flights that will be dependent on weather and we strongly recommend adding “missed flight connection” cover to your policy	RECOMMENDED	
US Dollars – approximately US\$350 in mixed denominations	ESSENTIAL	
Credit Card / additional funds in case of trip curtailment costs.	ESSENTIAL	
AC emergency contact list	ESSENTIAL	