



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: <u>https://www.faa.gov/about/initiatives/hazmat_safety/more_info/?hazmat=7</u>
- During the trek Sherpas will carry your main bags and you carry your day bag.

ITEM	IMPORTANCE	٧		
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			

KIT LIST



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 clothers 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 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 / equipment dry ESSENTIAL Smaller waterproof bags to organise equipment into and keep spare clothing / equipment dry ESSENTIAL Sun glasses with 100% UV protection that block out the sun from the sides – sking sunglasses work well. ESSENTIAL Sun glasses work well. RECOMMENDED ESSENTIAL Snack 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 Carabohydrate gels/energy tablets/ Electrolyte		chanenge events worldw	Iuc
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Small nail brush to keep hands and nails clean RECOMMENDED		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	IF APPLICABLE		
between hold and hand luggage			
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		