



**EVEREST BASECAMP TREK
EQUIPMENT LIST**

TRAVEL NEEDS

Medium zippered duffel bag with pad lock (do not lock on airline flight)
Small duffel bag with padlock to leave at hotel in Kathmandu
Clothing and footwear appropriate for mild temperatures (possible rainy conditions)
Passport, Visa, Passport pouch
4 additional Passport photos for Visa issued on arrival
2 photo copies of the first spread of the inside of your Passport
Rescue Insurance information
Credit Card

PERSONAL GEAR

Pack – Day pack (20-30 liter)
Sleeping Bag - down (warmth range 0° to 20° F) with stuff sack or compression stuff sack. Sleeping pad will be provided.

CLOTHING

Next to skin layers:

Short sleeve T-shirt (2) – light merino wool or capilene
Long sleeve light capilene zip t-neck
Capilene briefs – (4 pr.)
Light-weight capilene long johns
Trekking shirt - long sleeve, quick dry, offering sun protection

Outer layers:

Soft shell jacket (lightly insulated) or fleece pullover
Light soft shell mountain pants (AKA “guide pants” - synthetic stretch woven fabric)
Light trekking pants – quick dry
Fleece pants
Light puff layer - nylon with down or light synthetic insulation, hood optional
Rain layer – light waterproof/breathable jacket and pants
Boot Socks (3-4 pr.) - wool/nylon blend or similar
Light fleece or wool hat
Sun Hat - with visor or brim
Gloves - 1 light pair, 1 warm pair
Bandana

MISCELLANEOUS

1-Liter Water bottle (wide-mouth Nalgene Lexan best)
Water Purification – Pristine Biox Aqua or Aqua Mira (available in Kathmandu)
Sunglasses with Retainer
Sunscreen - 50+ SPF recommended
Lip Balm - 30 SPF recommended
Insect Repellent - maximum strength
Small Personal First-Aid Kit - bandaids, moleskin, aspirin, first aid tape, antacid tablets, personal medications, diamox (optional – helps with acclimatization)
Toothbrush
Toothpaste - small tube
Light Headlamp with Fresh Batteries as well as spare batteries
Butane Lighter

Small Pocket Knife

Digital Camera (optional, but recommended) – with large memory card (4-8gb)

Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, and personal first aid kit and day snacks. The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. The maximum weight allowance is 15kgs/33 pounds.