

This list is a guide of the recommended equipment to take on a trek to Everest Base Camp. It is always better to have several thinner layers than fewer thicker ones as the temperatures can fluctuate and it is easier to adjust accordingly. Communal equipment (tents, food, utensils, etc) are not required. The personal gear listed below is your responsibility.

Please visit <http://summitseas.com/destinations/himalayas/everest-base-camp-packing-list/> for more details

Head Gear

- 1 - Brimmed Hat, baseball cap, for sun protection
- 1 - Knit Hat, for warmth
- 1 - Balaclava, Scurf or Buff, for face coverage (optional)

Hardware

- 1 - Gloves, warm wool/fleece (waterproof)
- 1 - Gloves, thin and wind proof

Footware

- 1 - Hiking Boots, warm, waterproof, broken-in
- 1 - Gym Shoes, to wear at tea houses (optional)
- 1 - Sandals, to wear in tea house showers (optional)
- 3 - Hiking Socks, wool or synthetic
- 1 - Thick Socks, wool for nights if very cold (optional)
- 1 - Gaiters (optional)

Technical Clothing

- 2 - Long Sleeve Shirt, moisture-wicking fabric
- 2 - Short Sleeve Shirt, moisture-wicking fabric
- 1 - Fleece top for evenings at camp
- 1 - Soft Jacket, or soft-shell
- 1 - Hard-shell, Waterproof Jacket, breathable with hood
- 1 - Down jacket, Insulated Jacket
- 1 - Thermal Base layer, Long-johns, moisture-wicking fabric
- 3 - Sport Bra (women)
- 1 - Waterproof Rain Pants, breathable (side zipper recommended)
- 2 - Hiking Pants
- 1 - Fleece Pants for evenings at the tea houses
- 2 - Shorts (optional)
- Underwear, moisture-wicking fabric

Baggage and Sleeping

- 1 - Sleeping Bag, warm, four seasons
- 1 - Duffle Bag, Hiking bag, Holdall, 50-90L, for porters to carry
- 1 - Waterproof day pack with rain cover, 30-35L, for you to carry personal gear
- 1 - Kit storage bag to leave items not needed for the trek at the hotel in Kathmandu

Accessories

- 1 - Sunglasses with UV-filter lenses
- 2 - Water Bottle (Nalgene, 1 Liter) or
- 1 - Water Bladder (Camelback type, 3 liters)
- 2 - Trekking Poles, collapsible (highly recommended)
- 1 - Head lamp, with extra batteries

Stuff Sacks, Dry Bags or Plastic Bags, various sizes, to keep gear dry and separate. Also carry Games/cards, pen notebook, reading material.

Paperwork

- Passport with Nepal Tourist Visa which can be purchased on arrival)
- Air Travel Documents
- Debit/Credit Card (recommended for eventualities only)
- Travel Insurance Documents (Where applicable)
- Vaccination certificates (Yellow Fever, if visiting a risk zone prior to entering Nepal)
- Cash for personal items
- Emergency contacts

Hygiene, Food and Toiletries

- Toilet Paper
- Toothbrush & toothpaste
- Washcloth
- Soap
- Quick Dry Travel towel
- Prescriptions
- Sunscreen (Factor 30+)
- Lip Balm
- First Aid Kit
- Hand Sanitizer
- Wet Wipes
- Snacks, lightweight, high calorie (optional)
- Electrolytes, powder or tablets (optional)
- Pain killers (Ibuprofen and Paracetamol)
- Diamox (acetazolamide) in case you want to take them
- Zinc oxide tape and small scissors
- Blister pads
- Loperamide / Immodium diarrhea tablets
- Dioralyte sachets or similar rehydration packs
- Throat lozenges
- Iodine water purification tablets

Electronics and Gadgets (optional)

- Camera, with extra batteries
- Portable Solar Chargers
- Power Banks
- Unlocked Mobile Phone
- Amazon Kindle
- Tablet
- Device with an Alarm
- iPod/Mp3 player
- Travel Adapters,
- Shaving kits
- Binoculars, get a closer look at Everest and other mountains in the region

Note:

1. Any containers sealed at low levels (toothpaste, sun cream, contact lens solution etc) will tend to expand as you climb higher so carefully release the build-up of pressure each night so that they don't burst in your pack.
2. You may be sharing the same porter with another trekker so limit your luggage to one duffle or hiking bag weighing no more than 13kg (28 pounds), while you carry your day pack so do not over pack.
3. Be sure to carry enough casual clothes to wear on your days in Kathmandu should you prefer to do so. These clothes will be stored in the hotel for safety while you enjoy your Trek.
4. There is no strict rule on hygiene, food and toiletries therefore they should be brought at your own discretion.