

everest base camp, kit list

The items listed below are purely recommendations. The list has been designed by our leaders and the local ground handler. However please take into account your personal preferences and common sense.

Buying clothing and trekking and travel kit: receive up to 30% discount from [The Outdoor Shop](#)

If you would prefer to hire kit, please contact Trek Hire (01732 865858 or visit www.trekhireuk.com) or alternatively you can hire certain items from the ground handler once you arrive in Nepal (see list below). If you wish to do so, please email us at least 1 month prior to departure with your request.

Try to use your equipment before you go – particularly your rucksack, boots and sleeping bag – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn. They should be waterproof leather or gortex.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry).

Your main bag should not weigh more than 15kg and you may be charged for excess luggage on internal flights or when entering the National Park, also the porters have to carry and transport it. Your hand luggage should not exceed 8kg and maximum dimensions of 56cm, 45cm width and 25cm depth. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else. If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don't pack things you will need again before or during the flight – such as medicine - and make sure you have an adequate supply. Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as toothbrush to freshen up on the long journey. Don't pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When leaving the UK, we recommend that you wear your trekking boots and trekking gear, and take as much as possible in your hand luggage. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the expedition while we relocate any missing baggage.

Important: The weather can vary greatly from season to season and even within a very short period of time. You must be prepared for cold and wet weather at all times. Please pay particular attention to the kit that will keep you warm and dry ie: waterproofs, jacket, fleece etc. It is a good idea to wrap everything inside your main bag in plastic bags, so if it rains, your kit and especially your sleeping bag is less likely to get wet.

item	take it?
baggage and sleeping	
Large rucksack/kit bag – no more than 15kgs (a suitcase is not appropriate)	Yes
Day rucksack (for carrying sun cream, camera, film, water bottles etc)	Yes
Sleeping bag 4 season (you can hire one from Nepal for \$2 per day (\$150 if lost or damaged) payable in country before you trek, please order through Gane and Marshall)	Yes
Fleece sleeping bag liner	Yes
Thermarest (sleeping mat provided in Kathmandu, but can be used for extra comfort & insulation. You can hire one from Nepal for \$2 per day (\$200 if lost or damaged) payable in country before you trek, please order through Gane and Marshall)	Yes
clothing	
Waterproof jacket and trousers	Yes
Long-sleeved shirt	Yes
T-shirts	Yes
Fleece	Yes
Thermals (for cold nights)	Yes
Trousers (such as lightweight cargo trousers, avoid jeans) Also warm trousers for higher altitudes.	Yes
Shorts & swimwear	Optional
Underwear (light and loose), plenty of socks - both hiking double weave socks and light thermal liner socks	Yes

Buff/Bandana /scarf (to avoid dust and sunburn)	Yes
Down jacket (essential, you can hire one from Nepal for \$1 per day (\$200 if lost or damaged) payable in country before you trek, please order through Gane and Marshall)	Yes
Walking boots (sturdy well worn in hiking boots, water resistant gortex or leather)	Yes
Gaiters (use in snowy conditions in the foothills)	Optional
Trainers or light slip on shoes for evenings	Yes
Wide brimmed hat	Yes
Gloves – a pair of thermal liner gloves for every day and a pair of warm outer gloves or mittens for higher	Yes
Woolly hat (you will need to cover your head in its entirety)	Yes
hygiene	
Toothbrush & toothpaste, flannel for strip washing, soap (anti bacterial & bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, vaseline	Yes
Razor & cream, sanitary products, shower gel (bio-degradable), travel towel, deodorant, toilet paper/tissues, hairbrush/comb	Optional
health	
Vitamins	Optional
After sun / moisturiser	Yes
Sun protection (factor 30 minimum – we recommend 50 factor) Sunblock lip-salve is also recommended	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport & photocopy (with 6 months to run from the end of the expedition)	Yes
Visa	Yes
Flight tickets (to be provided in advance)	Yes
Cash	Yes
Travellers cheques (only changeable in Kathmandu)	Optional
Credit card (for emergencies only)	Yes
Travel insurance	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Yes
Emergency contacts (you will be sent these prior to departure)	Yes
other	
Water purifying tables – chloro-diox are correct for the Himalayas	Yes
Camera & camera film	Optional
Binoculars	Optional
Sunglasses (good quality with high 100% UV protection)	Yes
High energy snacks (tracker bars, dried fruit and nuts, you can purchase snacks & chocolate en route)	Yes
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Padlock	Yes
Cord or string	Optional
Note book and pen(s)	Optional
Alarm clock, watch	Optional
Adjustable walking pole rubber tipped (highly recommended. Try to fit into main hold luggage)	Yes
Torch (with spare batteries and bulb) head torch recommended	Yes
Water bottle (two 1litre bottles minimum) recommended. Plastic Nalگو bottles double as hot water bottles!	Yes
Ear plugs	Yes
Re-sealable plastic bags (for dirty washing & to protect from damp etc)	Yes
Whistle	Optional
Spare boot laces	Yes
small first aid kit	
Pain killers / Paracetamol (Asprin also aids altitude acclimatisation)	Yes
Adhesive dressing (plasters) and Compeed blister pads / second skins	Yes
Antiseptic spray	Yes
Diahorrea tablets (Immodium or Pepto Bismol) & Re-hydration sachets (2 per trekking day)	Yes
Any medication you normally use	Yes