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Everest Base Camp Packing List

April 4-16, 2019

Gear Provided:

- Trekking Duffle Bag to carry your gear by porter
- Sleeping Bag
- Down Jacket
- First aid Medical Kit

What to Pack:

Note: Trekking gear and equipment can be purchased in Nepal though they may be knock off brands. Weather in April will be warm, with only a few cold days as we near base camp. It is unlikely that we will experience any rain, but a rain poncho can be purchased for cheap in Kathmandu for an ease of mind.

Important Documents

- ☐ Valid Passport and a Copy of Your Passport (first page only)
- ☐ Dollars, Pounds or Euros to purchase your Nepalese Visa at the KTM Airport (\$25 USD for 15 days, \$40 USD for 30 days) *NOTE: they will not accept credit cards
- ☐ Credit cards, Bank/ATM cards for withdrawing funds from cash machines
- ☐ Airline Tickets (confirmation and itinerary)
- ☐ Travel Insurance Policy Documents

For Your Head

- ☐ Baseball Cap
- ☐ Wool or Fleece Hat
- ☐ Sunglasses
- ☐ Scarf
- ☐ Headlamp
- ☐ Dust Mask

For Your Upper Body

- ☐ Polypropylene Shirts
 - ☐ 2-3 half sleeve & 2 long sleeve
- ☐ Fleece Windstopper Jacket or Pullover
- ☐ Fleece Vest
- ☐ 3-4 Sports Bras (women, wicking & quick dry)
- ☐ 1 Pair Wool or Fleece Gloves
- ☐ Rain poncho

For Your Lower Body

- ☐ 2 Pair Hiking Shorts (wicking, quick dry)
- ☐ 2 Pair Hiking Trousers/ Long Pants (wicking, quick dry)
- ☐ 1 Pair Lightweight Thermal Bottoms
- ☐ 1 Pair Fleece or Wool Trousers
- ☐ 1 Pair Lounge/ Yoga Pants
- ☐ 10 Pair Underwear (no laundry while trekking, will be available before and after)

For Your Feet

- ☐ Hiking Boots (proper trekking boots with spare laces, sturdy soles, water resistant, ankle support “broken in”)
- ☐ 4 Pair Thin Socks (wicking, quick dry)
- ☐ 3 Pair Thick Socks (wicking, quick dry)
- ☐ 1 Pair Casual Shoes
- ☐ 1 Pair Shower Sandals

- ☐ 1 Pair of Warm Socks / Slippers for evenings

For Your Accessorization

- ☐ Sleeping Bag Liner (optional)
- ☐ Day Pack (smaller backpack to carry things like sunscreen, water, snacks, money, extra clothes, camera)
- ☐ Backpack Rain Cover
- ☐ Trekking Poles (if you arrive early, these can be purchased in Kathmandu for about \$5-8 USD!)
- ☐ Reusable Water Bottle or Camelbak
- ☐ Water Purification Tablets (can be purchased in KTM)

For Your “Just-In-Case-I-Wanna-Have-This”

- ☐ Anti-diarrhea Pills
- ☐ Anti-altitude Sickness Pills (Diamox or Acetazolamide)
- ☐ Anti-headache Pills or Essential Oil
- ☐ Electrolytes
- ☐ Stomach Antibiotic (Ciprofloxacin)
- ☐ Earplugs
- ☐ Earbuds/headphones
- ☐ 1 Small Roll of Repair Tape
- ☐ 1 Sewing-Repair Kit

NOTE: do NOT bring sleeping pills as they are a respiratory depressant.

Toiletries

- ☐ 1 Medium Quick Dry Towel
- ☐ Toothbrush & Paste (preferably biodegradable)
- ☐ Multipurpose Soap (preferably biodegradable)
- ☐ High SPF and Waterproof Sunscreen
- ☐ Deodorant
- ☐ Nail Clippers
- ☐ Face and Body Moisturizer

- ☐ Chapstick with SPF
- ☐ Female Hygiene Products
- ☐ Spare Eyeglasses or Contact Lenses
- ☐ Wet Wipes
- ☐ Tissue/Toilet Paper
- ☐ Hand Sanitizer

For Your Enjoyment

- ☐ Yoga Mat
- ☐ Yoga Strap
- ☐ Book / Kindle
- ☐ Journal & Pen
- ☐ Charger Adaptor
- ☐ Camera plus Extra Batteries

Other / Personal

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