



Equipment List for Everest Base Camp trek

Personal Equipment

Boots: - sturdy hiking shoes/boots with good lug soles - waterproofed and broken-in. Trail conditions are often rough and uneven, with possible muddy conditions in many sections. On the high passes and at Base Camp the temperature could be as low as -15 Celsius. Make sure your boots are suitable for these conditions.

Light weight hiking shoes: good shoes for around camps, possibly used on some trail days as well depending on conditions.

Sleeping bag: - good to -10 Celsius. There will be cold evenings in the upper Khumbu Valley and at Base Camp, though many nights may be below freezing.

Sleeping bag liner: - a lightweight liner is great for keeping your sleeping bag more comfortable and will serve well on it's own during warm nights lower down. There will be colder evenings in the upper Khumbu Valley and at Base Camp, though many nights may be below freezing at any point on the trek.

Sleeping pad: - Ensolite or Therma-rest type

Day pack: - approx 30-40 liters, a reasonable size for carrying basics between camps during the day. Should be able to comfortably hold all the gear you will carry for each day (water, camera, raingear, warm jacket, personal items, snacks, etc)

Rain jacket and pants: - Waterproof/breathable type for rain/wind protection; jacket with a hood (1 set)

Hiking Shorts: - nylon or cotton blend hiking type (2 pr)

Lightweight shirt: - hiking shirt good for hot weather conditions (2)

Medium weight shirt: - shirt or sweater/pullover (2)

Top and bottom thermal base layers: - lightweight synthetic or wool blends, not cotton (1 each)

Long pants: - hiking pants, synthetic style that dry easily (1 pr)

Warm gloves: - warm ski gloves or mountain-style gloves (1 pr)

Liner gloves: - lightweight gloves as extras and for cool days on lower mountain (Wind-stopper style)

Gaiters: - great for muddy trails and keeping rocks out of boots on the rocky sections and scree-slopes

Socks: - wool or wool blend and liners (3-4 pairs/combination)

Warm jacket or sweater: - Insulating layer of wool, fleece or down - not cotton (1)

Toque/warm hat: - wool or fleece (1)

Hat with sun visor: - baseball cap, etc. (1)

Cotton bandanas: - 1 or 2 bandanas are helpful for sun-protection

Sunglasses: - must have 100% UV protection and provide full coverage with side-shields or full-wrap (1 pr)

Headlamp: - small size with extra batteries. Essential for around camps (1)

Personal kit: - hand sanitizer, travel-wipes, biodegradable soap, hand towel, toothbrush, moisturizing cream, etc.

Personal first aid kit: - small blister kit, personal medications, ibuprofen, etc.

Water bottles/hydration system: - hose/bag hydration systems are great for trekking days, but may freeze on colder days and evenings, so bring an extra water-bottle as well. 2 liters capacity minimum for the trip.

Folding style pocketknife: - handy for around camps and on the trail

Sunscreen and lipscreen: - minimum. 45 spf & waterproof

Collapsible walking poles: - 1 or 2 trekking poles are helpful, especially on rough sections

Duffel bag or large pack: - your gear will all need to be transported in one large bag for ease of logistics. Should be a bag that can be used on a pack animal if required.

Optional extras

Camera with extra battery. Smaller, dust and weather resistant cameras are best. Bring power chargers as there are options along the way to recharge batteries. Extra storage media is also recommended as you'll be taking lot's of pictures!.

Reading materials and/or audio books.

Journal and pencil

Binoculars – small size compact style are best

Personal music player

Small travel games (cards, chess, dice, etc)

Most of your gear will be carried by porters or yaks. You will carry yourself for each day your water, camera, raingear, personal items, lunch, etc. Keep in mind that this is just the essential needs for on the trek - you will also require your usual clothing and other personal items before and after the trek while in Katmandu (extra luggage can be left at the hotel for your return). When preparing, try to avoid bringing gear that is brand new that you have never used – get out and try it locally first.