

# Everest Base Camp Packing List



## Overview

The items below are only recommendations; please keep in mind your own personal needs when packing. If there are items listed that you do not already own and do not wish to purchase, contact your Program Manager for a list of equipment rental organizations. For those items that you wish to purchase, you may find outfitters who offer student discounts, such as Eastern Mountain Sports (EMS) which offers a 15% discount to all students.

If you purchase or rent new equipment for your trek, try it out before you leave. This is particularly important for hiking boots, which should be well broken in before departure. Do not bring sneakers or running shoes to wear on your trek, hiking boots with good ankle supports are vital.

Remember to travel light; do not bring anything you do not need, particularly valuables such as jewelry and expensive electronics.

Bring clothing that washes and dries easily; jeans are generally not a good choice for trekking.

When boarding your flights, it is a good idea to bring a change of clothes, toiletries, medicine and your hiking boots with you in your carry-on luggage in case the airline temporarily loses your luggage.

Weather and temperatures can vary widely on your expedition; please be prepared for cold and wet weather. When you are packing, pay attention to suggestions for warm clothing, as this is one of the most essential items.

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## Documents

- Passport & photocopy (with 6 months to run from the end of the expedition)
- Visa & photocopy
- 2 extra passport-sized photos for trekking permits
- Flight tickets (with 2 photocopies)
- Cash (Minimum \$200)
- Travelers checks (if desired)
- Credit card (for emergencies only)
- Travel/other insurance policy information
- Vaccination certificates (not needed as a condition of entry but is useful in case of injury or medical emergency)
- Personal emergency contacts

## Baggage and Sleeping

- Luggage for personal belongings. You will transfer your belongings to a dry bag, provided by your guide company in Lukla. Dry bag contents may not weigh more than 60 lbs.
- Daypack (for carrying sunscreen, camera, plastic bags, water bottles etc).
- Backpack cover- can be bought in Kathmandu for \$6
- Small plastic bags to carry personal trash you may generate during the day
- Waterproof garbage bags to go inside your dry
- 4-season sleeping bag. If you do not have a warm enough bag, please contact Adventure Challenge for rental options.

## First Aid and Health (Should be carried with you in daypack at all times)

- Over the counter pain medications such as acetaminophen, ibuprofen or aspirin (aspirin also aids altitude acclimatization)
- Amoxicillin (If recommended by your doctor)
- Antihistamine
- Anti-diarrhea medication such as Imodium or Pepto Bismol)
- Re-hydration packets such as Gastrolyte (2 per trekking day)
- Vitamins and any other medications you normally use
- Band-Aids and blister pads/second skins
- Antiseptic spray or cream
- Nail scissors
- Antiseptic Gel (this is very important for washing up before meals and after bathroom use)

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## Clothing

- 1 set waterproof jacket and pants
- 2 Long-sleeved shirt
- 3 T-shirts
- Down jacket (Ask Adventure Challenge about rental options)
- Fleece jacket
- Thermals underwear (for cold nights)
- 2 pair Pants (such as lightweight cargo pants with zip-off bottoms, avoid jeans)
- Shorts & swimwear
- At least 7 pair underwear (light and loose)
- 4 pair socks - both hiking and light
- Bandana /scarf (to avoid dust and sunburn)
- Walking boots (sturdy well worn in hiking boots)
- Sneakers or other comfy closed-toe shoes for
- Wide brimmed hat
- Gloves (thermal lined)
- Woolly hat (you will need to cover your head in its entirety)

## Hygiene

- Toothbrush & toothpaste
- Washcloth
- Travel towel
- Soap (anti bacterial & bio-degradable)
- Shampoo/conditioner (bio-degradable)
- Lip salve with sun protection
- Antiseptic wipes
- Razor & cream
- Sanitary products
- Toilet paper
- Kleenex
- Hairbrush/comb
- Washing line

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## Other

- Camera & camera film (Optional)
- Binoculars (Optional)
- Cigarette lighter to light trash before moving camp. Can be purchased in Kathmandu.
- Sunglasses (good quality with high 100% UV protection)
- High-energy snacks (dried fruit and nuts, etc.)
- Contact lenses/prescription glasses (bring spare lenses, and glasses in case of dust)
- 2 Padlocks for locking luggage
- Sewing kit (Optional)
- Note book and pen(s) (Optional)
- Alarm clock, watch (Optional)
- Adjustable rubber tipped walking stick (highly recommended. Try to fit into carry on luggage)
- Flashlight with spare batteries and bulb (head lamp type recommended)
- Water bottle (one should be aluminum to hold boiling water and one plastic)
- Thermos
- Re-sealable plastic bags (for dirty washing & to protect items from damp etc.)
- Whistle (Optional)
- Spare shoe/boot laces (Optional)
- Umbrella for sun and rain
- Games/cards
- Wet wipes

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## A note from your guide:

I have found in the past the best thing to do is to take old clothes for trekking and then once the trek is over they can be given to the porters and guides, these clothes are greatly appreciated. Any clothes you may require for Kathmandu can be left at the hotel until we return. When we arrive in Kathmandu everyone will be provided with a kit bag and this will replace your suitcase or travel bag.

Down jackets will be provided on all treks above 3,000 meters. On our camping treks above 3,000 meters an extra sleeping bag will be provided (please be sure to bring your own sleeping bag as well). All your belongings will be transferred into your own kit bag to take on the trek. The reason for using these particular bags is that it is far easier for the porters to carry uniform sized kit bags than different sized packs and bags.

I suggest you take 2-3 very large heavy-duty garbage bags to line the kit bags in case of bad weather. Another good idea is for you to separate your things by placing them in stuff bags (small draw string bags) and labeling each bag. This makes for easy access, especially if we arrive at our destination at dusk. We provide good quality equipment, but misuse will always render this equipment unserviceable.

Please:

1. Before leaving Kathmandu, check that zippers work on the sleeping bag provided by guide company.
2. Be careful with tents, especially the zippers. Especially in harsh conditions, zippers break easily.
3. Do not smoke inside any tent.
4. Do not wear your boots inside your tent.
5. Do not put any gear near heat source or flame.
6. Do not burn candles inside your tent.