**Everest Base Camp Kit List**

The range of items you will need for the climb is varied and can potentially be expensive – however it doesn’t have to be – if you are unlikely to use any of these items after your climb you can either hire some of the more expensive items (such as a sleeping bag or down jacket) or even borrow from friends or family. Look out for online discounts at major retailers, and visit outdoor factory outlets where many items on this list can be found at very low prices–you don’t have to wear top of the range or designer items but we do recommend you invest in a good pair of walking boots that have been fitted to your feet by a professional. Below is only a guide and if you have any questions you can speak to ourselves or visit an outdoor retailer for more advice.

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| **ITEM** | **IMPORTANCE** | **CHECK** |
| **Equipment** | | |
| 90-110 litre duffle bag or backpack (NO WHEELS) | Essential |  |
| 30-35 litre (minimum) rucksack, with rain cover for personal items on trekking days | Essential |  |
| 3-4 season sleeping bag in cover | Essential |  |
| Strong Heavy duty bin liners or waterproof bag liner to keep clothes and equipment dry | Essential |  |
| Smaller waterproof bags to organise equipment into and keep spare clothing dry | Essential |  |
| Head torch and spare batteries | Essential |  |
| 2x 1 litre water bottles | Essential |  |
| Sunglasses with 100% UV Protection that blocks the sun from both sides | Essential |  |
| Thin sleeping bag liner (cotton or silk) for extra warmth | Recommended |  |
| Camera with spare batteries and memory cards | Recommended |  |
| Snacks for up to 13 days trekking – can be bought locally in Kathmandu or Namche | Recommended |  |
| Carbohydrate gels/energy tablets/ Electrolyte replacement tablets for adding to drinking water | Recommended |  |
| Sleeping bag cover to protect the bag from damp | Optional |  |
| iPod for travelling | Optional |  |
| Ear Plugs | Recommended |  |
| Travel Pillow | Optional |  |
| Travel Towel | Essential |  |
| Trekking Poles | Recommended |  |
| Mobile Telephone with charger and adaptor | Optional |  |

Luggage Allowance on Internal Flight

On this trip you will take an internal flight at the start and end from Kathmandu to Lukla. Your luggage allowance for this flight is 15kg for your duffle bag and day pack.

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| **Clothing** | | |
| Gortex or breathable waterproof jacket with hood **must fit over fleece or down jacket** | Essential |  |
| Gortex or breathable waterproof over trousers **must fit over trekking trousers** | Essential |  |
| Warm fleecy hat/head band which covers ears or a balaclava | Essential |  |
| Lightweight trekking trousers and shorts for warmer days (Zip offs are good) | Essential |  |
| Down or Synthetic Puffa Jacket | Essential |  |
| 2-3 Micro fleece tops for layering | Essential |  |
| 6 trekking t-shirts **wicking or synthetic NOT COTTON** | Essential |  |
| Light to mid weight wicking or synthetic long/thermal underwear/base layers for tops and bottom **NOT COTTON** | Essential |  |
| 1x Warm pair of wind stopper gloves – must be able to fit under waterproof gloves | Essential |  |
| 1x Thick pair of gloves **must be waterproof** | Essential |  |
| A bandana or buff for warmth and sun protection **ideally with fleece layer** | Essential |  |
| Peaked cap with neck cover or wide brimmed hat for sun protection | Essential |  |
| 1x Extra pair of thick fleecy mitts | Recommended |  |
| Heavy weight trekking trousers for cold days | Recommended |  |
| Casual clothes for hotels and travel **can be left at the hotel to avoid carrying on the mountain** | Recommended |  |
| Tracksuit bottoms/spare trousers for tea lodges in the evenings | Optional |  |
| Swimsuit – There is a swimming pool in Kathmandu | Optional |  |

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| **Footwear** | | |
| Gortex or Leather Hiking boots – water repellent and fully broken in with ankle support | Essential |  |
| 6x pairs of thick walking socks and 8x pairs of thin liner socks to avoid blisters | Essential |  |
| Trainers or light footwear – for tea lodges | Recommended |  |
| Trekking gaiters – used to stop scree getting into your boots and keep your boots dry in the wet | Essential |  |
| 1x pairs of heavyweight mountaineering socks for colder days | Recommended |  |

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| **Documents** | | |
| Passport and photocopy of passport – stored separately from passport in case passport goes missing (you need to Carry your passport for the whole trip) | Essential |  |
| 1 passport sized photo – again stored separately | Essential |  |
| Visa for Nepal – This can be got in Kathmandu on arrival for $ or £ | Essential |  |
| £ or ¢ – approximately £400 in mixed denominations | Essential |  |
| Credit card/additional funds in case of curtailment costs | Essential |  |
| AC emergency contact list | Essential |  |
| Travel insurance certificate and 24hr emergency contact telephone number for insurance company and NOK - Carried with you on the trek | Essential |  |

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| **Personal First Aid Kit** | | |
| Paracetamol / Ibuprofen / Aspirin | Essential |  |
| Antihistamines | Essential |  |
| Plasters / blister kits / zinc oxide tape | Essential |  |
| Rehydration powder (dioralyte) | Essential |  |
| Anti-Diarrhoea tablets (Imodium) | Essential |  |
| Antiseptic Wipes | Essential |  |
| Throat Lozenges | Recommended |  |
| Muscle Rub/ Deep heat / ibuprofen gel | Recommended |  |
| Knee Supports (if required) | Recommended |  |
| Vaseline Petroleum Jelly to rub on your feet, to reduce friction with boots / socks | Recommended |  |
| Talcum Powder | Recommended |  |
| Diamox tablets for those who have consulted GP/clinic | Optional |  |
| Any personal medication that has been prescribed by a GP or clinic – split between hold and hand luggage | If Applicable |  |

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| **Toiletries** | | |
| Anti-Bacterial Hand Gel | Essential |  |
| Toilet roll or packs of travel tissues for 15 days trekking | Essential |  |
| Ziplock resealable bags, for storing toilet paper between tea lodges | Essential |  |
| Sunscreen (at least factor 30+), lip balm and after sun | Essential |  |
| Toothbrush and small tube of toothpaste | Essential |  |
| Insect repellent wipes/sprays or patches | Essential |  |
| Wet wipes for personal hygiene | Recommended |  |
| Small nail brush to keep hands and nails clean | Recommended |  |
| Shampoo and shower products for the hotel | Essential |  |
| Soap/face wash | Optional |  |
| Feminine hygiene products | If Applicable |  |
| Contact lenses and solutions and a pair of glasses as backup | If Applicable |  |
| Travel Wash | Optional |  |