

EVEREST BASE CAMP KIT LIST

✓ Please use this check-list to help you pack!

Important Documents & Money

Passport + photocopy	10-year essential (for adults); valid for 6 months after departing Nepal
Visa	Required for most nationalities including UK – see Factsheet for detail
Money	Nepali rupees not available from the UK. Small denominations of US\$ cash are easiest to change – see Factsheet for more detail
Credit Card	Always carry a credit card in case of emergencies; make sure you know your PIN number
Insurance Documentation	Advisable to leave a copy with your next of kin too
Air Tickets	To be collected at the airport from your tour leader
Immunisations Record	Useful as a record/proof of your vaccinations; (see Factsheet for recommendations)
Money belt	Safest way to carry cash and valuables

Luggage

Rucksack/expedition kitbag	For your main luggage; see luggage notes (below)
Large strong plastic bags (eg rubble sacks)	To keep things dry inside your main bag (especially sleeping-bag)
Small day-sack	At least 25-35 litre capacity; see luggage notes (below)

Trekking Gear

Walking boots	With good sole pattern and firm ankle support. Must be well worn in and waterproofed. Wear on flight; well worn in boots are irreplaceable
Walking socks (7 - 8 pairs)	No need for a clean pair per day but enough to have dry socks each morning
Base layers / T-shirts x 4 - 5	Wicking tops (eg dryflo) recommended and better than cotton
Waterproof windproof jacket Waterproof windproof over-trousers	Good quality (eg gore-tex) essential; material should be breathable and seam-sealed. Thinner outer top layers should be combined with a fleece layer for trekking.
Down/thermal jacket	Provides excellent warmth in cold dry conditions
Hat / cap	For sun protection; wide-brimmed best
Sunglasses	Good quality wraparound style for protection from glare of snow/ice
Shorts x 2 Trek trousers x 2	Zip-off trekking trousers ideal

General Clothing

Extra pair trousers	Spare for trekking / evening
Long sleeved shirt	Spare layer or for evenings
Fleece / thick jumper	For cold evenings or mornings
Thermals	Useful to sleep in or for extra cold times
Underwear & socks	Non-trekking socks for evenings / back at hotel
Warm hat and gloves	Sleep in your hat for extra warmth!
Towel	Lightweight to minimise space
Tracksuit bottoms	Good for sleeping in and as spares
Trainers / spare footwear	For evenings, to give your feet a break from boots
Flip-flops / sandals	Old ones that can get wet – useful for in showers/loos in tea-houses
Spare set of clean clothes	For when you get back to Kathmandu; can be left in hotel

Camping / General Equipment

Sleeping-bag + liner	4 season minimum; liner provides extra warmth (silk is best)
Head torch / torch with spare battery	Needed in tea-houses and occasionally on trek; head torch keeps your hands free (useful for toilets!)
Water bottle(s) / platypus	Should be able to carry min 2 litres; insulate platypus tubes as will freeze

Trekking poles	<i>Optional; useful on steep / uneven ground (use them when training)</i>
Water purification tablets	<i>Required for treating water higher up on trek; bring min 50 tablets</i>
Liquid handwash	<i>Waterless for easy hygienic hand-washing</i>
1 roll toilet paper + plastic bags	<i>Can buy toilet roll cheaply in Kathmandu. Bags for disposal of paper; fragranced nappy bags are best</i>
Ear plugs	<i>Useful if you are a light sleeper or if there are snorers in teahouse!</i>
Alarm clock	<i>Optional; useful if you have problems waking up (rarely a problem on trek)</i>
Whistle	<i>For safety reasons if you become separated</i>
Snacks (eg energy bars / dextrose tablets / dried fruit packs / jelly babies)	<i>Some snacks will be provided each day but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy. Snacks can be bought on trek but prices increase the higher up you get.</i>
Wash kit (eg toothbrush, soap)	<i>Include wet wipes (useful when water not easily available / too cold!)</i>
Camera	<i>Bring spare batteries, memory cards etc (little opportunity to recharge)</i>
Book / travel games / cards	<i>Useful for evenings in teahouses</i>

Small Personal First Aid Kit - include any medication you take regularly or while exercising

Diarrhoea tablets	<i>eg imodium</i>
Sun block / sun cream	<i>Minimum SPF 30</i>
SPF lip balm Aftersun / moisturiser Throat lozenges	<i>Altitude and cold dry winds make skin and throat very dry; you may want to suck lozenges to aid saliva flow – ensure you can take several per day without danger of overdose</i>
Painkillers	<i>eg ibuprofen and paracetamol; bring plenty as useful for altitude headaches – likely to take several each day; recommend minimum 32 tablets of each</i>
Rehydration sachets	<i>eg dioralyte</i>
Insect repellent	<i>Eg Mosi-guard, Ultrathon, Repel</i>
Plasters and blister dressing	<i>compeed / moleskin / tape & dressings (whatever works best for your feet)</i>

CLIMATE

On the whole the days should be warm at lower elevations, expect to trek in shorts/trousers and T-shirt. Generally there is little rain. However, the weather can be unpredictable in the mountains and you should be prepared for any sudden change in the weather. Moreover, altitude has a huge impact on temperatures, it will get noticeably colder as you climb higher – the sun will still be very strong even when it is cold. Early mornings and evenings will be colder. You need good quality kit – you will enjoy the trekking more if your equipment keeps you warm and comfortable and allows you to get a good night's sleep! *For temperatures refer to your Factsheet.*

The teahouses are rarely heated, though it is nice and warm sitting by the stove at dinner-time! A pair of thermals is a good idea if you feel the cold at night, as is a warm hat! Make sure you have plenty of layers to wear. Wearing loose-fitting garments at night that trap and warm the air is better than tighter nightclothes. You will enjoy the trekking more if your equipment keeps you warm and comfortable!

LUGGAGE

- Please be careful when packing your luggage as everything has to be carried by you and our porters. We recommend a **soft expedition-type kitbag** (contact the Discover Adventure office for our low-cost kitbag designed for this kind of trip) **or rucksack (with internal frame only) - DEFINITELY NOT A SUITCASE**. A spare bag or stuff sack is useful for leaving behind in Kathmandu with gear not needed on the trek.
- You must only have **ONE** bag as well as your day-sack. Please bring large strong bags to line the inside of your main bag and wrap your sleeping bag in. Storage space on the trek will be limited. Your weight allowance on the plane is 20kg - this must be adhered to. Airlines are getting stricter in terms of charging for excess baggage, so please do try to keep within the limit. Be aware that hand-luggage restrictions may sometimes change due to airport security measures.
- Remember not to pack any liquids, penknives, scissors, tweezers etc in your hand luggage.
- Trekking poles should also not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached.
- It is best not to pack any valuables into the side pockets of the bag you check in. As a general rule, avoid travelling with anything valuable or irreplaceable.
- Everyone will carry a day-sack with camera, spare clothes, fleece, waterproofs, snacks and anything else you need for the day: you will not be able to access your main pack until you reach our stop for the night. A day-sack with adjustable shoulder-straps and hip belt is essential.
- The dry atmosphere at altitude impacts on the eyes as well as skin and throat, so contact lens wearers may wish to consider bringing glasses as a more comfortable option.