

EVEREST BASE CAMP PACKING LIST

Do you have questions about any items on this list? Read our comprehensive blog at

or talk to your Adventure Specialist.

CLOTHING & FOOTWEAR

- ☐ Moisture-wicking long-sleeve t-shirts (2)
- ☐ Moisture-wicking short-sleeve t-shirt (1)
- ☐ Heavy fleece jacket
- ☐ Heavy down jacket
- ☐ Gortex or waterproof jacket with hood
- ☐ Windbreaker
- ☐ Rain poncho
- ☐ Fleece pants
- ☐ Trekking pants (2)
- ☐ Hiking shorts (1)
- ☐ Waterproof pants
- ☐ Hiking socks (10)
- ☐ Warm thermal socks (1)
- ☐ Long underwear (2)
- ☐ Underwear (10)
- ☐ Hiking boots with ankle support
- ☐ Camp shoes or tennis shoes
- ☐ Light inner gloves/glove liners
- ☐ Insulated wool or down mittens/gloves
- ☐ Sunglasses
- ☐ Broad-brimmed hat
- ☐ Neck gaiter or bandana
- ☐ Wool hat or balaclava (should cover ears)
- ☐ Gaiters (needed Dec-Feb)
- ☐ Sweatshirt (optional)
- ☐ Sock liners (optional)

TREKKING GEAR & SUPPLIES

- ☐ Duffle bag (provided by Himalayan Wonders if you're trekking with us)
- ☐ 25-45 L Daypack (40 L recommended)
- ☐ Waterproof cover for daypack
- ☐ Water bottles or hydration bladder
- ☐ Sleeping bag rated to -18°C/ 0°F
- ☐ Sleeping bag stuff sack
- ☐ Trekking poles
- ☐ Micro spikes (Gokyo & Three Passes)
- ☐ Headlamp with extra batteries
- ☐ Water filter or water purification tablets
- ☐ Hand warmers
- ☐ Travel pillow or pillowcase
- ☐ Sleeping bag stuff sack
- ☐ Drybags in several sizes
- ☐ Stuff sacks for dirty clothes/shoes
- ☐ Camera with extra batteries and memory cards
- ☐ Small lock(s) for duffel bag and daypack
- ☐ Sleeping bag liner (optional)
- ☐ Quick-drying trekking towel (optional)

FOOD & SNACKS

- ☐ Snacks (combine protein & carbs for well-balanced energy)
- ☐ Thermos (optional for hot beverages)
- ☐ Re-hydration gels or powder

TOILETRIES & FIRST AID

- ☐ Sunscreen
- ☐ Lip balm with sunscreen
- ☐ Toilet Paper
- ☐ Moleskin, medical tape, and/or duct tape for treating/preventing blisters
- ☐ Advil or Ibuprofen
- ☐ Diamox (for altitude sickness)
- ☐ Personal prescriptions
- ☐ Antibiotics (Cipro for travelers' diarrhea)
- ☐ Anti-chafe balm (e.g. Body Glide)
- ☐ Diaper rash cream (to treat chafing)
- ☐ Soap
- ☐ Deodorant
- ☐ Toothbrush/toothpaste
- ☐ Razor (as needed)
- ☐ Wet wipes
- ☐ Hand sanitizer
- ☐ Feminine hygiene products (as needed)
- ☐ Face lotion
- ☐ Hairbrush
- ☐ Hair ties
- ☐ Earplugs (for sleeping)

ADDITIONAL SUPPLIES

- ☐ Portable solar charger/power bank
- ☐ Book
- ☐ Journal/pen
- ☐ Playing cards

IMPORTANT DOCUMENTS

- ☐ Passport (needed at entry gate for registration)
- ☐ Visa (these are easy to attain when you land in Kathmandu—bring \$30 (15 Days) or \$50 (30 Days) USD for Visa Application)
- ☐ Money (\$200-350 USD cash is recommended—while there are occasional ATMs on the trail, they are almost always out of order)
- ☐ Two passport-sized photos if trekking in the Annapurna Region (needed at times for trekking permit). Not needed for Everest Treks
- ☐ Travel insurance

Packing Your Gear for the Trek

As you pack for Everest Base Camp, remember that your gear will be divided into two packs: your daypack that you will carry each day on the trail, and your duffle bag which will be carried between tea houses by porters. All extra luggage can be left at the hotel before you begin your trek.

Your duffle bag should weight no more than 10kg (22lbs). This duffle bag will be provided at the hotel by Himalayan Wonders. Your daypack will be your carry on bag for the flight to Lukla and should weigh no more than 5kg (11lbs).

At the start of every morning your porters will take your duffle bag and carry it up to the next tea house. It will be difficult or impossible to access your gear from your duffle bag until the evening when you arrive at your tea house. This means you should pack in your daypack anything you may need during the day. However, to make trekking easier, you should keep your daypack as light as possible—so only carry the essentials. This includes water, snacks, camera, headlamp, poncho, extra layers, and sun protection.

Important Notes About Layering

Layering is important when you're trekking Everest Base Camp. While it may be warm as you begin the trek at the base of the mountain, as you gain elevation it gets progressively colder. Base Camp can be below freezing any time of year. Layering your clothing lets you easily regulate your body temperature by adding or removing layers or simply unzipping.

The base layer is the first layer of clothing you should put on. This layer helps your body maintain a steady temperature by providing extra insulation and wicking away perspiration. Look for fabrics like Capilene or Merino Wool. Avoid cotton as cotton will absorb moisture and defeat the purpose of the base layer.

A middle layer serves as your insulating layer. The best option for your middle layer on the Everest Base Camp Trek is a thick down jacket or fleece jacket. Find a jacket that is easy to zip and unzip so you can more easily regulate temperature without having to take the jacket off and on as temperatures fluctuate.

Your outer shell layer protects you from elements. The best material for your outer shell layer is Gortex which is both breathable and waterproof. A nylon jacket or a plastic poncho is a cheaper alternative but the downside is that these materials trap moisture, making it more difficult for your body to regulate temperature.

Which Footwear to Pack for Everest Base Camp

Your choice for footwear depends on your personal preference. The best option for footwear on the Everest Base Camp Trek is to bring a pair of broken-in hiking boots. However, if you usually hike in tennis shoes then you can probably do the same going to Base Camp as the trail is fairly level without a lot of rocks. The downside of tennis shoes is they don't provide any ankle support and they are not as warm as hiking shoes.

You should also bring a lighter weight shoe that you can wear in the evening after trekking

The best option for socks is a combination of wool socks and lightweight sock liners made of a material like Capilene. Cotton socks will work as well, but you should make sure that you bring a fresh pair for every day. A good rule of thumb is to bring enough underwear and socks to change them every day even if you wear the same pants the entire trek.

Lightweight sock-lines can help prevent blisters. You may also wear two pairs of cotton sock to minimize friction.

If you are doing the Gokyo and Everest Trek or the Three Passes treks, micro-spikes are recommended for crossing the passes. These are simple slip-on spikes that attach securely to your footwear and require no special buckles or straps to attach (not to be confused with crampons).

Hats, Gloves & Gaiters

In warm, sunny weather, a wide-brimmed hat is recommended to protect your face from the sun. In colder temperatures, you should bring a wool hat or Balaclava that covers your ears. It's also important to wear sunscreen, sunglasses to protect against sun glare, and a bandana or neck gaiter.

Bring two layers of gloves: a lightweight glove or glove liner as well as heavier wool or down gloves. The liners can be worn without insulated gloves on top when it's cool weather but not cold enough for thick gloves. When temperatures drop, these liners can be worn underneath heavier wool or down gloves or mittens to provide added insulation.

Thin gloves or liners are can keep your skin protected from chilly air when performing tasks such as tying shoelaces.

Gaiters are recommended when you're traveling December through February but can also be useful at other times on the trail. Gaiters cover the ankle-high opening of your boots and up your calves. This prevents snow, water, mud, rocks, or dust from getting into your shoes.

Sleeping Bag

Although you will be sleeping in tea houses, these accommodations get very cold at night and warm bedding is typically not provided. Your best bet is to bring a cold weather sleeping bag or to purchase one in Kathmandu.

Adventure Hero offers rental sleeping bags with stuff sacks for \$20 USD when you trek with us. (You may also rent down jackets from us for \$15). Tea houses along the trail will provide a mattress covered by a sheet as well as a pillow. You may usually ask for an extra blanket if you need it to cover your sleeping bag.

Choose a high-quality sleeping bag that is rated to -18°C/ 0°F. We also recommend bringing a travel pillow or pillowcase.

How Can We Help?

Do you have any questions about packing for Everest Base Camp or about this comprehensive packing list? Let us know! Our Adventure Specialists are happy to help.