

Everest Base Camp Gear List			
Item	Quantity	Gear we provide	Description
Clothing			
Underwear	7		quick drying is best.
Socks med weight	4		merino or merino blends are best. Keep one pair for your lodge socks and rotate the other pairs
Shorts	1		Some prefer to trek in shorts and with thermals underneath. This is Ok down lower but high up in winter it becomes a little less desirable
Thermal top	2		poly pro or merino
Thermal pants	2		poly pro or merino
Fleece pants and warm pants	1 or 2		Fleece For wearing in the lodge and a pair for trekking and in Kathmandu
waterproof and windproof overpants	1		Mont/ Montane or macpac are good brands. You will find that you probably will wear them a lot with a thermal pant underneath, so its worth getting a good pair.
waterproof and windproof jacket	1		Mont/ Macpac/Montane are good brands. Longer bushwalking types are OK, yet not really necessary with over pants. Wind and snow protection are probably the most important considerations for this winter trek
Down or fleece jacket	1	We provide a Fit for purpose Nepali Down Jacket as part of you trip cost, for use during the trek	Mont/ Macpac for cold nights/ stops on the way and bad weather. It is not normal to wear the down jacket whilst trekking as you will overheat, but during stops its a great idea. There is no need for a heavy expedition weight down jacket.
fibre pile/ or light down vest	1		Mont/ Macpac. A vest is a great idea for those chilly mornings, when you would overheat in your down jacket.
Gaiters	1		Sea to Summit/ Outdoor research for those times when we may encounter snowy trails. If your waterproof pants have powder cuffs then that will suffice.
Gloves liners (poly pro or fleece)	1		poly pro or fleece. A good pair of glove liners is great. You will find that you will wear them a lot, and moreso than heavy gloves.
Gloves heavy outers (ski type gloves) or down mittens	1		Outdoor research/ RAB are good brands. Ski gloves with liners is a versatile combination. Get them before you arrive in Nepal and dont buy them too small. Down mittens are a brilliant solution for really cold times.. but are optional. Mittens suitable for the trek can be found in Kathmandu
Down booties	1pr		Great for around the lodge. These can be obtained cheaply in Kathmandu
sunhat/ cap	1		UV is quite high at altitude
Neck warmer or Buff	1		Very handy for wind and sun
Sleeping bag	1	We provide a fit for purpose Nepali down bag as part of your trip cost, but most prefer taking their own bag	3 to 4 season down... Mont Spindrift
silk sleeping bag liner	1	We provide a fleece liner with our Nepali down bag	Provides extra warmth and comfort
Sleeping mat/thermarest	1		Optional. Some people prefer to lay their mat on the beds in the lodges for a bit more comfort
Travel pillow compressible	1		Optional. For lodges and the plane.
Towel/ face washer	1		a microfibre towel and or facewasher is a great idea. These arent provided in the lodges.
antiseptic hand gel	1		easily purchased in Kathmandu.
suncream	1		Easily purchased in Kathmandu. Sunburn is common on sunny days at altitude
lip balm	1		Lips get very dry at altitude. Easily purchased in Kathmandu

sunglasses	2		1 good pair, 1 cheap spare. Glare from snow and the high UV make a good pair of sunglasses a must. Carry a spare cheap pair in case you lose or sit on your good pair!
ski /trekking poles adjustable (with decent size baskets for snow)	2		Trekking poles really do help on long days trekking and loose or slippery terrain. You can always fold them up and put in your day pack. Avoid the really cheap ones as they can break and the baskets can break as well.
Beanie	1		Fleece or wool to avoid heat loss.
Day pack 25 to 35	1		Your day pack doesnt need to be huge as you will carry only some warm or waterproof clothing, and waterbottles and personal medical. Dont go too small though as it is easier to compress a bigger bag than find extra room!
water bottles nalgene plastic 1 l	3		These will be filled with boiling water so dont get cheap copies or aluminium or steel
camera/ Go Pro	1		A good DSLR and flexible tripod for the more photographically minded used to be the norm. However Phone camera quality has made this an optional extra. A go Pro is a good option for capturing video on the trail .
water proof pack liner and waterproof stuffsacks for clothes etc	1		Half a dozen stuffsacks to keep your gear organised is a great idea. You can keep your dirty clothes separate from your clean. A waterproof pack liner is a must for your gear in your kitbag.
phone and charging cord/ powerbank	1		Some lodges do charge for use of their power for recharging phones. A powerbank is a good idea.
Watch/altimeter	1		Optional. Many phones have an altimeter function these days
Head torch and spare batteries or rechargeability	1		Essentail for late arrivals/ early departures and for reading in lodges and midnight visits to the loo
smile	1		compulsory
Personal medical kit	1		Prescription medication plus some cough lollies, band aids, blister kit. We carry a comprehensive medical kit. Make sure you make us aware on the medical form of any prescription medication you are taking (or have forgotten)
Toiletries			Dont forget your toothbrush! Most toiletries are easily purchased in Kathmandu, such as toothpaste
Trekking boots	1pr		Leather or suede leather preferred and worn in before the trip. Scarpa, Asolo and Lowa are some good brands. Dont get them too tight and get them fitted properly at a reputable outfitter. Good insoles are important as you will be spending alot of time on your feet.
Additional Notes			
Trekking up to Everest Base camp in winter requires some good quality gear to keep you warm and maximise your enjoyment of the trek.			
We do recommend you try and get your gear before you leave and try it out as buying something in Kathmandu of dubious quality that fails is not a pleasant outcome.			
We are here to provide advice to you on the suitability of your gear choices and to assist you in locating some of the more specialist gear.			
Watch our video to see what we normally take. It might give you a few ideas.			