

## Everest Base Camp - Equipment List

### CLOTHING / LAYERS

- ☐ **Walking boots**  
If you are buying new boots for this trip please ensure they are well broken in before departure.
- ☐ **Runners or sandals**  
To wear in transit & around camp.
- ☐ **Mid-weight hiking socks x 3**  
At least three pairs, some people choose to bring a pair of socks for each day of trekking.
- ☐ **Underwear**  
We recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.
- ☐ **Shorts x 1**  
Knee length or below.
- ☐ **Lightweight trousers x 1**
- ☐ **Synthetic/wool/silk long johns**  
For night time use.
- ☐ **Long sleeve base layers x 2**  
Silk, wool, or synthetic.
- ☐ **Short sleeve base layer x 2**  
Silk, wool, or synthetic.
- ☐ **Mid-weight fleece x 2**
- ☐ **Down jacket**  
It must be heavy weight with a hood (at least 600 grams in weight).
- ☐ **Waterproof jacket**
- ☐ **Waterproof poncho**
- ☐ **Waterproof trousers**  
N.B. make sure the trousers have zips to the knee at least.

- ☐ **Fleece hat**  
To wear in the mornings and evenings.
- ☐ **Balaclava/buff**
- ☐ **Sunglasses (category 3)**
- ☐ **Sun hat with a wide brim**  
To cover the face and neck.
- ☐ **Lightweight wool or synthetic liner gloves**
- ☐ **Down mitts**

### TREKKING ESSENTIALS

- ☐ **Warm sleeping bag**  
Comfort rating of -15°C or lower.
- ☐ **Rucksack**  
This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.
- ☐ **Duffel bag (90 litres)**  
To carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team.
- ☐ **Dry bags**  
To separate your equipment in your bags and to ensure this stays dry throughout the trek
- ☐ **Water bottles (2 x 1 litre nalgene) & water bladder (2 litre)**  
You must have the capacity to carry at least three litres of water while walking.
- ☐ **Walking poles**
- ☐ **Headtorch with spare batteries**

## PERSONAL CARE

- ☐ **Hand sanitiser**  
You need to have enough supplies for the duration of your expedition.
- ☐ **Insect repellent**  
DEET based products are best.
- ☐ **Sun cream (at least factor 30)**
- ☐ **SPF lip balm**
- ☐ **Small towel for washing**
- ☐ **Toiletries**  
N.B as little as possible, if you are travelling with friends try to share toiletries. \*Wet wipes and a nail brush are very useful.
- ☐ **Toilet paper (2 rolls) and tissues**  
No toilet paper is provided in the tea houses

## IMPORTANT ITEMS

- ☐ **Personal snacks**  
Although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.
- ☐ **Spare set of clothes**  
To wear after you finish the expedition.
- ☐ **Photocopy of your travel insurance and passport**
- ☐ **Your vaccination booklet**

## OPTIONAL ITEMS

- ☐ **Diamox (tablet form not capsules)**  
If you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox on your Earth's Edge account.
- ☐ **We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.**
- ☐ **Swimming togs**  
For the hotel pool.
- ☐ **Sleeping bag liner**  
This is not essential but it helps to keep your sleeping bag clean and adds an extra season.
- ☐ **Ear plugs**
- ☐ **Power Adaptor – Plug C are used in Nepal.**
- ☐ **For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.**
- ☐ **Camera**
- ☐ **Book and/or writing paper**
- ☐ **Hand warmer sachets**

## MED KIT LIST

Please find the list below of medical kit you will be expected to have on your person and kit that may make your trip more enjoyable. Carrying your own personal kit will ensure you have access to the right medication at the right time.

### Essential

#### Current medications:

- ☐ Please ensure you have a good supply of tablets, creams or inhalers you are currently taking or think you may need.
- ☐ **Paracetamol & Ibuprofen**
- ☐ **Rehydration Salts**
- ☐ **Diarrhoea Relief tablets**
- ☐ **Plasters & Alcohol Wipes**
- ☐ **Compeed/blister plasters**

### Strongly Recommended

#### Antibiotics (One of Azithromycin, Doxycycline, Ciprofloxacin).

- ☐ Whilst the doctor will also be carrying antibiotics for the group it will only take an outbreak of a sickness to deplete supplies. Speak to your own GP/Travel Professional about taking a small supply for emergencies.

### Optional

- ☐ **Diamox:** please see separate section for further details
- ☐ **Buscopan:** for stomach cramps
- ☐ **Laxatives:** for constipation

- ☐ **Antihistamine:** for allergic reactions. A sedating antihistamine may also aid with sleep in those struggling to rest on the mountain - discuss with expedition doctor before taking them for this reason.

- ☐ **Throat Lozenges:** for sore throats.

- ☐ **Nasal sprays/Sudafed:** for nasal congestion.

- ☐ **Medicated Cream:** e.g Hydrocortisone 1-2%: for inflamed skin, Canesten for thrush, Zovirax for cold sores, Anusol for haemorrhoids etc.

- ☐ **Anti-histamine cream:** to treat bites and other skin irritants topically.

- ☐ **Moisturiser:** to treat dry skin caused by high-altitude conditions.

If you have further questions, queries or concerns please contact the office and we will be happy to help with any issues you may have.