Island Peak and Everest Base Camp Equipment List

Note: *The items highlighted in yellow may be available to rent on request*

Clothing / Layers

- [ ] **Synthetic mountaineering boots**
  Examples of suitable boots:
  La Sportiva G2SM, Scarpa Phantom 6000 or similar.
  Examples of unsuitable boots:
  La Sportiva Nepal Extreme, Scarpa Mont Blanc, Meindl Island Pro or similar.
- [ ] **Gore-Tex trekking shoes**
  Hiking boots or trail runners, depending on your preference.
- [ ] **Runners / trainers or sandals**
  To wear in teahouses.
- [ ] **Midweight hiking socks x 4 minimum**
  These can be hand-washed during the trek.
- [ ] **Heavyweight summit socks x 1**
- [ ] **Underwear x 4 minimum**
  These can be hand-washed during the trek. Merino wool or synthetic is advisable.
- [ ] **Quick-dry shorts x 1**
- [ ] **Lightweight hiking trousers x 1**
- [ ] **Softshell trousers x 1**
- [ ] **Long johns / thermal leggings x 1**
  Silk, wool or synthetic. For cold evenings, sleeping and summit night.
- [ ] **Short-sleeve base layer x 2**
  Silk, wool or synthetic.
- [ ] **Long-sleeve hooded base layer x 2**
  Silk, wool or synthetic.
- [ ] **Mid-layer x 2**
  A combination of midweight fleece, lightweight down jacket and/or softshell jacket. Your Earth's Edge jacket can count as one of these layers.
- [ ] **Down jacket**
  With good loft, large insulated baffles, and a hood. At least 600 g in weight.
- [ ] **Waterproof jacket**
- [ ] **Waterproof trousers**
  Full-length zips are helpful so they can be put on over boots and crampons.
- [ ] **Lightweight poncho**
  Useful as a backup in heavy rain.
- [ ] **Fleece hat / beanie**
- [ ] **Helmet liner hat**
  This is a thin hat which can fit under your climbing helmet.
- [ ] **Buffs x 2**
- [ ] **Lightweight liner gloves**
  Wool or synthetic.
- [ ] **Heavyweight mountaineering gloves**
  Rab Guide Gloves or similar.
- [ ] **Heavy down mitts**
  Rab Endurance Down Mitt or similar.
- [ ] **Sunglasses (category 3 or 4)**
- [ ] **Ski goggles (category 3 or 4)**
- [ ] **Sun hat with a wide brim**
  To cover face and neck.

- [ ] **Spare set of clothes**
  To leave at the hotel and wear after you finish the expedition.

Trekking Essentials

- [ ] **Duffel bag (120-150 L)**
  To transport your equipment while trekking. We recommend using something sturdy, as this bag will be carried by the support team.

- [ ] **Rucksack (30-35 L)**
  To carry the items you'll need while trekking: water, snacks, spare layers, waterproofs, sun protection, camera, personal medication, etc. We suggest using this as your hand luggage on your flight.

- [ ] **Small bag for hotel storage**
  To leave at the hotel with any clothes or equipment you don't need on the mountain.

- [ ] **Dry bags**
  For additional waterproofing and to separate items inside your bag.

- [ ] **Warm sleeping bag**
  Comfort rating of -20°C or lower. Please use the comfort rating, not the limit or extreme/survival rating.

- [ ] **Water bottles (3 x 1 L Nalgenes) + water bladder (2 L)**
  You can use a water bladder at lower elevations if you prefer, but it won't work at high altitude so you also need bottles.

- [ ] **Water bottle insulators**
  For each of your bottles.

- [ ] **500 ml Thermos**

- [ ] **Personal snacks**
  Although meals are included throughout the trek, bring your favourite high-energy snacks like energy bars, sweets, trail mix or nuts to eat on the trail.

- [ ] **Hand warmer sachets x 3 minimum**

- [ ] **Headtorch with spare batteries**

- [ ] **Walking poles**

- [ ] **12-point crampons**

- [ ] **Climbing helmet**

- [ ] **Mountaineering harness**

- [ ] **Ascender (Jumar)**

- [ ] **Belay device (ATC/Figure 8)**

- [ ] **3 metres of 7 or 8 mm rope**
  Can be purchased in Kathmandu.

- [ ] **3 large oval-shaped screwgate carabiners**
  Can be purchased in Kathmandu.

Personal Care

- [ ] **Sun cream (at least SPF 30)**
  SPF 50 recommended.

- [ ] **SPF lip balm (SPF 50)**

- [ ] **Insect repellent**

- [ ] **Toiletries**
  Toothbrush, toothpaste and soap. Wet wipes and a nail brush are very useful.

- [ ] **Small quick-drying towel**
  Microfibre or similar.

- [ ] **Tissues / toilet paper**
  No toilet paper is provided in teahouses.

- [ ] **Hand sanitiser**

- [ ] **Moisturiser**
  Useful for dry skin caused by altitude, wind and sun exposure.

- [ ] **Glasses / contact lenses (if needed)**
We advise bringing both glasses and contact lenses. Daily disposable lenses are recommended over monthlies.

- [ ] **Menstrual hygiene products**
It's best to be prepared, even if you're not expecting your period, as cycles can become irregular at altitude. Applicator tampons or pads are best.

- [ ] **Small rubbish bags / resealable bags**
For used tissues, wipes and personal hygiene products.

Important Items

- [ ] **Passport**
Must be valid for at least six months after you return and have at least two free pages.

- [ ] **Copies of your passport, travel insurance and vaccination records**
Bring printed copies and keep digital copies accessible offline.

- [ ] **Cash and bank card**
For tips, drinks, snacks, optional activities and emergencies.

Optional Items

- [ ] **Sleeping bag liner**
Helps to keep your sleeping bag clean and adds extra warmth.

- [ ] **Balaclava**

- [ ] **Down pants**
Recommended for people who feel the cold a lot.

- [ ] **Rain cover for your rucksack**

- [ ] **Water purification**
All drinking water provided to you will be treated correctly, but you may still wish to bring your own tablets / drops, such as iodine or chlorine. Powdered fruit juice can help disguise the taste.

- [ ] **Earplugs and eye mask**

- [ ] **Universal travel adaptor, power bank and charging cable(s)**
Nepal primarily uses Type C plugs.

- [ ] **Camera**

- [ ] **Kindle / book, notebook and pen**

- [ ] **Swimwear / togs**
For the hotel pool.

Med Kit List

It's essential that you bring your own basic first aid kit. Below are the key items you'll need:

Essential:

- [ ] **Current medications**
Bring a good supply of any tablets, creams, or inhalers you currently take or think you may need.

- [ ] **Paracetamol and ibuprofen**

- [ ] **Rehydration salts / electrolytes**

- [ ] **Blister kit and plasters**
Compeed (blister plasters), standard plasters, KT tape and a small pair of scissors.

- [ ] **Throat lozenges**
Useful in dry, dusty or cold conditions.

Recommended:

- ☐ **Diamox (tablet form, not capsules)**
  If you have decided to take it.
- ☐ **Antibiotics (one of Azithromycin or Ciprofloxacin)**
  The doctor will carry antibiotics for the group, but supplies can be depleted quickly if several people become unwell.

Optional:

- ☐ **Antihistamine cream and tablets**
  Useful for allergies, bites or skin irritation.
- ☐ **Nasal spray / decongestant (e.g. Sudafed)**
- ☐ **Diarrhoea relief tablets (Loperamide)**
- ☐ **Buscopan**
- ☐ **Laxatives**
- ☐ **Medicated cream**
  For example, hydrocortisone, antifungal cream or cold sore cream, if you normally use them.

If you have any questions or concerns, just get in touch - we're happy to help!