

## Everest Base Camp Equipment List

### Clothing/Layers

- Walking boots**  
If you're 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 and summit night.
- 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**  
Make sure the trousers have zips to the knee at least.
- Fleece hat/beanie**  
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.
- Dry bags**  
If either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags.
- Walking poles**

**Duffel bag (90 litres) or large rucksack** To carry your equipment while trekking. We recommend you use something strong and sturdy as this bag will be carried by the support team.

**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.

**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 (factor 50)**

**Small towel for washing**

**Toiletries**  
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

**Menstrual hygiene products**  
Your cycle can become irregular at altitude, so it's best to be prepared, even if you're not expecting it. Tampons or pads are best.

### **Important Items**

**Personal snacks**  
Although meals are included throughout the trek, it's a good idea to carry your favourite high-energy snacks like energy bars, sweets, or chocolate for extra fuel.

**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.

**Water purification**  
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 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 and pen
- Hand warmer sachets

### Med Kit List

It's essential that you bring your own basic first aid kit. Below are the key items you'll need, along with a few optional extras to help keep you comfortable on the trek.

#### 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
- KT Tape

#### 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 any questions or concerns, just get in touch - we're happy to help.**

 Notes