Everest Base Camp

Kit list 2024

* Hat warm, and sunhat
* Buff
* Thin everyday gloves (like power stretch mountain equipment style)
* Warm gloves (primaloft or down mitts for when we get up to Kala Pattar and base camp) –basically the warmest gloves you can afford.
* T shirt for trekking in
* Thin base layer
* Fleece or primaloft jacket
* Down jacket (warm to 6000m can be purchased in Kathmandu)
* Trekking trousers (it does get hot lower down so nothing too warm)
* Thermal leggings and top
* 3 pairs socks (1 x warmer pair for higher up)
* Waterproof jacket and trousers - light weight
* 4 season sleeping bag (can be purchased or hired in Kathmandu)
* Sleeping bag liner (if you want it, keeps your bag cleaner)
* The pillow that we pinch off the flights!! (or a travel one) there are pillows in tea houses.
* Small personal first aid kit with any medication and personal blister plasters etc and several packs of Paracetamol & Nurofen
* Small wash kit (toothpaste toothbrush deodorant)
* Toilet roll and wipes if you want them (please ensure biodegradable wipes as composting toilets are the norm)
* Factor 50 sun cream and lip balm
* Walking poles x 2 (personal preference but definitely advised)
* Head torch + spare batteries
* Walking boots (comfy leather or fabric boots are fine)
* Flip flops, trainers or down booties
* Personal book or I pod (if you wish)
* Any luxury sweeties that you want to carry, jelly babies etc
* Hydration bladder 2l
* Nalgene bottle (official Nalgene so to put boiling water inside at bedtime)
* Rucksack 30 litre
* Small personal hygiene pack, hand gel, face cream, wipes etc.
* Passport, insurance details & 2 passport photos.

You will also have any clothing and toiletries for in Kathmandu which will be stored in the hotel whilst we trek.

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