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.

Hayley Webb. The Foot. Nether Row. Hesket Newmarket. Wigton. Cumbria.CA7 8LA Tel: 07909544736

Email: hayleywebbadventures@gmail.com