

Nepal 2010: Mt. Everest Base Camp Trek

Gear List for Trek

Note: This equipment is not just “suggested”, it is a comprehensive list that we have designed with your safety in mind! Please follow it closely and if you have any questions, feel free to contact Luis Benitez; Director of Trekking, luis@trekkingforkids.org.

FOOTWEAR

Camp/Lightweight Trail Shoes – Running shoes or other lightweight shoe you can wear around camp and even use for hiking. It is important to be able to change footwear to aid in prevention of blisters and other foot discomforts.

Hiking Boots – These need to have a sturdy mid-sole and a Vibram sole. ½ or ¾ shank. Boots should be warm and fit well over light and heavy sock combination. Combination fabric and leather trail shoes that come over the ankle for support might also be acceptable. Fit is much more important than brand. Take time to select a pair that fits, and *break them in well*.

Gaiters – For mud and rain. (Outdoor Research: Rocky Mt. Low)

Camp Booties – *optional luxury* - Down or synthetic, any brand with thick foam soles. (Mountain Hardware Chugach Booties are excellent.)

Liner Socks. 4-5 pairs of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and helps the outer sock last longer before needing to be changed.

Lightweight Socks/Heavy Socks – 6 pairs Synthetic/Wool Blend (Bridgedale, Patagonia, Smartwool).

CLOTHING

It is very important that your clothing fits loosely and comfortably so you can layer your clothes appropriately. This is key for maintaining a comfortable body temperature.

Lightweight Trekking Pants – 2 pairs (any brand Supplex or “stretch woven” pant). NO NO COTTON.

Short-Sleeved Shirts – 2 synthetic; most nylon running shirts or athletic shirts work. (North Face Tek Ware, Patagonia Tech Dri, or any brand of synthetic athletic wear).

Lightweight Long Underwear Top and Bottom – (Patagonia Capilene, REI, Mountain Equip Co-op).

Mid-weight Long Underwear Top and Bottom – Zip T-neck design is good. Light colors are better for tops because they are cooler when hiking in direct sunlight and just as warm as dark colors when worn underneath other layers. Dark colors are preferable for bottoms because they do not show dirt. (Patagonia Capilene, North Face, Mountain Hardware).

Briefs – synthetic or cotton. Running shorts also work well for underwear.

Fleece or Synthetic Jacket – Polartec 100 or 200 is good. An even better alternative is a synthetic fill jacket made of Primaloft or Polargard (Wild Things, Moonstone, Patagonia).

Soft Shell Pants – Very versatile and durable. Alternative combinations are: *thermals under trekking pants for cooler weather and fleece pants under gore-tex shells for extreme cold.*

Down Insulated Jacket – Medium weight, hood is a really good idea for those attempting to summit. (Moonstone Uber, Feathered Friends Frontpoint, North Face Lhotse Jacket or Summit Jacket).

Waterproof / Breathable Jacket & Pants – Gore-Tex. *Jacket must have hood. It is recommended that pants have full-length side zips for ease of putting on and taking off while hiking. These garments should be large to fit over all layers except your down jacket.*

HEAD & HAND GEAR

Liner Gloves – Lightweight synthetic (Patagonia Capilene or any brand of PowerStretch).

Windstopper Fleece Gloves – Any brand of Windstopper fleece.

Shell Mittens / Gloves – With pile liners – (Outdoor Research / Marmot).

Buff – Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty conditions. **No need to purchase.** We will be giving you a Trekking for Kids one.

Sun Hat – Any lightweight hat with a good brim or visor.

Wool or Fleece Hat – Any brand of warm hat that can go over ears.

Balaclava – To keep face warm on summit morning and humidify the air when sleeping. A thin one is fine. Should fit underneath your wool or fleece hat or be thick enough to be worn alone.

Sunglasses – 2 pairs recommended. One pair for high altitude, high-quality, 100% UV, 100% IR, min 80% light reduction, side-shields such as those found on “glacier glasses” are not recommended, but size and shape of lens should offer maximum protection from bright light on snow. One pair high-quality, 100% UV, 100%IR, for lower elevations, also as a backup. *It is important to have a spare pair of sunglasses*

Headlamp w/ spare bulb – (Petzl or Black Diamond) plus three sets of batteries. (Note, the little LED ones are fine for this trek).

CAMPING GEAR

Backpack – 2500-3500 cubic inches, internal frame. Top opening mountaineer’s rucksack style is best. Avoid large zipper openings and excessive outside pockets. Larger packs are better than smaller, because they are easier to pack with cold hands and they distribute loads more effectively. **It *must have*** a functional waist belt meaning that the waistbelt supports the weight of the pack. You will be carrying water, snacks, warm clothes needed for the day, camera, etc.

Sleeping Bag – Minus 10F to 0F Down 700 fill minimum (Marmot, Mountain Hardwear, Moonstone, and The North Face).

Sleeping Pad– Self-inflating, full-length (Therm-a-rest). Guide or the Guide Light are the best. Most teahouses will have thin mattresses, but a personal pad to put on top is always nice!

Water Bottles – 2 one-liter, leak-proof wide-mouth (Nalgene Poly or Lexan bottles) **or** 1 if you bring a hydration bag.

Hydration Bag – If you bring a hydration bag you will still need to bring 1, one liter bottle to treat your water in. Works great at warmer temperatures, but will freeze on summit day unless drinking tube is insulated.

Pee Bottle and Funnel for Women– *Optional but highly recommended* (Freshette). For pee bottle: 1 / 1.5 quart, leak-proof wide-mouth (Nalgene Poly or Lexan bottles).

Pack Towel – Small or Medium size (PackTowl). Do not bring “terrycloth,” Bandanas work in a pinch.

Water Purification Tablets – 2 small bottles. Such as Potable Aqua brand iodine tablets or Katadyn Micropur Purification tablets (these don't leave the bad aftertaste like iodine). Our staff will prepare boiled water for you each day of your climb, but it is recommended that you still treat your own water to be extra safe. Small packets of Crystal Light or Powerade are nice to hide the taste of iodine treated water.

***Trekking Poles** – Useful for going up and down steep, muddy trails on the trek, and general travel in the higher elevations. Adjustable poles are best so that you can strap them on your pack when not in use. (Leki 3-section, Black Diamond).

Swiss Army Knife – Remember not to leave in carry-on bags for any international or domestic flight. Scissors are probably the most useful features; you will seldom need the knife blade.

Rain cover for pack – In case we get caught in the rain, this will help your gear stay dry. You can also put everything inside of plastic garbage bags (bring 4-6 of these) for added protection.

MEDICAL & PERSONAL

Sunscreen – SPF-30 or higher, non-oily, not older than 6 months. Sunscreen older than six months loses half of its SPF rating. Bring multiple small containers; you should not carry large quantities in your daypack. It is heavy and will freeze.

Lip-screen – SPF-30 or higher, any brand.

Toiletry Kit – Toothbrush, toothpaste, lotion, alcohol-based anti-bacterial hand sanitizer (Purell), anti-bacterial soap, comb/brush, shave kit, lighter, needle/thread, (bring **travel size** bottles)

Small personal First-Aid Kit – (simple and light) Antibiotic ointment, Moleskin, molefoam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind.

Drugs/Medications/Prescriptions – **EVERYONE must come with a prescription of 500mg time release Diamox (Acetazolamide), 10 pills minimum.** Other useful items: Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections. Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections, Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen for stomach sensitivity,

Zip-loc bags – Always useful, bring plenty (gallon and quart size).

Trash Bags – (4 to 6) Good for wrapping stuff in if it rains and keeping your duffel bag organized. Trash compactor bags are also good and are made from a heavier plastic.

Baby wipes – Do not need 3000. 2 or 3 packets of 20 will do fine.

Ear plugs – Very useful while teahouse sleeping. Available in most drug stores and hardware stores.

Hand/Foot Warmers – Nice to have if your hands or feet get cold easily.

TRAVEL ITEMS

Large Expedition Duffel Bag or Internal Frame Backpack – For flying to Nepal with your belongings, and for the porters to carry with your gear on the Trek. **NO WHEEL LUGGAGE.** (Wild Things "Burro Bag" /North Face Expedition Duffel, XL REI or EMS XL duffel

Small Travel Duffel Bag – Important. This will be stored at you hotel in Kathmandu while you are on the Mountain. This needs to fit all "city stuff", city clothes, toiletries you are not bringing on the climb.

Clothes for orphanage and city time – 2 or 3 changes. Comfortable travel clothes. Days are variable, cool in the mornings, warm in the middle of the day.

Lightweight Travel Shirt – Simple wind-shirt or light fleece. Average evening temperatures in Kathamndu, is in the 60's. Evenings and mornings at higher altitudes on the trek are always a little cold.

Passport Belt/Pouch – to carry important documents and money

Book/card games – nice for tent time

Journal – medium sized, make sure it is not a huge one.

Video Camera – Great to have, but realize there is no place to plug in while trekking.

Film and/or Memory Cards for Digital Cameras – Bring plenty, as well as plenty of camera batteries. . Be sure to keep film in your carry-on luggage, in clear zip-loc bags so that it can be inspected.

Luggage Locks – Nice to have to keep things safe in hotel and when you store your bag in Kathamandu.

iPod / Music – Great to bring, along with a little set of speakers! Please realize that every, and I mean EVERY iPod crashes over 14,000feet other than the Nano or the Itouch. These 2 have no moving parts (flash drive) so the altitude doesn't affect them. If you have one other than the 2 above, don't bring it or find another way to transport your music! (Singing is encouraged).