

# Everest Base Camp Trek

## GEAR LIST

Note: This equipment is not just “suggested”, it is a comprehensive list that we have designed with your safety and comfort in mind! Please follow it closely and if you have any questions, feel free to contact Tricia at [tricia@trekkingforkids.org](mailto:tricia@trekkingforkids.org). **PLEASE NOTE: You are limited to 10 kg (22 lbs.) of luggage for the trek so pack accordingly.** Your trekking bag will be carried by porters.

### FOOTWEAR

**Hiking Boots** – The boots should be waterproof, warm, leather or combination fabric and leather, have a sturdy mid-sole and a Vibram sole, and fit well over light and heavy sock combination. Fit is much more important than brand. Take time to select a pair that fits and **break them in well**.

**Camp/Lightweight Trail Shoes** – Running shoes or other lightweight shoe you can wear around the teahouses and even use for hiking. It is important to be able to change footwear to aid in prevention of blisters and other foot discomforts. If you prefer to hike in a low trail shoe make sure it is waterproof.

**Slippers** (optional) – Nice to wear in teahouses to keep feet warm and to wear to the bathroom down the hall. Rubber bottoms recommended.

**Gaiters** (optional) – For mud and rain. Helps keep your pants cleaner too. Short, simple gaiters are best, but any size will work.

**Lightweight/Heavy Trekking Socks** – 5-6 pairs Synthetic/Wool Blend (like Smartwool). You will use mostly lightweight but a pair of heavy socks is nice to have at higher elevations.

### 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.*

**PLEASE NO COTTON!**

**Shirts** – 2 short sleeve synthetic; most nylon running shirts or athletic shirts will work. TFK will provide you with one short-sleeved synthetic shirt.

**Lightweight Long Sleeve shirts** – 2 long sleeve polypropylene or wool shirts lightweight. Zip-neck style is nice.

**Long Underwear Bottoms** – 1 pair lightweight to mid-weight long underwear bottoms. Running tights can double for this layer too and can wear around the teahouses in the evening for comfort and warmth.

**Briefs** – Synthetic recommended.

**Light Trekking Pants** – 2 pairs. Zip offs are great so you can have a shorts option.

**Soft Shell Pants** (optional) – These non-insulated pants can be worn in place of trekking pants while on the trek. They provide a higher level of warmth and also repel light rain. Alternative combinations: *thermals under trekking pants for cooler weather*.

**Hard Shell Pants or Lightweight Waterproof/Breathable Rain Pants** – Waterproof and breathable such as Gore-Tex. It is recommended that pants have full-length side zips. Full zip is helpful when removing pants while wearing boots. 7/8th or 3/4 zips that reach to lower hip will also work. Make sure pants are large enough to fit over your other layers.

**Soft Shell, Fleece or Synthetic Jacket** – Light/midweight layer you can hike in.

**Hard Shell Jacket or Lightweight Waterproof/Breathable Rain Jacket** – Waterproof, breathable shell, full zip, with hood and no insulation. Make sure jacket is large enough to fit over your other layers.

**Down Insulated Jacket** – Medium weight.

### HEAD & HAND GEAR

**Lightweight or Wind stopper Fleece Gloves** – Fabric that will dry quickly in case they get wet and keep hands warm while trekking in cooler temps.

**Mittens or Gloves** – With insulated liners. Ski gloves/mittens work well. These will be for Everest Base Camp and Kala Patthar summit.

**Buff** – Used to shade your neck, cover your mouth, keep your ears warm, and hide your hair. Protects respiratory system when traveling in dusty conditions and keeps you warm at night.

**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.

## **GEAR**

**Daypack** – 30-40 liters roughly in size. Top opening, internal frame, mountaineer's rucksack style is best. Avoid large zipper openings and excessive outside pockets. It ***must have*** a functional waist belt meaning that the waist belt supports the weight of the pack. You will be carrying water, snacks, warm clothes, camera, etc.

**Rain cover for pack** – In case we get caught in the rain or snow, this will help your gear stay dry. You can also put everything inside of plastic garbage bags for added protection or a dry sack.

**Sleeping Bag** – 0F to 10F Down is recommended, but synthetic is ok. It will get cold at night. You can also bring a sleeping bag liner for added warmth if your bag is not as warm.

**Sleeping Pad** – (optional) Inflating, full-length. The teahouses will have mattresses, but a personal pad to put on top is always nice, but not necessary.

**Trekking Poles** – Useful for going up and down steep, muddy trails, and general trekking in the higher elevations. Adjustable poles are best so that you can strap them on your pack when not in use. Remove the ski baskets since you will use them for walking.

**Headlamp** – plus extra set of batteries.

**Water Bottles** – 2, one-liter, leak-proof wide-mouth Nalgene bottles **or** 1 if you bring a 2-liter hydration bag. Some people need more water in a day and some will need less. Adjust accordingly.

**Hydration Bag** – If you bring a hydration bag you will still need to bring 1, one-liter bottle to treat your water in.

**Water Purification Tablets, Steripen or Water Filter** – You should bring a method of treating your own water. Bottled water is available but is expensive and since there is no landfill the plastic usually ends up on the trail. Steripens are quick and easy to use. We will have a Steripen with us that you can use but you might want to have one method of your own too.

**Sunglasses** – 100% UV protection or very good sunglasses that have quality polarized lenses.

**Carabineers** (*optional*) – to hang water bottle, camera, hat, to your daypack or belt.

## **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.

**Lip-screen** – SPF-20 or higher, any brand. Bring 2 in case you lose one.

**Toiletry Kit** – Toothbrush, toothpaste, lotion, alcohol-based anti-bacterial hand sanitizer (Purell), comb/brush, shave kit, needle/thread, shampoo, soap, small roll of toilet paper (bring ***travel size*** bottles).

**Small personal First-Aid Kit** – (simple and light) Antibiotic ointment, moleskin, mole foam, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, small roll of duct tape, etc.

**Prescriptions Medications** – EVERYONE must come with a prescription of **Diamox** (Acetazolamide), 125-250mg tablets for 10 days (250-500 mg per day usually). If you are allergic to sulfa meds, please let us know, and **Azithromycin** (Z-pak) 250mg for traveler's diarrhea and for urinary tract infections (Z-pack is highly recommended while on the mountain as Cipro is not as effective). Other useful items: Ondansetron (Zofran) can be dissolved under the tongue to help with upset stomach or nausea, Ciprofloxacin (Cipro) 500mg tablets.

**Over the Counter Medications** (suggestions) – Imodium, Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen for stomach sensitivity. Cold medicine (Nyquil cold and flu packets that can be put in hot water, also daytime ones for not being drowsy in day hikes), Mucinex for chest and nasal congestion, throat lozenges. Electrolytes, Vitamin C.

**Pack Towel** – Small or Medium size travel towel. Do not bring “terrycloth.

**Pillowcase** – Pillows are provided in the teahouses, but bring your own pillowcase as laundry is limited and the pillowcases they provide can be a little unappealing.

**Duct tape** – Great for blister care and to repair anything. Don’t bring a large roll; instead, put some around your trekking pole, water bottle, or pen.

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

**Trash Bags/Dry bags** – Good for wrapping stuff in if it rains and keeping your duffel bag organized and dry. Trash compactor bags are also good and are made from a heavier plastic.

**Baby wipes** – Do not need 3000. Several packets of 20 will do fine to help keep you clean on the trail. You will likely use these to “shower” with each night.

**Ear-plugs** – You will definitely want these in the teahouses. The walls are paper-thin!

**Trail Snacks** – Energy bars, trail mix, dried fruit, beef jerky, or other high energy snacks that you like (we will be fed well along the way so don’t go overboard). Snacks like Snickers and Pringles are for sale along the trail but at a premium price, especially the higher you are.

## **TRAVEL ITEMS**

**Large Expedition Duffel Bag** – (waterproof 100-liter capacity). The porters will carry this with your belongings on the mountain and it is also great for flying to Nepal with all of your gear. NO WHEELS! (ex. North Face, Patagonia)

**Small Travel Duffel Bag or Suitcase** – Important. This will be stored at your 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 trek.

**Other clothes** – Simple and versatile, for working in at the children’s home as well as wearing around town. Please make sure outfits are respectful of the local culture, ie nothing tight, short or revealing. Slippers for the hotel and warm clothes like sweaters will be nice as there is little or no heating in the buildings and even though daytime temperatures can be pleasant, you will still feel cold when not in the sun.

**Book/card games** – For evening entertainment in the teahouses.

**Journal** – Make sure it is not too large. Remember, you are only allowed 10 kgs!

**Portable Power Device** – Nice to help keep things charged and not have to pay every night to charge your devices.

**Luggage Locks** – To keep your belongings safe and when you store your bag in Kathmandu.