



## Nepal Everest Base Camp Packing List

### Mandatory Items:

- **1 daypack/backpack:** Minimum gear capacity of 1,800-2,500 cubic in. or 30-45 L. Must have a waist belt and outside pockets to hold (2) 1-liter Nalgene water bottles. Backpack will hold a jacket, hat, gloves, snack, 2 water bottles, gaiters, waterproof jacket and pants, headlamp, passport and money at all times.
- **1 mountain duffle bag with no wheels:** Capacity of 8,000-10,000 cubic in. or 95-160 L. This falls in the range of XL to XXL duffle. This duffle bag will hold your sleeping bag, sleeping pad, mountain clothes, extra pair of boots and other items needed for the mountain. Consider getting a waterproof duffle that will protect from rain and dust.
- **Roller suitcase or duffle:** This will hold your street clothes and all other personal items that *will not be needed on the mountain*. This suitcase will be left at the hotel in a secure location while you are on the mountain.
- **1 sleeping bag:** Recommend temperature rating of 10° - 20° F. (12° 6.67° C.) This is a personal preference based on your internal body temperature. Preferably down-filled. There are various sizes of sleeping bags such as length and zipper side location. Prices are subject to brand and quality of down. Must accompany a compression sack for packing purposes.
- **1 sleeping pad:** Recommend 2-2.5 in. or 6.3 cm. of thickness. Inflatable pads are recommended. Consider a Z-Rest pad or a Thermarest pad.
- **1 pair of trekking poles:** Recommend an adjustable shaft. No folding poles.
- **2 (1-Liter) Nalgene water bottles** (Camelpacks NOT RECOMMENDED)

### Mandatory Items for Feet:

- 1 pair **waterproof** high rise hiking boots for the trail
- 3 pairs of medium to heavyweight hiking socks, preferably wool that fit the boot listed above
- 4 - 5 pairs of lightweight hiking socks, preferable wool that fit the boot listed above
- 1 pair micro spikes. Kahtoola is a popular brand. These will be used on the last day in the rainforest where conditions can be very wet and slippery at times.
- 1 pair of closed toe shoes or warm boots tea houses

### Mandatory Items for Legs:

- 1 windproof/waterproof rain pants. Make sure they will fit over your hiking boots or have a full length zipper on the side of each leg for easy on and off and ventilation
- 1 pair of heavyweight pants, ski pants or down pants
- 2 pairs of long hiking pants
- 2 pairs of hiking shorts
- 2 pair of thermal underwear (polypropylene, polyester, or silk)

- 1 pair medium weight pants, can be polar fleeced. For the trail or at camp
- 1 pair of gaiters for inclement weather and summit day

#### **Mandatory Items for Torso:**

- 1 windproof/waterproof rain jacket
- 1 medium/heavyweight down jacket
- 1 medium to medium/heavyweight long-sleeve fleece jacket
- 1 pair of thermal underwear (polypropylene, polyester, or silk)
- 2 pairs of medium weight long sleeve shirts (polypropylene, polyester, or silk)
- 4 long sleeve non-cotton t-shirts
- 4 short sleeve non-cotton t-shirts

#### **Mandatory Items for Head:**

- 1 warm beanie cap
- 1 wide-brimmed hat or visor
- 1 headlamp with batteries
- 1 pair of sunglasses, recommend side protection

#### **Mandatory Items for Hands:**

- 1 pair of warm mittens or gloves
- 1 pair of glove liners or lightweight gloves

#### **Additional Important Items to Bring:**

- \$300 USD per person in tips for hotel staff, bus drivers, porters, cooks and guides. Bills need to be in small denominations with no tears or marks, and circulation of 2012 or later.
- Adapter B or F for Nepal
- Sunscreen
- 1 lip balm with sunscreen
- 1 small personal first aid kit. Include personal medications to assist with altitude sickness, digestive problems, headaches, soreness, or other personal health issues that may be of concern. High altitude conditions can cause headaches and fatigue. *K2AT cannot administer these medications; it is your responsibility to bring your own.* Refer to the **K2AT General Information** document for recommend medications for the climb.
- Electrolytes (2-3 servings per day)
- Gu or other energy gels
- Daily snacks (one per day is sufficient)
- 3 compression sacks to organize and compact your mountain clothes
- 1 pack of baby wipes for personal hygiene
- 1 pack of tissues or 1 roll of toilet paper
- 5 medium Ziploc (plastic) bags
- 2 large plastic garbage bags if your mountain duffel is not waterproof
- 1 spare pack of batteries for headlamp
- 1 pocket knife or multi tool
- 3 ft. or 1 m. of Duct tape to wrap around your trekking poles
- 2 small containers of hand sanitizer gels
- 1-2 packs of disinfectant wipes
- 1 PEE Bottle at least 1.5 L in size
- 1 bar of soap

**Optional Items to Bring:**

- Portable power source for charging cell phone
- 1 small camping/sleeping pillow
- 1 pack of hand/foot warmers
- 1 set of earplugs for sleeping
- 1 container of insect repellent
- Journal and pen/pencil
- Paperback book
- Camera
- Music
- 1 pocket

**IMPORTANT:**

- \$40 USD for Nepal visa for USA clients. All other international clients need to check visa requirements for the country stated on their passport
- Label all luggage with name and address
- Lock all luggage with TSA approved locks
- Check with your international airline for specific baggage restrictions and if there is a charge for checked baggage. Most international airlines accept 2 checked bags with a 50lb. or 22.5kg. weight restriction. Baggage fees vary by airline.
- Label the 2 Nalgene water bottles with your name
- Use your backpack as your carryon bag for your flight. Keep all medications inside backpack and wear or carry your hiking boots.

**Resources:**

Check your local outdoor recreational store for all gear and supplies.

Popular resources for researching or purchasing gear and supplies online are

[www.blackdiamondequipment.com](http://www.blackdiamondequipment.com)

[www.sierratradingpost.com](http://www.sierratradingpost.com)

[www.rei.com](http://www.rei.com)

[www.backcountry.com](http://www.backcountry.com)

[www.moosejaw.com](http://www.moosejaw.com)

[www.northface.com](http://www.northface.com)

[www.mountainhardwear.com](http://www.mountainhardwear.com)

[www.marmot.com](http://www.marmot.com)

<http://www.leki.com>