



EVEREST BASE CAMP TREK EQUIPMENT LIST

Having the right equipment on your trek will make almost as much difference to your safety, comfort, and enjoyment as any physical training you do. It is essential that you take the time to acquire the correct gear; don't wait for the last minute to find out your local shop doesn't have your size. This equipment is expensive, but you can often find great sales online and at your local gear store. The purpose of this gear list is to help guide your purchases. Often salespeople in your local shop do not have first hand knowledge of high-altitude trekking, so be sure to balance their advice with what you read here. And do not hesitate to call us for more information on any of these items. We have strived to create a list heavy on detail, but there are always further questions!

This list is a guide. While you are required to bring everything on this list, there are numerous options, brands, and versions of each piece of equipment, unless otherwise noted. Using our current suggested brand list we encourage you to shop around, do research, use your experience and the listed features to find the best gear for you.

During your trek in the Khumbu region you will encounter a very wide range of temperatures and weather conditions. At one end of this range is the pleasantly warm and beautiful low land, while at the other end of the spectrum is found the cold and often windy weather of the highest peaks in the world. The equipment you bring must function well in a wide variety of conditions. Your clothing should be warm, lightweight, dry quickly, and allow good freedom of movement. The layering principle, based on several thin layers of insulation (rather than one thick one), covered with an outer weatherproof shell, meets these needs well.

Finally, a note on our recommendations: these are products, which our guides have used extensively and been happy with. Purchasing the specific items listed below will ensure you have the right tool for the job, but there are other options on the market.

If you have questions please give us a call: (801) 783-3126

A NOTE ON PACKING

For your international flights we recommend that you pack all your equipment in your two duffel bags. Do not simply pack your backpack (since the straps can be damaged by the baggage handling machines). It is important to lock these bags for their trip. Depending on the airport, you may be able to put your travel locks on after TSA has searched the bags. If not, Lock the bags with Zip Ties. If the TSA cuts off the zip-tie to search your bag, they will replace it. You will still need the travel locks to lock your bags in the hotel and during the expedition.

Generally, you will take one duffel up to Base Camp, and leave one in the hotel in Kathmandu with your belongings for your time in the city. Your trek duffel will only be accessible in the evenings (with items such as changes of clothing, sleeping bag), and your day pack will hold vitals such a water, layering, blister kit and camera.

Lobuche East climbers - see separate gear list. Your climbing gear can be sent on up to Base Camp in a third duffel.



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Personal Gear	Guide's Choices
<p>1 Duffle Bag - should be extremely durable, waterproof, and big! You should feel comfortable leaving it in a puddle for several hours. Remember dry clothes are hot commodities in the mountains! Large enough to fit everything you own, plus what you anticipate buying.</p>	<p>The North Face Base Camp Duffel Bag XXL</p>
<p>1 Small duffle bag *please see A NOTE ON PACKING on page 1 (bag stays in Kathmandu with city clothes)</p>	<p>The North Face Base Camp Duffel Bag Small</p>
<p>Daypack - Mid-size summit pack for day climbs, city days and trekking. Streamlined, neat and lightweight (30 to 45 liters)</p>	<p>The North Face Angstrom 30 pack The North Face Prophet 45L</p>
<p>Hydration System- Must have shoulder straps + be insulated. Should carry 70-100 ounces. This will be worn under your gore- tex layer (not in your pack) on summit days, so choose the lowest profile model you can find.</p>	<p>CamelBak Marathoner or Bootlegger Hydration Packs</p>
<p>Sleeping bag: Expedition quality rated to a least - 20F). Goose down preferred over synthetic for bulk& weight. Your bags needs to be long enough that your feet are not pressing out the foot box which will make you colder.</p>	<p>The North Face Solar Flare Sleeping Bag: -20F</p>
<p>Compression Stuff Sacks: Work very well for reducing volume of sleeping bags and bulky down clothing</p>	<p>Sea to Summit eVent Compression Dry Sack</p>
<p>Ski/Trekking Poles - Adjustable 3 section w/ Snow Baskets. Shock absorbers are not recommended</p>	<p>Black Diamond Contour Elliptic Compact</p>
<p>Headlamp: L.E.D. headlamps are recommended. Bring extra batteries.</p>	<p>Petzl Tikka XP 2 Black Diamond Storm</p>
<p>Glacier Glasses: Regular sunglasses are usually not sufficient. 100% UV, IR, high quality optical lenses designed for mountain use, must have side covers and leashes. No more than 10% light transmission. If you wear contact lenses we recommend packing a spare pair of glasses - it is a good idea to have these with "photo-gray" or equivalent light-sensitive material so they can double as emergency sunglasses. If you wear glasses we recommend prescription glacier glasses (gray or amber).</p>	<p>Julbo Explorer</p>



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Footwear	Guide's Choices
Hiking shoes: These light to mid- weight shoes are for every day use. The ideal shoe is comfortable enough to wear for multiple days and scrambles decently on rock. A Gore-tex lined shoe often stays drier when hiking in rain or snow.	Sportiva Raptor Ridge Sportiva Delta GTX™ *For those who need more ankle support, a high-top lightweight boot is also appropriate.
Liner Socks (2 pairs): A super-thin wicking sock that repels moisture. Liner socks help to reduce the likelihood of blisters. The socks should be thin wool, nylon, or Capilene®. NO COTTON.	Bridgedale CoolMax Liner Sock
Hiking Socks (3 pairs): Your everyday sock, good for day hikes, trekking, and in- town. NO COTTON.	SmartWool Hiking Medium Crew Sock Bridgedale- Endurance Trekker

Head	Guide's Choices
Baseball Cap Bring your favorite baseball cap for shelter from the blazing sun.	The Benegas Brothers Cap
Polar fleece or wool hat: A comfortable, warm hat that covers your ears. Make sure that it fits well, and that one of your hats fits under a helmet.	Mountain Hardwear AirShield MicroDome Smart-wool Cuffed Beanie
Balaclava: We recommend a tight-fitting balaclava that is worn under your hat. Make sure that it covers as much skin as possible, but is comfortable enough to wear for hours.	Outdoor Research Option Balaclava
Buff: Used to shade your neck and cover your mouth. Protects respiratory system when traveling in dusty conditions.	
Bandanas - To shade the neck.	

Hands	Guide's Choices
Lightweight Synthetic gloves: Should fit comfortably inside mitts or gloves . Lither Capilene preferred	The North Face Bambu Liners Glove
Medium weight glove - Wind/water resistant insulated mountain gloves	Outdoor Research StormTracker Glove. Black Diamond- Wind-weight Glove



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Upper Body	Guide's Choices
<p>Ultra-light base layer: That effectively wicks moisture away from your body and is breathable. Quick-dry is important as well. One light colored shirt is recommended for extremely sunny days. The new wool blends are also an option.</p>	<p>The North Face Vitesse T-Shirt - Short-Sleeve The North Face Hybrid Zip Neck Top</p>
<p>2 x Mid-weight base layer: A Synthetic mid- layer that you will never take off. Fitted, lightweight and quick drying. Make sure it is long enough to tuck-in and we recommend zipper collars for more ventilation.</p>	<p>The North Face Impulse 1/4-Zip Top Patagonia- Capilene® 2 Zip Neck</p>
<p>Expedition-weight top: Warmer than your mid-weight, but still breathable and lightweight</p>	<p>Patagonia R2 Jacket</p>
<p>Soft-shell Jacket: These jackets are much more breathable than Gore-tex, but still effectively block wind and light precipitation on a milder day. A windshirt is also an effective option for this optional layer.</p>	<p>The North Face V10 Soft shell Hoodie Patagonia- Guide Jacket</p>
<p>Hard Shell Jacket: A lightweight, waterproof and breathable jacket WITH A HOOD that can withstand extreme weather conditions. Make sure you have pit-zips and if you are using an old jacket, re-waterproof it.</p>	<p>The North Face Alpine Project Jacket</p>
<p>Insulated Down Parka: A puffy jacket with a hood that will keep you warm during the coldest of conditions. The higher the quality down, the better (800-fill is best). However, be sure the jacket is still lightweight. Doubles up as an extra pillow!</p>	<p>The North Face Redpoint Optimus Insulated Jacket. The North Face Prism Optimus Down Jacket.</p>



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Lower Body	Guide's Choices
1 - 3 underwear: Non-cotton	
Quick-dry shorts Throw these on under other layers for when the sun begins to beat, or you have a sudden urge to jump in a glacial lake. Lightweight, durable and comfortable. NO COTTON.	The North Face Class V Trunk
2 x Mid-weight base layer: Fitted, light-weight and quick drying. The mid-weight will be a base layer that will get you through a wide range of temperatures	Patagonia Merino 3 Mid-weigh Bottoms
Expedition-weight base layer: Warmer than your mid-weight, but still breathable and lightweight. These will be worn around camp.	Mountain Hardwear Power Stretch Tights
Soft Shell pants: You will spend most of your days in these pants. Choose Schoeller® or a soft-shell equivalent. Breathable + water-resistant.	Black Diamond B.C.V Pants La Sportiva Titan Soft Shell Pants
Hard Shell Pant: Waterproof, breathable. Full length side zippers preferred because it allows easy removal of pants, 7/8th zippers allowed but is more difficult to remove pants. No short 1/2 length, or short lower leg zippers allowed as it is difficult to put pants on when crampons are already on.	La Sportiva Storm Fighter Evo GTX Pants.
Lightweight trekking pant: synthetic pair of pants for approach treks to base camp.	The North Face Paramount Peak Convertible Pant



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Miscellaneous Items
SteriPEN for sterilizing water in your water bottle when necessary with spare batteries (this is a very specific sized battery)
Suncream SPF 50+: or better, 2 small tubes. Please note: Sunscreen older than 6 months loses half of its SPF rating; make sure that you have new sunscreen
Lips cream SPF 30+: at least 2 sticks. Make sure your lips cream is new
Food: We bring a lot of extra food; however, you may have personal favorites or things that work well for you such as Power Bars, beef jerky, or Gu packets, so please feel free to bring some with you (around 4 pounds)
Extra batteries for headlamp: Lithium batteries perform best in cold environments
4 - Chemical Hand and Toe Warmers
2 - Water bottles: One-quart water bottles are required. Wide mouth bottles are ideal since their opening is less likely to freeze
2- Luggage Locks: For your duffel bags. Must be TSA approved
Camera and spare batteries
USB Card: A large capacity memory card for picture and video sharing before everyone heads home
Stuff Sacks
Pocketknife
4-Heavy-duty garbage bags for packing clothes in in case of increment weather
Ziplock bags: (large size, for organizing small items like electronics and waterproofing)
Travel Clothes - Having a couple of changes of cotton clothes is encouraged for those times, as Kathmandu is a dusty city. (NB the Yak and Yeti Hotel has a swimming pool!)
Sandals: (flip-flops, chacos or tevas) - rest your feet in the tea house after a long day of trekking
Reading material (books can be swapped amongst the group)
Ear plugs for thin walls or snorers
NEPALI RUPEES for extras on the trail, eg battery charging, shower



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Toiletry Items and Personal First Aid Kit

Toiletries: Toothbrush, Toothpaste, Bio-degradable Soap/Shampoo (Dr. Bronners), Moisturizer, Pural Hand Sanitizer, Antiseptic Hand Towlettes, Toilet Paper (a small emergency stash)

Cough drops

Quick dry towel (and some soap, shampoo in a mini bottle)

Drugs/Medications/Prescriptions: Climbers should bring Pepto Bismol. Ciprofloxin (Cipro) 500mg tablets for travelers diarrhea and for urinary tract infections. Acetazolamide (Diamox) 125 or 250mg tablets for altitude sickness. Ibuprofen (Advil, Motrin) 200mg tablets for altitude headaches, sprains, aches, etc. Excedrin for headaches. Acetaminophen (Tylenol) 325mg tablets for stomach sensitivity.

Personal First Aid Kit: (Simple and Light) Aspirin (Extra Strength Excedrin is best), Antibiotic ointment, Moleskin, waterproof first-aid tape, athletic tape, Band-Aids, personal prescriptions, etc. The guides will have extensive first-aid kits, so leave anything extra behind. Please let your guide know about any medical issues before the climb.

Pee-Bottle: 1 to 1/2 quart size. For female it's a female urination device (sometimes called a FUD) that allows you to pee while standing up. It's neat. It's discreet. It's hygienic. Sani-Fem Freshette Feminine Urinary Director

Travel Documents

Passport: Valid for six months beyond your return date

Photocopy of Passport: The first two pages of your passport

COPY OF FLIGHT ITINERARY

2 EXTRA PASSPORT PHOTOS - one will be needed for you to purchase your entry visa upon arrival at KTM airport, please have dollars to pay for your visa to hand as well as your one of your photos

COPY OF PASSPORT NEPAL VISA PAGE - Once you have it upon arrival - vital in case of lost passport

Final Pre Trip Check List

- Purchase travel insurance
- Return the Participant Information Form to the BBE Office
- Purchase airplane tickets

