

# EVEREST BASE CAMP TREK & WFR

## GEAR CHECKLIST

Please use this to prepare for your trek and WFR at Everest Base Camp, including climbing Lobuche East. If needed, many items are available for purchase in Kathmandu.

\*Items that can easily be rented in Kathmandu

### Head and Face

- Warm Hat: Wool or synthetic that cover the ears: 1
- Buff or Baclava: 1
- Sun Hat or Baseball Cap: 1
- Sunscreen: SPF 30+
- Lip Balm: SPF 30+
- LED Headlamp: 100 - 150 lumen or brighter
  - Extra set of batteries

### Upper Body

- Base-layer Top: synthetic long-sleeve shirt and quick dry t-shirt: 2
- Mid-layer Top: synthetic or fleece top: 2
- Soft-shell Jacket with Hood: 1
- Hard-shell Jacket with Hood: waterproof/windproof: 1
- \*Down Jacket with Hood: Heavy weight down. 700+ fill or higher: 1

### Hand wear

- Lightweight Soft-shell Gloves: 1 Pair
- Thin Liner glove: 1 Pair
- Heavyweight Gloves: Insulated, water resistant glove or mitten with GORE-TEX® or waterproof outer (Guide Gloves): 1 Pair

### Lower Body

- Base-layer Bottom: Long underwear: 2
- Soft-shell Pants: Synthetic, stretchy, non-insulated for hiking /climbing: 2
- Hard-shell Pants: Waterproof/breathable Full-length with side zip: 1
  - You may need to take off your hard-shell pants without removing your boots
- Down or Primaloft Pants: 1

### Footwear

- \*Trekking Poles: Adjustable and collapsible with snow baskets. (optional but recommended)
- Medium weight Socks: Three pair of wool or synthetic socks for trekking
- Gaiters: One Pair of Gaiters to keep dirt and snow out of boots (optional, can be a low cut if wanted)
- Hiking Boots: Pair of ankle high trekking/hiking boot
- Tennis Shoes or Sandals: lightweight to wear in the lodges after a long day of hiking

### Sleeping System

- \*Sleeping Bag: Expedition quality sleeping bags rated to -20 Celsius (0F) or below
- \*Sleeping Pads: A full-length closed-cell foam pad or an inflatable pad. (Most Teahouses have mattresses)

## **Packing and Backpack**

- Day Pack/Backpack: Lightweight 35 - 45 liter pack with water proof cover
- Duffel Bag: One large, waterproof PVC duffel bag for transporting gear via porters
  - (Easily purchased in Kathmandu for about \$30)

## **Additional Gear if Climbing Lobuche**

- Glacier Glasses: Category 3 or 4 lens is recommended for mountaineering
  - A Spare pair is also essential
- Mountaineering Boots: Alpine Mountaineering boot compatible with crampons
- Heavyweight Socks: Two pairs of wool or synthetic socks for climbing
- \*Ice Axe: 55-75 cm mountaineering axe
- \*Crampons: Non-technical Glacier crampon
- \*Climbing Helmet: Lightweight
- \*Alpine Harness: Lightweight alpine harness with adjustable leg loops
- \*Locking Carabiners: 2 Large screw gate locking carabiners.
- \*Non-Locking Carabiners: 2 non-locking carabiners.
- \*Ascender: 1 Left or right-handed
- \*Rappel/Belay device: 1 Figure 8/ATC Guide
- Safety Rope: 8 mm 3 meters

## **Hydration**

- Water Bottles: Two, 1L wide-mouth plastic bottle OR 1L bottle and hydration bladder.
- Thermos Flask: 1L
- Steripen or AquaMira (Recommended to avoid buying single use plastic bottles on trail)

## **Classroom**

- Small portable camp chair (optional)
- Pen/paper
- Hand warmers
- 10 copies of [SOAP Note](#)
  - We will provide your textbooks in Kathmandu

## **Personal Travel, Health and First Aid**

- Travel wallet for passport, cash, and travel documents
- Four (4) passport photos
- Casual travel clothes
- Personal snacks: We recommend a mix of sweet and salty whole foods (nuts, dried fruit, dried meat) and energy foods such as Gu, Cliff Bars and Shot Blocks
- Camping bowl, insulated mug, and spoon/spork
- Toilet paper, blue bag, or wag bag
- Hand sanitizer (2-3 small bottles)
- Small soap
- Quick-dry towel
- Toothbrush/paste
- Nail trimmers
- Baby wipes
- Earplugs
- Camera with extra pair of batteries
- Small first aid kit with prescribed medicines if any to last for the duration of the trip