

EVEREST BASE CAMP TREK & WFR

GEAR CHECKLIST

Please use this to prepare for your trek and WFR at Everest Base Camp including climbing Lobuche. 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
- Glacier Glasses: Category 3 or 4 lens is recommended for mountaineering
 - A Spare pair is also essential
- 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.
- 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
- 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.

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

Climbing Gear if Climbing Lobuche

- 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
- Thermos Flask: 1L

Classroom

- Small portable chair
- 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
- Plastic bowl, insulated mug, and spoon
- 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