

EVEREST BASE CAMP TREK & WUMP GEAR LIST

Please use this to help prepare for your trek and WUMP at Everest Base Camp, including climbing Lobuche East. If needed, many items are available for purchase in Kathmandu. Please reach out with any questions!

During hiking days, you will carry only what you need for the day in a roughly 35L pack. This bag should be very light. The rest of your equipment will be carried by porters in provided duffle bags, which can weight up to 20kg (44lbs) per person. Laundry can be done in most villages for a small cost. We will weigh your bags in Kathmandu prior to departure, please do not overpack!

If you are climbing Lobuche, your climbing gear will be sent directly to EBC, so it will not be part of this weight.

*Items that can easily be rented in Kathmandu.

Head and Face

- Warm Hat: Wool or synthetic that cover the ears
- Sunglasses
- Buff or Baclava
- Sun Hat or Baseball Cap
- 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-shirts: 2-4
- Mid-layer Top: synthetic or fleece top: 2
- Soft-shell or Puffy Jacket with Hood
- Hard-shell Jacket with Hood: waterproof/windproof
- *Base Camp Down Jacket with Hood: Heavy weight down. 700+ fill or higher

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 (easily purchased in Kathmandu)

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)
- Hiking Boots: Pair of ankle high trekking/hiking boots, ideally waterproof
- Tennis Shoes and/or Sandals: lightweight to wear in the lodges after a long day of hiking
- *Traction Spikes: Lightweight over-the-shoe micro spikes (optional, required if climbing Lobuche)

Sleeping System

- *Sleeping Bag: Expedition quality sleeping bags rated to 0F (-20C) or below
 - You can rent this for about \$1.35/day in Thamel
- Down socks/booties (optional, recommended for cold sleepers for EBC & Lobuche)

Packing and Backpack

- Day Pack/Backpack: Lightweight 35 - 45 liter pack with water proof cover
- Duffle Bag Provided by Sherpa Legends: One large, waterproof PVC duffel bag for transporting gear via porters

Hydration

- Water Bottles: Two, 1L wide-mouth plastic bottles
 - Optional: hydration bladder for during trekking
- 1L Insulated water bottle
- Water Sterilization: Steripen, Filter, Iodine, or AquaMira (Please have a way to make water! All plastic bottles purchased on trail are burned in stoves)

Classroom

- Pen/paper
- Hand warmers
- SpO2 finger sensor (optional)
- BP Cuff/Stethoscope (optional, we will have some)
- We will provide your textbooks in Kathmandu!

Personal Travel, Health, and Care

- Travel wallet for passport, cash, and travel documents.
 - An additional Rs. 2000-3000 per day for on trail is helpful
- Four (4) passport photos for Kathmandu
- Personal snacks
- Toilet paper/Baby wipes
- Hand sanitizer (2-3 small bottles)
- Small soap & quick-dry towel for showers
- Toothbrush/toothpaste
- Nail trimmers
- Earplugs
- Small first aid kit with prescribed medicines if any to last for the duration of the trip
 - Please do not come prepared to be an expedition medic. We have all of the course supplies.
- Electronics: Battery Pack, cables, solar panel, and chargers for your electronics

Additional Gear if Climbing Lobuche

- Glacier Glasses: Category 3 or 4 lens is recommended for mountaineering
- Mountaineering Boots: Alpine Mountaineering boot compatible with crampons
- Heavyweight Socks: One or Two pairs of wool or synthetic socks for climbing
- *Crampons: Glacier crampons
- *Climbing Helmet: Lightweight
- *Alpine Harness: Lightweight alpine harness with adjustable leg loops
- Gear Kaitu can loan if you do not already have it
 - *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
- Sleeping Pad