

## Packing List for Everest Base Camp Trek

(+): Must Have

(\*): Desirable

(#): Optional

Upper Body Layers				
You'll need a T-shirt, 1-2 insulating layers, plus a wind layer and a rain layer. We use a layering system where different pieces of clothing are worn together or separately to achieve optimum body temperature control. If you get cold easily, plan to take both a fleece jacket and an insulated Jacket. If you think that's too much for your body type, take a fleece and a wind stopper layer.				
S.No	Clothing/Accessory	Qty	Comments	Checklist
1	T-Shirt	5/6	We Strongly recommend polypropylene/sportswear/Nylon/dry fit or synthetic for hikes. We discourage cotton as it retains water and can cause mild hypothermia due to extensive sweating	(+)
2	Base layer	1	If you have synthetic thermals which can be worn at higher elevations	(*)
3	Mid Layer	1	Fleece Jacket or woolen sweater	(+)
4	Insulating layer	1	Thicker fleece or warm jacket or Wind Jacket	(+)
5	Rain Layer	1	Rain Jacket which can also be used as Wind Jacket	(+)
6	Travel Shirt//Salwar/Kurtas	1/ 2	For road travel before and after the hike. Could be cotton.	(+)

Lower Body Layers				
You'll need underwear, 1-2 lower insulating layers plus a wind layer or a rain layer, which must fit comfortably over each other so they can all be worn at the same time.				
S.No	Clothing/Accessory	Qty	Comments	Checklist
1	Women :Underwear/ Sports Bras Men: Boxers	7/8	Synthetic recommended	(+)
2	Base Layer	1	If you have synthetic thermals which can be worn at higher elevations	(*)
3	Hiking Shorts/Pants	1	Synthetic recommended, No Jeans or heavy cotton cargos.	(+)
4	Mid Layer	1	If you have fleece pants or woolen track pants you could get them	(*)
5	Wind Pants/Rain Pants	1	To keep you dry and clear of wind. This should cover other layers	(+)
6	Cotton Pants/Jeans/Salwar Kameez	1/2	For road travel before and after the trek.	(+)

Head, Neck and Hand Layers				
These are compulsory items, which can help you keep warm, dry and away from the radiation of the sun.				
S.No	Clothing/Accessory	Qty	Comments	Checklist
1	Gloves	1 / 2 pairs	It depends on how cold you feel, fleece gloves are better or even woolen works; avoid leather gloves without soft lining. They will just make	(+)

			your palms more cold.	
2	Baseball cap or Sun Hat	1	Necessary for sun protection of your face and ears.	(+)
3	Wool or fleece cap or balaclava	1	Should cover your ears.	(+)

### Sleeping Gear

S.No.	Clothing/Accessory	Qty	Comments	Checklist
1	Sleeping Bag	1	If you don't have one, you can take one from rustik. Typically it should have a Zero Degree Celsius Temp comfort	(+)

### Bags

S.No.	Clothing/Accessory	Qty	Comments	Checklist
1	Rucksack	1	About 60 Ltrs Sack enough to carry your Trek Items	(+)
2	Day Bag	1	For you to hike with bare necessities, in Case you plan to hire a porter.	(+)
3	Plastic Garbage Bags	5-6	To waterproof your clothes inside your bag.	(+)

### Footwear

You need sturdy shoes, which are already worn in and proper fit for hiking on uneven terrain and at least 3-4 pairs of hiking socks. If you sleep in cold weather, bring extra pairs of socks for your sleeping bag.

S.No.	Equipment	Qty	Comments	Checklist
1	Trail shoes/Hiking boots	1	Please bring a already worn in shoes, New ones would cause blisters and if there is a misfit would be hard to adjust and find replacements, if you are comfortable with sports shoes use them.	(+)
2	Sandals/Slippers	1	For travel on road and can be used in the evenings around Camping areas, avoid bathroom slippers, get something which you can wear with socks on	(*)
3	Socks-Liner	2-3 pairs	For hiking and could change over everyday in a rotation	(+)
4	Socks-Woolen	1-2 pairs	Helps to keep you feet warm in the evenings and in the room and sleeping bags and also to hike in snowline (if any)	(+)

### Miscellaneous items

These are the important small things, which could be a lot of help on the hike and camping.

S.No.	Equipment	Qty	Comments	Checklist
1	Hydration System	2	This is high altitude trek, so dehydration is the imminent life threat and also availability of water is also an important factor. So carry 2 sturdy bottles, which can take a liter of water each. If you have a camelbak reservoir get one bottle along with it.	(+)
2	Lip Balm	1	To keep your lips from cracking and making it painful. Something with a SPF factor will be of great help.	(+)
3	Sun Screen SunBlock(Zinc)	1	A 100-200 gms tube which has more zinc and protects your from both UVA and UVB and is Greater than SPF 30	(+)
4	Sun glasses	1	Lenses should be dark and 100% UV resistant. You need a	(+)

			sturdy case to store when not in use. If you have prescription lenses and have limited visibility without them, bring your own prescription glasses or look for a good quality polarized.	
5	Bandana	1	Useful for variety of purposes.	(+)
6	Towel	1	Smaller and handy one. Don't bring bulky beach towels	(*)
7	Prescription glasses or Contact lens	1	If you wear them, get them.	(+)
8	Torch/Head Lamp	1	Bring Spare batteries, Avoid huge bulky torches.	(+)
9	Personal Hygiene Items	1	Bring travel size toothpaste, toothbrush, brush, and Sanitary Pads for women.	(+)
10	Tissue Paper Roll	1	We prefer to use to water since it is hygienic and environmental friendly and does leave any garbage in the mountains.LNT is the base layer of all of our trips. If you can't do with that and prefer to use Tissue paper you need to ship them out or dispose responsibly.	(#)
11	Instant Hand Sanitizer	1	Get a small bottle, for keeping hands clean when washing is not possible.	(+)
12	Personal Medication	1	Please bring if you use any.	(+)
13	Notepad/Pen	1	If you want to maintain a journal or write anything.	(#)
14	Watch		Helps in a lot of ways.	(#)
<b>Optional Items</b>				
S.No.	Equipment	Qty	Comments	Checklist
1	Vitamins	1	If you want to supplement your diet	(#)
2	Adjustable hiking Poles	1	If you have them and you are used to hike with them	(#)
3	Camera	1	Get extra batteries and you have to pay extra (Nominal charges) for usage.	(#)
4	Chocolates/Biscuits/Snacks/Dry Fruits		Good to carry some.	(#)