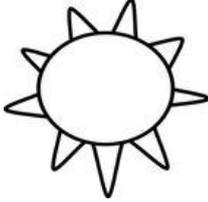


# Everest Base Camp Trek Kit List

This kit list has been carefully designed and takes into account the weight limit and needs of this challenge. Taking the right equipment for your challenge is very important so just get in touch if you have any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it but **being prepared is vital**.

The combined **day-sack/mountain bag weight limit** for the internal flight to Lukla is 15kg. If your kit bag or day-sack is heavy when it is empty this will eat into the amount of kit you can take. We work on 'a set to wear and a set as spare' guideline so you should have no problem with this limit.

<p><b>Weather Conditions and Kit</b></p> <p>We cannot stress enough that you have good quality clothing for this trek. It can have a huge impact on your enjoyment overall and may determine whether you are able to complete your challenge. Remember that you will be trekking for full days whatever the weather. You don't need to break the bank to buy expensive kit but do choose wisely. Do test your kit out in all weather conditions during your training so that you have full confidence in what you have chosen. We work on the basis that you have a set to wear and a set as spare which can then layer up when it gets colder.</p> <p>It is generally warm at lower elevations, with low rainfall, but altitude has a huge impact on temperatures, and it will grow noticeably colder as we gain height – expect temperatures to be sub-zero, especially in early mornings / evenings. The sun is very strong even when cold. The teahouses are rarely heated, though it is warm sitting by the stove at dinner-time in the dining room!</p>	 <p>Average min/max Temp <b>-10 to 24°C / 14 to 75.2 F</b></p>	 <p>Average Rainfall <b>6mm – 18mm / 0.24 – 0.7 inches</b></p>
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## In Your Day-Sack / \*To Wear

✓	<b>Essential</b> Unless otherwise noted	<b>Your day-sack and contents should weigh no more than 6kg (or less!) including 2L of water when trekking. Remember the more non-essential 'stuff' you carry, the more effort it takes and the more energy you will waste - be kind to yourself! This list looks extensive, but the kit included is essential and you will be wearing most of it at times</b>
	*30 litre day-sack	Adjustable shoulder-straps and a comfortable waist belt are essential. You will be carrying about 5-6kg (11-13lbs) of kit including 2L of water, so make sure you bear this in mind when training – but do work up to it if you have not worn a pack before
	*Walking boots	A leather or fabric boot with mid-ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on rocky ground and ensure they are waterproof too. Well worn-in boots are irreplaceable so wear them on flight in the (very rare) case your luggage is delayed. Taking your insoles out of your boots overnight can help air and dry them faster. Approach shoes or trainers are not suitable for this challenge
	*Wide-brimmed hat / cap	For sun protection. Advisable lower down and at altitude, even if cloudy, as it is essential to protect against the strong UV rays
	*Sunglasses – Category 4	Wraparound style sunglasses are the best as you need to protect your eyes from the strong UV rays at altitude, even when it is cloudy. Sunglasses are graded Category 1 – 4 with 1 being the least protective. Cat 4 are strongly recommended for this challenge due to the amount of time spent at higher altitude. There are many inexpensive Cat 4s on the market. Contact lenses are generally not affected by the altitude or cold, but having clean fingers to change them is essential to avoid infection
	Waterproof jacket	A good quality jacket is essential (eg. Gore-Tex, Pertex or Paramo); material should be breathable and seam-sealed. Combining a high standard waterproof with fleece layers is more versatile than a heavy outer jacket, such as a ski jacket, which will be too hot. It must keep you dry in heavy, prolonged rain/snow, not just showers – test it while training. Waterproofs act very well as a windproof too, so wear when cold and windy for an insulating layer. When buying, do make sure it fits over your down/warm jacket for higher elevations
	Waterproof over-trousers	Quality as above. Recommended in cold rain/snow, and protects your socks from rain, which then helps prevent blisters. Again, acts as a great windproof too
	2L hydration bladder (e.g. platypus) + 1L bottle. 3L total essential	2L bladder is great for the trek as they are easy to use whilst walking. The 1L bottle is great for tea houses and rest-stops and can be put inside your down jacket for higher elevations and your platypus goes in your pack. A bottle with a sports cap or flip-top lid is much easier to use than a twist-off lid, but do make sure it does not leak. NB: Single-use (soft) plastic bottles are not permitted on the mountain
	Water purification tablets	Required for the duration of the trip. We recommend bringing a minimum of 100 tablets, which may be bought in Kathmandu if you prefer. You may also choose to bring a filtering water bottle such as Water-to-go or Lifestraw in addition to tablets

Liquid hand wash	One small bottle for easy hygienic hand-washing after toilet and before meals / snacks – this prevents any bugs spreading around the group. You can buy more on the trek itself when needed
Toilet paper + nappy sacks	Toilets are available in tea houses and at lunch, but you may need to find a bush during the day. Take a small amount of toilet paper plus one or two nappy sacks for each day to store your used paper in, so that we leave no trace on the trail. The bags are then disposed of in the bins in tea houses. You will need to buy your own toilet paper which is readily available in villages and tea houses
Whistle	For safety reasons if you become separated. Many day-sacks have them on the chest strap buckle so check yours before you buy a separate one
Snacks	You are fed extremely well on the trail, however extra sources of energy are highly recommended if you are having a tough day, or have special dietary requirements and may not find snacks locally, or if you just need your personal favourites to motivate you! Take a few favourites along with you from the UK and buy the rest on the trail itself to protect your 15kg flight allowance to Lukla. There is a big choice of snacks in the many shops in Namche, which can then live in your mountain bag
Gloves / mitts	3 pairs of gloves of varying thickness is ideal. A liner pair, a mid-weight pair (preferably waterproof or have a waterproof mitt) for trekking, and a thicker warmer pair for higher/colder elevations which can be worn over the top of your liner pair. Do make sure that all of your gloves are not tight as tight gloves will mean cold fingers. Your thicker mitts/gloves can stay in your mountain bag until needed higher up
Warm hat / buff	A buff or lightweight scarf is ideal as a headband or around your neck and to protect you from breathing in dust from the trail. A warm hat is ideal for cold mornings / evenings and as you get higher; sleep in your hat for extra warmth!
Head torch with spare batteries	Useful in the tea houses and on early mornings. To be kept in your day-sack whilst trekking during the day, just in case. Make sure the strap is not too tight as it will give you a headache
Camera / phone	There are plenty of photo opportunities, too many! Use your phone on airplane mode to save the battery and keep anything with batteries at the bottom of your sleeping bag at night to keep them warm. Cold batteries do not last very long
Waterproof rucksack cover	Keeps your day-sack and its contents dry; alternatively, waterproof ponchos that fit over your day-sack can usually be bought cheaply on the trail
Sun cream – SPF50 SPF lip balm	Minimum SPF50 plus high factor lip salve. UV rays are very strong at high altitude, even in cloud cover, so a combination of sun cream and covering up is essential to avoid sunburn. A 50ml bottle will suffice for this challenge as you will mostly be covered up but you can buy locally to top up if necessary
Painkillers / blister plasters / personal medication	You should ensure you have enough of these meds for your personal use. Hydration is all-important to stave off headaches, but you may still get the odd altitude headache, so bring paracetamol and ibuprofen (if you are able to take it). We recommend minimum 32 tablets of each, which sounds a lot but best to have plenty than not enough. Zinc oxide tape and dressings recommended for covering hot spots and blisters (as soon as you feel them). Personal meds should always be carried with you
Trekking poles	Invaluable on steep and uneven terrain going both up and down, especially if you are tired or unsteady on rough ground. Strongly recommended; reduces the impact on your knees considerably. Use them when training to get used to them
Gaiters - optional	Protection for boots & socks / extra warmth
Money / Passport	For snacks, etc, and local crew tips (see FAQs for the amount). Keep both in a plastic/waterproof bag

## In Your Mountain Bag

✓	<b>General Clothing &amp; Equipment</b>	<p>Remember that if your kitbag weighs 2kg you will have 2kg less for your kit, so bear that in mind when buying a bag. DA kitbags are light and sturdy and perfect for this trip! Also remember that the combined weight limit is 15kg for the internal flight, but you will be wearing your trekking clothing / boots and down jacket.</p> <p>Every ounce counts and your kit can multi task too! As a treat on this trek you will be able to have kit washed for a small cost in Namche</p>
	Expedition kit bag for main luggage and padlock plus a small bag or sack for the hotel	To carry all of your kit to Nepal (airline weight limit is usually 20kg / 44lbs) and is carried between tea houses by porters – <b>weight limit applies (see below)</b> You will not be able to access it during the day. Soft-sided luggage essential. Bring an additional small bag or sack for your clothes which stay at the hotel during your trek
	Trek trousers x 2	1 pair of zip-off/convertible trekking trousers adds versatility in warmer temperatures and 1 pair of slightly thicker warmer trousers for higher altitudes Make sure the 2 <sup>nd</sup> pair fit over your thermal bottoms for higher elevations and can also be used as tea house trousers
	Wicking base layer x 1	T-shirts or tops made from wicking material or merino wool help to regulate your body temperature. Avoid cotton as it absorbs sweat, takes a long time to dry and will make you cold. Long sleeves are best to keep the sun off your skin, UV rays at altitude are strong!

	Mid-layer x 2	Warmer long-sleeved layer (eg light fleece or merino wool). Thinner layers trap warmth and are more effective and versatile than wearing one thick top so you can layer up all 3 different weights of tops for effective insulation
	Thermal layer x 1	A warmer fleece for higher elevations and in the tea houses
	Walking socks x 4	Socks can be worn for more than one day but do look after them as damp socks can cause blisters. Ensure they wick well and are the right fit for your boots and your feet. Liner socks can make a difference but do ensure you have tried out different combinations of socks while training, so you have the perfect fit and ones that work for you. A thicker warmer pair is advisable for the higher days, and do make sure you have toe-wiggle room in your boots with this combination; cold feet can cause you to turn around
	Underwear	Comfy big pants for trekking are advisable to avoid chafing; lightweight and non-cotton material even better. Ladies, try to avoid underwire bras as these can rub on long sweaty days. Sports bras are a great option. The number of each is up to you, depending on weight but wearing the same pair of pants 2 days in a row is normal on expedition!
	Thermal bottoms x 1	Useful for wearing at night in the tea houses, in your sleeping bag (see below*) and essential for trekking at higher elevations
	Down / thermal jacket	For cold mornings / evenings / in tea houses. Down jackets are best for dry conditions, Primaloft is a good alternative. They make a great pillow too!
	Sleeping-bag Comfort Rating -10°	Should be comfortable at temperatures below freezing; ideally between 0 and -10°C (4 season) – ensure you keep it dry. *To be warm in a sleeping bag go to bed with warm skin, strip off to pants and a top and your sleeping bag will then heat up quickly by the warmth of your skin. If you go to bed fully clothed, you will introduce cold air to your sleeping bag and thus you will be cold too
	Sleeping bag compression sack	Essential for reducing size of packed sleeping bag, leaving room for the rest of your kit. Most bags come with compression sack, but can be bought separately
	Sleeping-bag liner	Recommended for added warmth (and convenience of washing); silk is warmer and lighter than cotton, and packs down smaller
	Tea house clothing / nightwear	Bring a spare pair of warm trousers or jogging bottoms and a spare top, or use your warmer trekking trousers/top so you can change out of your trekking gear in the tea houses - and for your nightwear (see the explanation for the sleeping bag)
	Trainers / spare footwear	Lightweight footwear for the tea houses. Giving your feet a rest from your boots is essential so bring some Crocs or light trainers to change into.
	Wash kit	Keep it simple. A zip-lock bag with ½ packet of wet wipes, small tube of toothpaste, toothbrush, deodorant and moisturiser are essentials. Everything else is a luxury although earplugs are useful as people tend to snore at altitude! You can buy toiletries in shops along the trail so bring the minimum and stock up if you need to. Shower facilities are very limited and generally only available at a small cost in Namche
	Dry bags (assorted sizes) or a few large strong plastic/bin bags	Store your kit securely in dry-bags or several plastic bags, especially your sleeping-bag and spare clothes
	Spare batteries	For phone, camera, head torch. Solar chargers cannot be relied on if it is cloudy or bring a small power bank as a back-up. There are charging facilities in your tea houses at a small cost and you can buy extra batteries on the trail
	Personal med kit	Your DA crew will have a very well stocked med kit so apart from what is in your day-sack you will only need the following as a back-up Diarrhoea tablets – consult your DA crew before using Rehydration sachets – have a few as a back up
	Feminine hygiene products	Ladies - yes, a subject not often covered on kit lists! Periods tend to be brought on by trekking at altitude and the countries we visit rarely have the products that we are used to. It's best to bring what you usually use, just in case!
	Talcum powder / vaseline – optional	If you have the space and weight allowance for small tubs, can help with blister prevention – experiment at home while training
	Muscle rub – optional	As above; if it really helps you, bring a small tube
	Alarm clock – optional	Alternatively use your phone alarm but you are likely to naturally wake up with the sounds of others getting up early in the morning
	Games / book or Kindle / cards	There is plenty of down-time on this challenge so having something to keep yourself and others entertained is useful!

✓	<b>Hotel / travel clothing</b>	
	Set of clean clothes	For travelling / end of trip / celebration meal; can be left in hotel
	Money belt	Safest way to carry valuables

✓	Important Documents & Money	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Passport + photocopy	10-year essential (for adults); see FAQs for entry requirements. You need to keep your passport with you, so keep it safe in your day-sack
	Visa	Required for most nationalities including UK – see FAQs for details
	Money	You can change GBP easily into Rupees in Kathmandu – see FAQs for details Ensure you have enough funds to cover any resultant costs, should you need to descend to lower elevations for your own safety – see FAQs for further information
	Flight Tickets	To be collected from your tour leader / DA representative at the airport
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Advisable to leave a copy with your next of kin too
	Immunisations Record	Useful if you need a record/proof of your vaccinations - see FAQs for details

### Notes on Luggage:

- To travel – use your day-sack as your carry-on baggage and your main luggage must fit in one soft-sided bag (NOT a hard-sided suitcase or rucksack with external frames)
- If you do not have a suitable soft-sided bag for your main luggage, see the [Discover Adventure kitbag](#) which is designed for this kind of trip
- As noted above, there is a weight limit for luggage on the internal flight to Lukla; the combined weight of your mountain bag and day-sack is 15kg (33lbs). These are strict restrictions for safety purposes, so it's vital you take good quality, lightweight kit. The porters' weight limit for your main pack is 15kg (33lbs) once on the trek, but this shouldn't be a problem as long as you don't buy too much in Namche.
- A spare stuff-sack or bag is useful for leaving behind in Kathmandu with gear not needed on the trek.
- Your luggage allowance on the plane is usually 20kg (44lbs). You should not need this much, but you are responsible for any excess baggage costs charged by the airline – most are quite strict. Remember to leave some room for souvenirs!
- Remember not to pack any sharp objects - penknives, scissors, tweezers, etc. in your hand luggage. Liquids can be carried subject to current restrictions – see <https://www.gov.uk/hand-luggage-restrictions> (UK only)
- Trekking poles should not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached
- If you bring a power-pack to recharge devices ensure you pack it in your hand luggage for flights, as officials will ask you to remove any detected in hold luggage
- Be aware that hand-luggage restrictions may sometimes change due to airport security measures
- As a general rule, avoid travelling with anything valuable or irreplaceable