

Kit List – Everest Base Camp Trek

GENERAL

- **WALKING POLES**
Not essential, but highly recommended. These will save your knees on the downhill sections. You can purchase these inexpensively in Kathmandu.
- **TRAINERS (sneakers/tennis shoes) or WALKING BOOTS**
We are extremely unlikely to experience wet weather during our trek and any surface water should be avoidable. There is always the risk of snow, but in general, this will usually melt sufficiently by late morning to prevent any risk of wet feet. A happy medium would be Gore-Tex lined trail shoes – Salomon, Merrell, Inov8 and North Face all offer good options. Temperatures during the day will vary from 20-25C (68-77F) at lower altitudes to 0-15C (32-59F) higher up – therefore cold feet *shouldn't* be a problem.
- **FLIP-FLOPS (thongs)/CROCS**
These are nice to have available after a hard day of walking. Good for use in the shower.
- **RUCK-SACK (BACK-PACK)**
Ideally you should have used and been comfortable with this item before. Capacity between 30 - 50L being ample. Do NOT overload yourselves during the day – aim to be carrying no more than 10Kg/22lbs, ideally less, on your back. We will be around to help and will have a team of porters to ensure that you focus your energy on enjoying yourself and not over-exerting yourself carrying your toiletries!
- **SUN-GLASSES**
Do not be tempted to cut corners here. We are going to high altitude where the harmful sun's effects are far greater than at sea-level. Therefore, look for good UVA and UVB protection. If continuing on to Island Peak, glacier glasses with side-covers and lanyard would be a sensible option.
- **SUN-CREAM & LIP PROTECTION**
Again, look for UVA and UVB protection. We would advise an SPF factor of 30 or above.
- **CAMERA**
- **SUN-HAT/BASEBALL HAT**
- **HEADLAMP + SPARE BATTERIES**

- **MUSIC SOURCE**

There will be times on the trail when you might need a boost from listening to your favourite tunes or podcast. It's also good to have some music in the early mornings or late evenings when trying to get to - or remain - asleep. Insulation in the tea houses from noise is not particularly good, so if other trekkers aren't being too courteous, at least you can drown out their noise with your preferred music. Flash memory only, as hard drive players do not work reliably at high altitude (above approximately 4000m/13,000ft).

- **GLOVES**

Nothing too technical required. Windproof gloves would be best - like a ski glove, but it's unnecessary to buy a very expensive pair. We just take a light pair of wool liners, and if gets particularly cold, have a lightweight windproof (fleece or soft-shell) pair to put on over the top. In reality, during the day, it will never get that cold. At night, we will be sitting around a yak dung heater after a full day's trekking, feeling nice and snug, or be in bed. You will NOT get frostbite of your digits on this trek! Naturally, if you choose to take on Island Peak, this may well influence the type of glove that you carry with you.

- **TOILET-ROLL, WET WIPES/BABY WIPES & ALCHOLIC HAND-GEL**

Personal hygiene is of paramount importance, both for you and your teammates! Avoiding an infection is far better than being treated for one. In terms of toilet paper, 3-4 Rolls per person should suffice. All of these things can be purchased in Kathmandu if required.

- **PEE-BOTTLE**

An optional extra, but on cold nights, it can be advantageous to avoid the walk to the outside toilet!

- **HAND/FOOT WARMERS**

Only really for people who have any pre-existing problems with their circulation or regularly "feel the cold". A good option if continuing on to Island Peak.

- **PERSONAL TOILETRIES**

It is possible to pay for a hot shower up until Gorak Shep, so a small bottle of shampoo/bar of soap may be a good thing to have. You could always "Wet-Wipe" for the duration and these always prove invaluable. You can't have too many! A toothbrush/paste and deodorant are advisable if you want to keep the rest of the group happy! Don't forget a towel if you're the showering type - travel towels being the best as they are light and quick drying.

- **SLEEPING BAG**

This is not essential, but is recommended. We will have access to blankets in all of the tea houses that we stay in, but most people tend to prefer their own bag. It should make you comfortably warm to temps of around -10 C/14 F. If you're someone who feels the cold, aim for something warmer. Failing that, there is always the option of buying a fleece-liner in Kathmandu. In the lodges, it is unlikely to get this cold, but there is no heating in the rooms and higher up, it can get cold overnight. If you're doing the Island Peak add-on, a bag graded to -20 C/-4 F might be more advisable.

If you do not have your own sleeping-bag, they can be an expensive purchase. Are you going to use it again? If the answer is likely yes, then we would always advocate having your own. If the answer is no, the options available are to hire one in Kathmandu - we can help you do this for approximately \$20 - \$40 for the duration of the trek - or you can use the blankets provided by the Tea Houses. We will be staying in accommodation owned by friends of ours, so we will be well looked after. The general standard of lodge bedding provided is excellent - clean and warm enough for most people - but you can't count on the personal hygiene of other trekkers/climbers. So, if you pick up knits/fleas from

somebody else, it's a long way to walk with an itch! Thankfully, it's an extremely unlikely event, as insects are fairly rare in the hypoxic atmosphere of the upper Khumbu valley.

- **DIARY & PEN**

In addition to your own writing materials, if you'd like to contribute something to the local children, then bringing a collection of pens/paper to give away is always warmly appreciated. Other donations that could be made include any unwanted clothing/footwear. There is always a need for these things and it would be our pleasure to help you to help the local people of the Khumbu.

- **WATER CONTAINER**

I personally (RC) use a CamelBak. I use the 2L/64oz reservoir bag in an overlying protective outer and an insulated pipe. It will slip into your ruck-sack and the beauty of it is that it makes you drink constantly throughout the day. This will minimize your risk of dehydration and associated symptoms of lethargy, headache & loss of appetite. You can of course take a couple of water bottles – Nalgene 1L/32oz bottles recommended - but the action of stopping, taking your ruck-sack off and getting the bottle out, *tends* to be a disincentive to hydration. The Nalgene's can be doubled up to make hot water bottles overnight, so bring at least one, even if you're planning to bring a CamelBak (Platypus an equally good brand).

- **LARGE DUFFEL BAG**

Preferably weather proof and durable. A bag in to which you can throw the majority of your gear. This will be carried each day by the porters to the next stage of the trek. Ideally, 2 people will share one duffel bag to stream-line what the porters are carrying.

- **FIRST AID & MEDICAL KIT**

You should bring a supply of plasters (band-aids) +/- talcum powder. You should also pack some antiseptic cream/spray. Although we will be travelling with a medical kit including a number of medications, it would be wise for you to bring a small personal supply. This should contain: DIAMOX (acetazolamide) 250mg tablets; simple analgesia like PARACETAMOL (ACETAMONIPHEN) 500mg tablets and IBUPROFEN 400mg tablets; Antibiotics including courses of CIPROFLOXACIN 500mg tablets, METRONIDAZOLE 400mg tablets and CO-AMOXICLAV 375mg tablets. These tablets can be purchased cheaply from a trusted pharmacist in Kathmandu; something which Rob and Kev can organize on request.

CLOTHING

- **SOCKS**

Double-looped wool socks tend to work well, whatever your shoe choice. Remember, it will be pretty hot on the first few days, so a couple of lighter pairs will be beneficial to have. A total of 4-5 pairs will prove luxurious.

- **TROUSERS (PANTS)**

Trekking trousers probably best, but not essential. High wicking/breathable. No particular make recommended. The ones with leg zips mean you have a pair of shorts too, so worth considering.

- **UNDERWEAR**

Depends on your sphincter control with respect to the number of pairs! We recommend 3-4. Anyone brave enough for just one pair?! Also, bring some lightweight long underwear. This will be good for sleeping in and provides a base-layer option for your trekking trousers when doing Kala Patthar.

- **3-4 T-SHIRTS/TREKKING SHIRTS**

You'll be most comfortable in high-wicking materials. Trekking shirts are routinely made of this and also come with handy pockets – helpful for storage, etc.

- **FLEECE/JUMPER +**

LIGHT JACKET (eg. Soft-shell, which also has the benefit of being water repellent) +

WARM JACKET (synthetic or mid-weight down)

Think about these combinations carefully. On colder days you'll need a base-layer (T-shirt) + another 1 or 2 layers to be comfortable. So, if you are using a 3 layer system, make sure the outer 2 layers fit over each other. Personally (RC), I take a lightweight windproof jacket along with a light-weight down jacket to go over the top when cold. If you are continuing on to Island Peak, aim for a slightly warmer down jacket. We've seen it rain in the Khumbu a couple of times during spring and autumn seasons, so you might consider a light rain jacket/Gore-Tex. This could be instead of, or in addition to the soft-shell. It's more likely to snow however – so your warm jacket will be more than capable of dealing with any snow or light winds that we might experience.

- **WARM HAT**

Big enough to cover those cold ears!

- **BUFF**

A great item to have with you. Not only can it be used to keep your neck warm, but also to cover your face if temperatures or wind necessitate. It will help to humidify any cold air that you might breathe in through your mouth, helping to prevent any cold-related coughs.

This list is only a guide, but we hope that it proves helpful. There will always be slight variations in what people bring on a trek/expedition. With these foundations however, you will not be missing anything vital. If you have any further questions, just contact us – we'll be more than pleased to help.

Rob, Kev & Ang Nuru

KIT LIST – ISLAND PEAK or LOBUCHE EAST

The fundamentals of your kit requirements for the mountain expedition are found above in the Everest Base Camp Trek kit list. In addition to those items, please add the following:

TECHNICAL ITEMS*

- **ICE-AXE & LEASH**
For glacier travel. A technical axe is not required. Sizing is important: under 5'7" use a 60cm tool; 5'7"-6'1" use a 65cm tool; over 6'1" use a 70cm tool (too short is preferable to too long).
- **CRAMPONS**
Anti-balling plates are a useful accessory but not essential.
- **CLIMBING HELMET**
This is advisable all year round, but particularly during the spring season when conditions are often drier and therefore rock-fall/ice-fall more likely.
- **6m/20ft 6mm ACCESSORY CORD**
Used for rigging your harness.
- **JUMAR/ASCENDER**
Be aware, these can be either right or left handed. It doesn't matter too much however on which one you choose, but most people tend to choose an ascender matched to their dominant side.
- **BELAY/RAPPEL DEVICE**
Figure of 8 or Belay locking-plate.
- **ALPINE CLIMBING HARNESS**
This should fit over all of the clothing that you're likely to wear on summit day. Adjustable leg loops are an important feature. Comfort is important when choosing your harness.
- **CARABINERS**
3 x large D-shaped, locking carabiners. 3 non-locking carabiners
- **DOUBLE PLASTIC CLIMBING BOOTS (preferable)**
Good quality plastic shells with inner boots. Avoid a tight fit. You may wish to "double-sock", so think of this when sizing-up your boots. Comfort is paramount when buying plastic boots. Spend a little extra time walking around the store or take them home and wear them around your house to make sure the fit is right. A little big is always better than a little small.

If joining us on Island Peak, we include the rental of all technical gear as required. However, it is often preferable to use your own gear if you have it. As with all **TREK8848 trips, the price is all-inclusive and will not vary depending on the number of items you require. Regretfully, no discount can be offered to those not requiring technical gear.*

GENERAL ITEMS

- **GAITERS**
Optional, but can save your trouser bottoms as well as your calves! Make sure that your gaiters fit around the plastic boot.
- **GOGGLES**
In case of stronger winds on summit day, requiring more substantial eye/face protection than sunglasses alone.
-
- **LONG UNDERWEAR/BASE-LAYER**
- **SOFT-SHELL and/or HARD-SHELL TROUSERS/PANTS**
This is really down to personal preference and your budget. My (RC) preference is a thermal base-layer and then a soft-shell wind-proof trouser over the top. This has always been sufficient. However, if you get cold legs, you might consider a thermal base-layer with a fleece trouser on top, all under a hard-shell outer (such as Gore-Tex).
- **DOWN JACKET (as per trek)**
Warm enough to protect you to temperatures of approximately -10C/14F, before any wind-chill added. Mid to heavy weight and better off having one with a hood.
- **GLOVES/MITTENS**
Frostbite is simply NOT an option. A lightweight synthetic liner is a good start. On top of these, a soft shell glove could be worn (like a good ski glove). If conditions are particularly cold, then down mittens could be worn over the liner glove. These can be purchased in your home country or cheaply in Kathmandu.

This list is only a guide, but we hope that it proves helpful. There will always be slight variations in what people bring on a trek/expedition. With these foundations however, you will not be missing anything vital. If you have any further questions, just contact us – we'll be more than pleased to help.

Rob, Kev & Ang Nuru