



# TREKKING EQUIPMENT CHECKLIST

## Footweares

- \* Hiking shoes for the trek to base camp with ankle protection
- \* Gaiters
- \* Midweight thermal socks: 5 pairs
- \* Liner socks or equivalent: 2 pairs

## Body Layers

- \* 1 merino base layers: top / bottom set
- \* Quick-dry sports bra (for women)
- \* 1 mid layer top: breathable Underwear
- \* Lightweight waterproof/breathable rain pants
- \* Convertible hiking pants
- \* Hooded Soft Shell jacket To be worn over other layers
- \* Midweight down or synthetic parka with hood
- \* Hooded Hard Shell: Gore Tex and breathable
- \* Insulated Down Jacket
- \* Long jones equivalent to Rab's Polartec or equivalent: 2 pairs

## Headgear and Hand wear:

- \* Wool hat (ski hat)
- \* Sunhat: To shade your face / neck from the sun on a hot day
- \* Buff: To protect your neck / face from the sun
- \* Under helmet Balaclava
- \* Glacier glasses: Full protection with side covers or wrap around
- \* Lightweight synthetic liner gloves: For wearing on a hot day; 2 pairs
- \* Soft shell gloves: To wear for moderate cold / wind

## Personal Gear:

- \* 20-30L Trekking Backpack: To carry on the trek to base camp. Simple and light.
- \* Sleeping Bag: Rated to at least -10 to -20C. Goose down or synthetic
- \* Compression stuff sacks: 2 large ones; for reducing volume of the sleeping bag, down parka, etc., in your pack.
- \* Trekking poles with snow baskets: Adjustable poles
- \* Head torch: 1 normal for base camp and 1 with remote battery systems for climbing at night. This will be used whilst climbing at night
- \* Sunscreen: SPF 50 or above
- \* Lip balm with sunblock
- \* Water bottles: 1 wide mouth bottles with 1L capacity
- \* Thermos: 1 litre (buy a good ones to keep your water warm for longer hours)
- \* Toiletry bag: Include toilet paper and hand sanitiser and small towel
- \* Hand warmers & toe warmers
- \* Pen Knife or multi tool (optional)
- \* Camera: bring extra batteries and memory cards
- \* Personal solar charging system (optional but recommended)
- \* Travel Clothes
- \*Duffel bags (1) with locks
- \* Base Camp extra Items: Kindle, I pad, books, smart phone, etc
- \*Cell phone in waterproof case
- \*Cell phone charging cable
- \*Local SIM card for cell phone (purchase in Nepal)
- \*Portable power device (for recharging phone or other electronics)
- \* Snack food: Please bring a few days of your favourite climbing snack food such as bars, energy gels, nuts, beef jerky, etc. A variety of salty and sweet is recommended to give you extra energy.
- \* Small personal first aid kit: Include athletic tape, Band-Aid's, Ibuprofen, blister care, personal medications, etc
- \*Toothbrush (travel size)
- \*Toothpaste (travel size)
- \*Toilet paper
- \*Personal wipes
- \*Women's hygiene items
- \*Pee bottle
- \*Hand sanitizer
- \*Shampoo and conditioner

- \*Biodegradable soap
- \*Deodorant
- \*Dental floss
- \*Razor and shaving cream
- \*Skin lotion
- \* Medications and Prescriptions: Bring antibiotics (Azithromycin, etc.), and altitude medicine such as Diamox and dexamethasone\*