



WWWTREK

OUR PLANET... WE GUIDE IT, YOU TREK IT.

Everest Base Camp Trek | Gear & Packing List

Gear selection is one of the most important steps when preparing for your trek. The right gear is pivotal in your trekking experience. The following is a suggested gear list to help you prepare for your Everest Base Camp Trek. There are many brands and types of clothing and gear. Usually higher quality leads to longer life of the item. Take note of items you will use again after this trip when buying new items. Gear you will only use once may be of lower quality. Please make sure your gear is comfortable and fits well.

Laundry services are available on nights spent in Kathmandu, Namche Bazaar, and Pheriche.

Have Gear Questions? Please do not hesitate to contact our gear experts at 801.943.0264 if you have the equipment you are not sure fills our requirements or any other questions. We want to ensure everyone is prepared for a wide array of conditions, and a good experience on the mountain dictates having the right gear.

Packs & Bags



Duffel Bag

This duffel bag should be water-resistant or waterproof. It should be able to fit all of your other gear for the trek, including your sleeping bag. 120-liter capacity or larger is recommended. **This pack has a weight limit of 40 lbs on the mountain.**



Pro tip: If you use small bags to separate your clothing and other items, you will have a much easier time finding everything in your duffel!



Medium Duffel

Bag This duffel bag does not need to be fancy and will be used for storing your gear that is not necessary for the trek.



Toiletry Bag

Please include soap, a toothbrush, toothpaste, hand sanitizer, and toilet paper in a bag for the trek. Don't forget any medications you will need. This doesn't need to be anything fancy.



Travel Locks

Used for securing luggage in transit and for your storage duffel bag. Make sure that you buy TSA-approved locks. Please store a spare key in a separate bag or pack.



Medium-sized Day Pack

We recommend a 15-25 liter pack. You will carry day-use items such as a water bottle, camera, lunch, and extra clothing layers in this backpack.



Day Pack Rain Cover (Optional)

A rain cover should be fitted to the size of your day pack. This cover keeps your gear dry in the event of precipitation.

Sleeping Gear



Sleeping Bag (-20°F to 0°F)

Make sure that your sleeping bag is comfort-rated to at least 0°F, or -20°F if you sleep cold. This sleeping bag must have a hood and be of high quality. Down fill is lighter, and tends to last longer but synthetic can be less costly. Taller adventurers may need an extra-long bag.

Clothing & Layering

Clothing impacts not only your comfort but also your safety. Always be critical of the quality and fit of your clothing. Cotton clothing must be avoided as it dries very slowly and is a poor insulator when wet. Instead, choose wool or synthetic fabrics that wick the sweat away from your skin. If you pick layers that build on each other, you will be able to add or remove layers to match the weather and stay warm and dry.

Four-Layer System

- A. **Base Layer:** Manages moisture and wicks perspiration away from your skin (Polypro, Capilene, dri-clime)
- B. **Insulating Layer:** Should be down-fill or synthetic-fill (e.g. down, primaloft, or polarguard)
- C. **Softshell:** Should be a durable, comfortable, insulating, and wind/water resistant layer that breathes well. The main softshell fabrics are Polartec Wind Pro, Gore Windstopper N25, Schoeller, and each clothing manufacturer's own fabrics.
- D. **Hard shell:** Windproof, waterproof, and breathable (e.g. Gore-Tex or similar)

Shirts & Jackets



Base Layer T-Shirt

Two short-sleeved tech shirts that are good at wicking moisture. Synthetic or wool materials only; no cotton.



Long Sleeved Shirt

Bring at least one long-sleeved tech shirt made of synthetic or wool material. A sun shirt works well, and a light color works even better.



Mid-Layer Top

A warmer long-sleeved synthetic mid-layer with quick-drying capabilities. A grid fleece or hybrid works well because of its lightweight, breathability, and flexibility. No cotton.



Insulated Down Parka

An insulated down parka that will keep you warm and dry as you climb in the coldest of conditions. ***Upon arrival in Kathmandu, you will receive an insulated down PARKA as a welcome gift from WW Trekking - No Purchase Necessary.**



Hard-Shell Jacket

A waterproof jacket for when the weather turns wet. A Gore-Tex rating is recommended. Ensure your jacket has underarm zippers and no insulation.



Rain Poncho

A poncho provides a lot of rain protection in a lightweight package.

Pants & Shorts



Long Underwear

One pair of long underwear bottoms. It is best to bring one that is lightweight and the other medium-weight so you have options for varying temperatures and sleeping conditions.



Trekking Pants

One Pair of lightweight full-length trekking pants. Zip-off pants are nice.



Soft-Shell Pants

One pair of comfortable and insulated soft-shell pants. This will serve as your outer layer when it is cold but hard shell pants are not necessary.



Hard-Shell Trekking Pants

Gore-Tex or other waterproof pants. Full-Length side zippers are a nice upgrade. Don't feel the need to buy the best pair of pants.

Headgear



Warm Skull Cap

A beanie or ski hat to keep your head warm.



Neck Buff/Gaiter

One or two buffs for sun and wind protection of your face and neck.



Sunglasses

We prefer polarized sunglasses with UV protection. Sunglasses should be dark and protect your eyes well.



Headlamp

Please ensure your headlamp works well and has a tilting function. 200+ lumens is recommended. A headlamp with a rechargeable battery is not recommended for cold weather. Please bring extra batteries!

Gloves



Light-Weight Gloves

One pair of lightweight gloves made of synthetic or wool materials.



Medium-Weight Gloves

A midweight fleece glove with windproof material.

Footwear



Light-weight Trekking/Running Shoes

One pair of lighter shoes for casual wear and for shorter trekking days.



Hiking Boots

One pair of sturdy, water-repellent hiking boots. These should be well broken in before the trip. A high-top boot is preferable.



Medium-weight Socks

Four to six pairs of medium-weight synthetic or wool hiking socks.



Gaiters

One pair of waterproof gaiters. These keep rocks, dirt, and water out of shoes and boots in the event of dusty trails or precipitation.



Crocs/Sandals

One pair of sandals to give your feet a rest and let your boots dry. Closed-toe slip-on style water shoes are very convenient for camp wear.

Personal Equipment



Trekking Poles

3-section adjustable trekking poles with snow baskets.



Universal Power Adapter

A universal travel adapter. One with USB ports is convenient.



Portable Power Bank

We recommend a capacity of at least 17,000mAh. Don't forget charging cords.



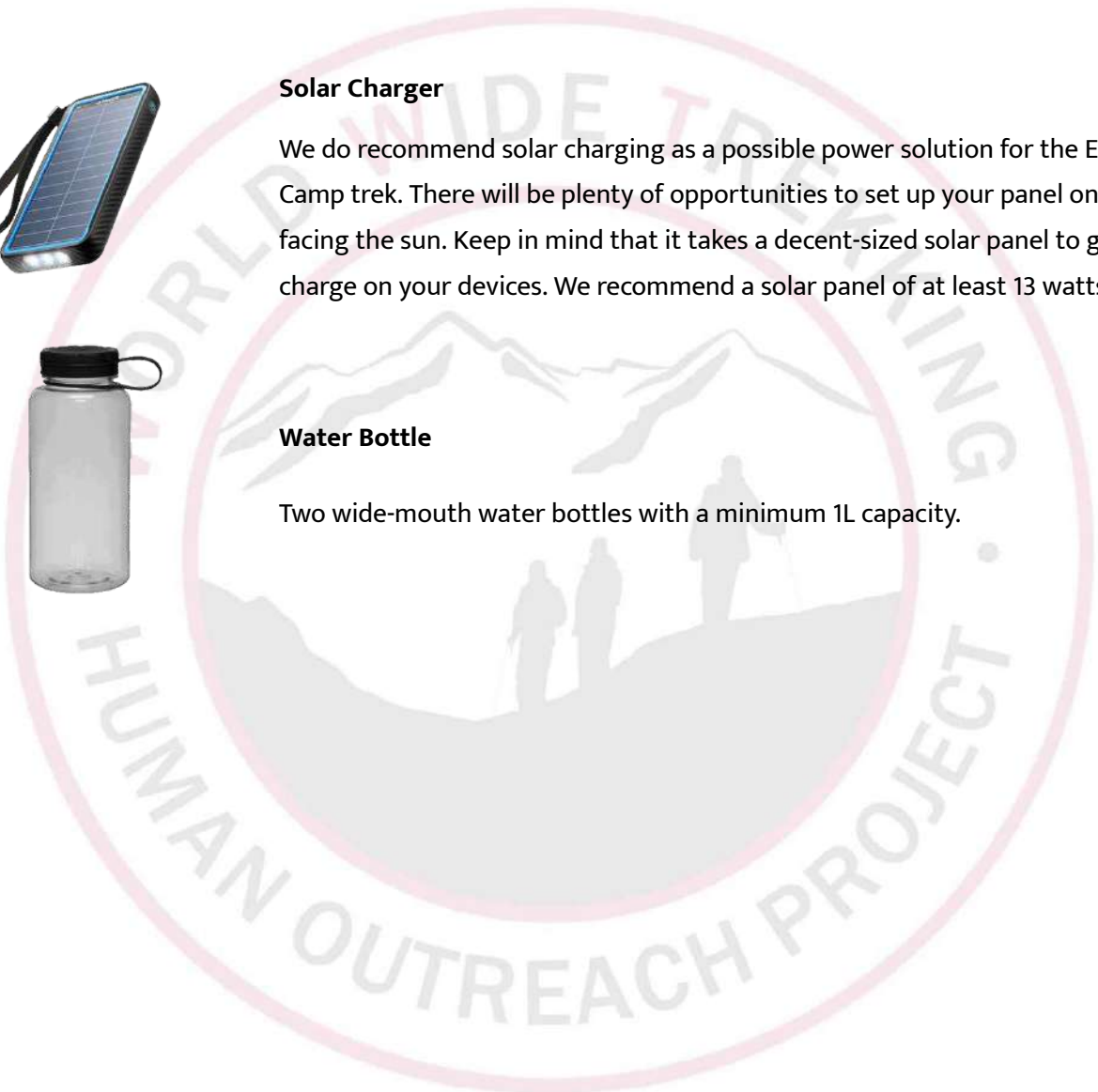
Solar Charger

We do recommend solar charging as a possible power solution for the Everest Base Camp trek. There will be plenty of opportunities to set up your panel on the ground, facing the sun. Keep in mind that it takes a decent-sized solar panel to get a good charge on your devices. We recommend a solar panel of at least 13 watts.



Water Bottle

Two wide-mouth water bottles with a minimum 1L capacity.



Medicine

- ☐ **Acetazolamide (Diamox):** Medication that helps you acclimatize more quickly. 250 MG daily (125 mg AM/PM)
- ☐ **Lip-screen:** Two sticks of lip balm with an SPF rating of 20 or higher
- ☐ **Sunscreen:** A few small tubes of sunscreen with an SPF rating of at least 45.
- ☐ **Personal Medications:** Don't forget to pack your personal medications!
- ☐ **OTC Medications:** We recommend bringing Pepto-Bismol, Imodium A-D, and Cough Drops.

Additional Items

- ☐ **Travel/Casual Clothes:** You will need street clothes for air travel and evenings
- ☐ **Plastic Trash Bags:** Bring a few plastic trash bags to protect your sleeping bag and backpack.
- ☐ **Hand/Toe Warmers:** Two to Three pairs just in case.
- ☐ **Swimsuit:** A swimsuit you already own will be great.
- ☐ **Camera:** Please make sure to bring your SD card, cords, and other accessories. We recommend bringing extra batteries to swap out, instead of charging them.
- ☐ **Additional Toiletry Items:** Hand wipes, washcloth, deodorant, etc.
- ☐ **Snack Bag:** Bring a one-gallon-sized bag of energy bars and other small snacks to keep in your day pack to eat between meals if needed. Bring food you like to eat.
- ☐ **Hand/Toe Warmers (optional):** Two or three just in case

Recommended Apps



WhatsApp Messenger

[Android](#) | [iOS](#)



Google Photos Photo sharing

[Android](#) | [iOS](#)



World Clock

[Android](#) | [iOS](#)



Google Translate

[Android](#) | [iOS](#)



GlobeConvert

[Android \(Alt\)](#) | [iOS](#)



Skyview

[Android](#) | [iOS](#)



Peak Finder

[Android](#) | [iOS](#)



Strava

[Android](#) | [iOS](#)



Weather Underground

[Android](#) | [iOS](#)

