

Everest Base Camp Trek Gear Checklist:

Travel Items:

- ☐ Travel wallet/crossbody bag
- ☐ Cash
- ☐ Passport and travel documents
- ☐ Casual travel/in-town clothes
- ☐ Swimsuit (optional)
- ☐ In-town toiletries
- ☐ Travel adapters, charging cables, battery packs, etc.
- ☐ 2 x large duffel bags with locks

Upper Body:

- ☐ Lightweight sun hoody
- ☐ Base layer thermal top
- ☐ 2 x midweight layers
- ☐ Shell jacket
- ☐ Down parka
- ☐ 3 x neck gaiters or buffs
- ☐ Winter hat
- ☐ Baseball or sun hat
- ☐ Lightweight gloves
- ☐ Heavyweight gloves
- ☐ Chemical hand & foot warmers (optional)
- ☐ Glacier glasses
- ☐ Sunglasses
- ☐ Prescription eyewear (if needed)

Lower Body:

- ☐ Lightweight sneakers
- ☐ Shower sandals
- ☐ Trekking boots
- ☐ 5 x pairs of trekking socks
- ☐ 7 x synthetic underwear & sports bras
- ☐ 2 x base layer thermal bottoms
(1 light, 1 medium)
- ☐ 2 x pairs of trekking pants
(1 light, 1 medium)
- ☐ Belt (optional)
- ☐ Shell pants
- ☐ Insulated pants

Personal Items:

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| <input type="checkbox"/> Book, Kindle, tablet | <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Small medical kit |
| <input type="checkbox"/> Headphones (optional) | <input type="checkbox"/> Pillow case (optional) | <input type="checkbox"/> Prescription medications |
| <input type="checkbox"/> Earplugs (optional) | <input type="checkbox"/> Toothbrush and toothpaste | <input type="checkbox"/> 2 x rolls of toilet paper and Ziploc bag |
| <input type="checkbox"/> Camera (optional) | <input type="checkbox"/> Trek towel (optional) | <input type="checkbox"/> Pee funnel (for women, optional) |
| <input type="checkbox"/> Sunscreen and zinc | <input type="checkbox"/> Baby wipes (optional) | <input type="checkbox"/> Pee bottle |
| <input type="checkbox"/> 2 x lip balm with SPF | <input type="checkbox"/> Personal toiletries | <input type="checkbox"/> 3 x heavy duty trash bags |
| | | <input type="checkbox"/> 4lbs/2kg of snack food |

Notes:
