

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

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

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)



Trekking Gear:

- 30 - 40 L day pack
- Pack cover
- Trekking poles
- 20°F or -30°C down sleeping bag
- Headlamp and extra batteries
- Water bottles
- 0.5 - 1L Thermos (optional)
- Water purification system
- Umbrella or rain poncho (optional)

Trekkers Accompanying Summit Climbers to Lobuche High Camp:

- 1x closed cell foam sleeping pad
- 1x inflatable sleeping pad

Personal Items:

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

Gear Notes: