

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

[illegible]