



EVEREST BASE CAMP TREK GEAR LIST

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Everest Base Camp Trek Gear List

This detailed gear list is provided for your reference.

Each item has been selected by our owners and trusted guide staff over the course of many expeditions to the peak and experience from hundreds of expeditions to other peaks. Please follow these guidelines carefully. Every item on the list is mandatory (except where noted as optional), and if you arrive missing some of them, you will be required to track them down prior to the climb at your own expense, which can be difficult and costly.

We have identified our favorites as examples of each item, which we highly recommend, but you don't need these specific brands/examples, just items that are similar and fit for the same purpose.

Being fully prepared will ensure that your trip and that of your teammates go smoothly and will contribute to your success in the mountains.

If you have any gear questions, please email or give us a call, and we can discuss them: we're here to help!

Important Note for Trekkers Accompanying Everest and Lhotse Climbers:

Trekkers who have organized in advance an overnight at Lobuche High Camp with their summit climber (note: this is not part of our normal Everest Base Camp itinerary) will need to bring 2x sleeping pads, including 1x closed cell foam and 1x inflatable. If you have any questions, reach out to your Expedition Manager.

Travel Wallet/Crossbody Bag

- With your passport, cash, travel documents, and pen.
- This must be discreet and able to be hidden underneath clothing layers with either a neck lanyard or a waist belt .

Cash

Passport and Travel Documents

- Print out team emails to bring with you or download them on your phone for quick reference.

Casual Travel / In-Town Clothes

- These should be comfortable and suitable for wearing to nicer restaurants and exploring town.
- It can be hot in Kathmandu, plan accordingly.
- These clothes can be left at the hotel in your duffel and do not need to go on the trek.



Eagle Creek Stash Neck Pouch



Cotopaxi Allpa X 1.5L Hip Pack

Swimsuit (optional)

- For the hotel pool.

In-Town Toiletries

Travel Adapters, Charging Cables, Battery Packs, etc.

2 x Large Duffel Bags with Locks

- One duffel can be any type of bag or luggage as it will be at the hotel in Kathmandu with any items not going on the trek.
- Your second duffel should be waterproof, PVC, rugged construction with shoulder straps (like North Face XXL).



The North Face XXL Base Camp Duffel (150L)

Lightweight Sneakers

- For travel around Kathmandu and during the trek.
- These must be suitable for travel and to wear around teahouses while on the trek and at Base Camp.
- An aggressive tread for traction and some water resistances is important.

Shower Sandals

- Lightweight and packable pair of sandals for use in the shower.



Hoka Speedgoat 6



Shower Sandals

Trekking Boots

- Medium warmth.
- These need to have ankle support and be waterproof with a good tread.
- Standard hiking/backpacking boots are a great option.
- Foot comfort is the most important; there are many hiking boots out there that work well.



La Sportiva TX Hike Mid GTX



Salomon Women's Quest 4D 3 Gore-Tex® Boots

5 x Trekking Socks

- These should be midweight and need to extend above the boot top.
- These should be merino wool, not cotton.



Darn Tough Men's Hiker Micro Crew
Midweight Hiking Sock



Darn Tough Women's Hiker Micro Crew
Midweight Hiking Sock

7 x Pairs of Synthetic Underwear

2 x Pairs of Base Layer Thermal Bottoms

- 1 x lightweight pair.
- 1 x midweight pair.



Men's Merino 260 Tech
Thermal Leggings With Fly



Women's Merino 260 Tech
Thermal Leggings

2 x Pairs of Trekking Pants

- 1 lightweight.
- 1 midweight.
- You will be trekking in these pants each day.
- These need to fit over your thermal under layers and under your full-zip shell pants.
- Zippered pockets are good and thigh vents can be useful on hot days.
- Convertible pants are useful to turn into shorts on hot days.

Belt (optional)



Outdoor Research Men's Ferrosi
Convertible Pants



Arc'teryx Gamma Pants Women's

Shell Pants

- These must fit over your base layers AND trekking pants.
- These MUST be waterproof, yet lightweight
- These should have full zips on the side to get on and off over your climbing boots and crampons.



Outdoor Research Men's
Stratoburst Stretch Rain Pants



Outdoor Research Women's
Stratoburst Stretch Rain Pants

Insulated pants

- These will be worn during cold nights at tea houses, Lobuche Base Camp, and Everest Base Camp.
- Synthetic or down is good.
- Midweight is ideal.
- These should fit over BOTH your base layer and trekking pants.
- These must have full zips on the sides to get them on and off over your trekking boots.



Mountain Hardware Compressor Pants

Lightweight Sun Hoody

- Non-cotton, long-sleeved sun shirt with a hood.
- The trek can be hot and dusty, having a good lightweight sun hoody can make those days much more pleasant, as well as keep the sun off your shoulders and head.
- This can also function as one of your base layer tops.



Black Diamond Men's
Alpenglow Hoody



Black Diamond Women's
Alpenglow Hoody

Base Layer Thermal Top

- 1 midweight.



Icebreaker Men's Merino 260 Tech Long Sleeve Half Zip Thermal Top



Icebreaker Women's Merino 260 Tech Long Sleeve Half Zip Thermal Top

2 x Midweight Layers

- 1 x fleece or sweater.
- 1 x down or synthetic jacket.
- You will want a combination of options, including both a synthetic or down jacket with a hood AND a fleece sweater-type option. A down vest is another good option.



Himali Accelerator Down Jacket 2.0



Patagonia Women's Down Sweater Hoody



Outdoor Research Men's Vigor Grid Fleece Full Zip Hoodie



Outdoor Research Women's Vigor Grid Fleece Pullover Hoodie

Shell Jacket

- This should be lightweight, waterproof, and packable with a hood.
- It must fit over all your upper body layers except your largest down parka.
- Any waterproof/breathable jacket with a hood can work. It shouldn't have any additional insulation, only a waterproof shell.



Outdoor Research Men's
Helium II Jacket



Outdoor Research
Women's Helium II Jacket

Down Parka

- This needs to be heavyweight, very warm yet packable with a hood.
- This will be worn at teahouses at night and at Everest Base Camp.
- Don't underestimate the cold at Base Camp.

Specs to look for in a jacket:

- A fill weight of around 250 - 400 grams.
- An overall weight of around 600 - 800 grams.
- A water repellent (not resistant) shell.



Feathered Friends
Helios Jacket



Mountain Hardware
Phantom Jacket

3 x Neck Gaiters

- Daily use of a buff over your face is key for respiratory health.

Winter Hat

- It must be very warm and cover your ears.

Baseball Hat or Sun Hat

- This should be lightweight and breathable for warm sunny days yet cover as much exposed skin as possible.



Buff Lightweight Merino
Neck Gaiter



Outdoor Research Vigor
Grid Fleece Beanie



Outdoor Research
Sun Runner Cap

Lightweight Gloves

- These should be light enough to trek in but still keep your hands warm.
- These need to be slim enough to fit under your heavyweight gloves.



Outdoor Research Waterproof Liners

Heavyweight Gloves

- These need to be warm gloves.
- Ski gloves will work great.
- More room in the gloves is better than less.



Black Diamond Guide Gloves

Chemical Hand and Foot Warmers (optional)

- Bring enough pairs to get you through the trip but not more as they are heavy to carry up the mountain.
- Note: chemical hand warmers use oxygen to burn, so they do not work super well at high altitudes.



Hand warmers

Glacier Glasses

- These must be the darkest lenses you can buy (Cat 4) and have full coverage around the eyes to block all light.

Sunglasses

- High-quality polarized sunglasses to use on the trail before you hit the snow.
- Must block UVA and UVB.
- You will wear these frequently for the first half of the trek, then switch to your glacier glasses when on or around snow to prevent snow blindness.

Prescription Eyewear

- If you need prescription glacier glasses, contact the manufacturer for options well in advance of your trip.



Julbo Camino with
Spectron 4 Lens



Julbo Monterosa 2

30 - 40L Day Pack

- This pack will be used as a carryon bag for the trip to Nepal and then for the day hikes trekking to Base Camp.
- It should be light weight and have both a waist belt and chest strap.



Hyperlite Prism Pack (40L)



Black Diamond Speed Goat 40



Osprey Talon 33

Pack Cover

Trekking Poles

- These must be lightweight and collapsible to fit in your duffel bag.
- The “flick lock” style is the most reliable.



Osprey Ultralight Rain Cover



Black Diamond Trail Pro

Down Sleeping Bag Rated to -20°F or -30°C

- This must be roomy enough to fit your water bottles inside so they don't freeze.
- Don't underestimate the cold at Base Camp.

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

If you have any questions, reach out to your Expedition Manager.



Marmot Col -20° Down
Sleeping Bag



Feathered Friends Ptarmigan ES
-25 Sleeping Bag

Headlamp

- Your headlamp needs to be powerful enough to see clearly at night.
- Please select battery-powered headlamps over rechargeable headlamps because recharging can be difficult on the mountain.

Extra Batteries

- Make sure to have enough batteries for the trek, including spares.



Black Diamond Storm 450
Headlamp



Black Diamond Deploy 325
Headlamp

Water Bottles

- Must be wide-mouth bottles for easy filling.
- Either 2 x 1L water bottles or 1 x 1.5L and 1 x .5L water bottles.
- CamelBak-type hydration systems are okay for the trek.
 - A cover to keep the mouthpiece clean and dust/dirt free is key.
 - Do note in cold weather, they can freeze, pop, break, and be unreliable.



Nalgene 48oz wide mouth
Silo



Nalgene 32oz wide mouth



Nalgene 16oz wide mouth

Water Purification: Iodine Tablets, Filter, or UV Treatment

- It is important to have a way to purify your drinking water.
- If using a UV water purifier please bring extra batteries.

0.5 - 1L Thermos (optional)

- For hot water and rinks to help with hydration on cold mountain days.
- Avoid narrow mouthed thermoses which are challenging to fill.



Aqua Mira



Katadyn Steripen Adventurer Opti
UV Water Purifier



20 oz Coffee with Flex Sip™ Lid

Umbrella or Rain Poncho (optional)

- It can be rainy on the trek and having these items helps to keep everything dry.
- Having a rain poncho that you can easily throw on over you and your pack, can be really helpful.



Six Moon Designs Silver Shadow
Ultralight Umbrella



Outdoor Products
Backpacker Poncho

Sunscreen and Zinc

- Buy a sunscreen with high zinc content and sweat resistance.
- This must be 30 SPF or higher.
- **Balm:** Non-toxic, pocket size for high rotations/lightweight at 25g. We like the balm because you can use for sun and wind protection AND recovery for sunburn, windburn and cuts/abrasions as deeply hydrating, and fits in a pocket for quick, easy access on the go.
- **Stick:** Non-toxic, doesn't have a white cast, the metal tube, means it doesn't get contaminated over a long expedition with microbes. It is a non plastic solution (recyclable) and most importantly it is rugged, durable, and can be applied without taking your gloves off. Product doesn't freeze as contains no water and is sweat resistant for 80mins+.

As a CTSS climber, you can enjoy 20% off **Utu Outdoor Skincare** with code **CTSS20%**.

Note: CTSS does not receive any commission or affiliate benefit from this offer.



Utu Hydrating Sun Balm
Face & Lip Protector
SPF50 Mineral Sunscreen



Utu SPF50 Mineral
Sunscreen Stick

Book, Kindle, or Tablet

- Download movies or TV series for entertainment on rest days.

Headphones (optional)

Earplugs (optional)

- For sleeping if it is windy or if a teammate snores.

Camera (optional)

2 x Lip Balm with SPF

Hand Sanitizer

- Bring several small bottles.
- Plan to use hand sanitizer many times each day.

Pillow case (optional)

Toothbrush and toothpaste

Trek Towel

- This is for use at teahouses during the trek and also at Everest Base Camp.
- This should be compact and quick-drying.
- Bring small soap if you plan to shower



Sea to Summit Tek Towel

Small Medical Kit

- **First Aid items:**

- Blister kit
- Band-Aids
- Wound closure strips
- Triple antibiotic ointment
- Basic repair kit
- Scissors
- Duct tape

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- **Other medications:**

- Antacids
- NSAIDs such as aspirin or ibuprofen
- Anti-diarrheal
- Antibiotics
 - An upper respiratory one, such as Azithromycin
 - A gastrointestinal one, such as Ciprofloxacin
- Melatonin
- Asthma medication if you use it (Advair)
- Cold and flu medication.
- Low-dose aspirin

- **High altitude medications:**

- Diamox (acetazolamide, 125mg) for AMS

*** All prescription medications should be selected in consultation with your doctor. ***

2x Roll of Toilet Paper + Ziploc Bag For Storage

Pee Funnel (women only)

Pee Bottle

- 1L bottle with a wide mouth.

3 x Heavy-Duty Trash Bags

- For waterproofing your backpack.



Metolius Climbing, G-Whiz



Colorful pStyle, pStyle

Snack Food

- We recommend 4lbs / 2kg.
- You need to have an assortment of food you know will be palatable to you at high altitudes when you don't want to eat.
- We will provide you with dinners, lunches and breakfasts on the trek, but you will need to bring additional snacks to supplement while trekking.
- It is invaluable to have an assortment of food that you know works for you.
- Be sure to include an electrolyte powder or tab, these can help keep you hydrated and make your water taste better.
- We recommend a wide variety of cheeses, meats, nuts, dried fruits, hard candies, chocolates, and specialty athletic foods such as Gu, RX Bars, Pro Bar, Nuun, Clif Bloks, and the like. All calories are good calories on the trek.
- We recommend bringing probiotics and a multivitamin along as well.



Snickers



Pro Bar Meal Bars



RXBARS
Protein Bars



Gnarly Hydrate
Electrolyte Drink Mixs

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:



CLIMBING
THE SEVEN SUMMITS

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