



## Everest Base Camp Trek Packing List

[AdventuresWithinReach.com/packing](http://AdventuresWithinReach.com/packing)

*Print this itinerary and bring it with you on your trip. You will need it to pack the day before your trek.*

### Clothing

- 3 - Long pants, zip-off pants
- 1 - Shorts (optional)
- 2 - Short-sleeved shirts
- 3 - Long-sleeved shirts
- 7 - Undergarments
- 2 - Sports bra (women)
- 1 - Belt (optional)
- 1 - Sun hat
- 1 - Bandana

### Cold Weather Clothing

- 1 - Down jacket or parka
- 1 - Waterproof shell
- 1 - Waterproof pants
- 1 - Fleece jacket or wool sweater
- 1 - Long underwear
- 1 - Fleece pants
- 2 - Mittens and/or gloves
- 1 - Warm hat
- 1 - Balaclava or neck gaiter

### Footwear

- 1 - Hiking boots, warm, waterproof
- 1 - Tennis shoes or sandals for evenings
- 4 - Hiking socks
- 2 - Sock liners
- 1 - Gaiters
- 1 - Hand and foot warmers (optional)

### Other

- 2 - Water bottles and Camelback
- Trekking poles
- Sunglasses
- Book, cards
- Snacks
- Notebook, pencil and pen

### Sleeping

- Sleeping bag (Rated -10 F/-25 C recommended)
- Sleeping bag liner (optional)
- Sleeping pad

### Baggage

- Large duffel bag or backpack for porters
- Day pack and rain cover, for you to carry
- Dry bags for storing gear
- Carabiners

### Electronics

- Headlamp or flashlight
- Camera, lenses, memory disks, batteries

### Toiletries

- Soap
- Toothbrush and toothpaste
- Deodorant
- Moist Towelettes
- Hand sanitizer
- Lotion
- Sunscreen
- Lip balm with sunscreen
- Hairbrush, comb
- Toilet paper
- Sewing kit
- Feminine products
- Small towel or washcloth

### First Aid Kit

- Pain reliever, antihistamines
- Band-Aids, disinfectant
- Throat lozenges
- Prescription drugs