



2019 LUXURY EVEREST BASE CAMP TREK EQUIPMENT LIST

Equipment Checklist

1.0 Body Wear

- Waterproof shell jacket
- Waterproof shell pants
- Down jacket (*provided*)
- Midweight insulated jacket
- Lightweight fleece top
- Lightweight fleece pants
- Long sleeved trekking shirt
- Trekking pants
- Base layer top and leggings x 2 sets
- Underwear
- Casual wear

2.0 Head Wear

- Warm hat
- Sun hat
- Bandana or Buff
- Sunglasses

3.0 Hand Wear

- Fleece gloves x 2 pairs

4.0 Foot Wear

- Socks x 3 pairs
- Lightweight running shoes/sandals
- Trekking boots
- Snow gaiters

5.0 Packs & Bags

- Daypack (*30–45 litres*)
- Small lockable duffel bag (*30+ litres*)
- Large lockable duffel bag (*95+ litres*)

6.0 Accessories

- Headlamp and spare batteries
- Water bottles x 2
- Personal toiletries
- Personal first aid kit and medication
- Moist wipes
- Sun cream and lip balm
- Pee bottle (*optional*)
- Ear plugs (*optional*)
- Dust mask
- Camera
- Stuff sacks
- Small towel
- Personal entertainment (*optional*)
- Electrical chargers
- Collapsible trekking poles (*optional*)

7.0 Other

- Copy of passport, travel agent contact, and insurance policy details

Packing Lists

Pack the above items into the following bags ready for your flight to Lukla, trekking and Base Camp.

1. Kathmandu Duffel Bag

This will be left in Kathmandu and contains everything you will not need during the expedition.

- Small duffel bag (30+ litres)
- Casual wear

2. Trek Daypack/Day Wear

This will be the pack that you carry with you on the flight to Lukla and while on the trek

- Daypack (30–45 litres)
- Waterproof shell jacket
- Waterproof shell pants
- Midweight insulated jacket
- Warm hat
- Sun hat
- Sunglasses
- Bandana or Buff
- Fleece gloves x 1
- Water bottle
- Personal first aid kit and personal medication
- Sun cream and lip balm
- Camera
- Collapsible trekking poles (*optional*)
- Personal entertainment (*optional*)

Wear your trekking clothes (Base layers, trekking pants, shirt or long sleeved top and fleece jacket) and boots; pack any spares in your trek duffel. Make sure you have enough clothes with you to keep warm in case you get to the lodge before your porter and trek duffel.

3. Trek Duffel Bag

This bag contains the items you will need during the trek and will be carried by porters to the lodge each night. You will not have access to this bag during the day.

- Lockable duffel bag (90+ litres)
- Down jacket (*provided*)
- Lightweight fleece top and pants
- Trekking shirt
- Thermal top and leggings x 1 set
- Underwear
- Socks x 2 pairs
- Fleece gloves x 1
- Lightweight running shoes
- Spare casual/trekking clothes
- Headlamp and spare batteries
- Personal toiletries
- Moist wipes
- Pee bottle (*optional*)
- Small towel
- Stuff sacks
- Ear plugs (*optional*)
- Personal entertainment (*optional*)
- Any spare medications
- Electrical chargers
- Snow gaiters

Clothing and Equipment Information Guide

The following information is a guide to assist you in securing the required clothing and equipment for trekking in Nepal, along with recommended brands. You may have equipment you have used which is different to what is on the list, so please read thoroughly and get back to us with any questions.

Fabrics/Garment Designs/Garment Selection

Today there is a bewildering and ever-changing array of modern technical fabrics and garments on the market. Accordingly, suitable mountain attire can be derived from a wide variety of garments utilised in varying combinations. The clothing on our gear list can be creatively substituted according to your preferences, but ensure your choices are functional and adequate. For example, a functional and often utilised garment that does not appear on our list is a vest.

A basic principle in selecting clothing and equipment is to minimise weight and bulk, while still ensuring adequate warmth and functionality. It can be difficult to find a brand that has all the features you prefer, which means you have to make prudent compromises. In the description below and for certain items, we suggest brands and specific products that we have found to be suitable; this is by no means definitive. In some cases there are multiple suitable brands on the market and hence we do not make specific suggestions.

Appropriate fabrics used in thermal underwear include polypropylene, silk and merino wool. The only cotton garment worn during the climb is your glacier shirt. Warmer insulating materials can be made from fleece, softshell or Primaloft. Varieties of fleece include Windstopper, Wind Pro, Power Shield, Windbloc, Power Dry and Power Stretch. Be aware that fleece garments that incorporate stretch fabric take longer to dry. Softshell garments integrate stretchy nylon fabrics to increase freedom of movement, while also providing various degrees of wind and water resistance in a 'softshell'. They are often lined with a microfleece for increased insulation. Synthetic insulation materials such as Primaloft are advantageous as they are warm even when damp, are water-resistant and quick-drying.

You can read Guy Cotter's thoughts on the ultimate lightweight layering system at <http://www.adventureconsultants.com/adventure/LightweightGear/>

1.0 Body Wear

Waterproof Shell Jacket

Bring a non-insulated, fully waterproof shell jacket with a hood. The jacket should be easy to move in with your base and mid layers on underneath, as well as being easy to put on and take off when wearing gloves or mitts.

There are numerous fabrics which are both water-resistant and breathable such as Gore-Tex, eVent, MemBrain, PreCip, Entrant, etc. These fabrics can be expensive but can last for years, when well looked after.

Shell clothing should be seam sealed during the manufacturing process or the garment will leak through the stitching. Shell clothing made of PVC or similar is totally waterproof but does not breath, which means you become damp from the inside out as moisture cannot escape while you are moving. This style of waterproof shell is not suitable for trekking.

We recommend The North Face Dryzzle Jacket, Marmot Precip Jacket, Rab Ladakh DV Jacket, Montane Ajax Jacket or the Arc'teryx Beta AR Jacket.

Waterproof Shell Pants

Your waterproof shell pants should have good freedom of movement to enable you to lift your legs easily, when worn with your hiking pants and base layer leggings during inclement weather. They should also have $\frac{3}{4}$ to full length zips down each leg to enable you to put them on and take them off, while wearing your boots.

We recommend The North Face Venture Side Zip Pants, Marmot Precip Full Zip Pants, Rab Firewall Pants or the Montane Spine Pants.

Down Jacket (provided)

Bring a warm down jacket with around 190g or more of 650–800 fill duck or goose down for sitting around while in camp and for evenings in the lodges. A hood is optional but recommended, as it will increase your overall warmth.

Lightweight down jackets are not warm enough for this layer although, they can be used as you midweight insulated layer (*See below*).

We recommend The North Face Nuptse Jacket, Rab Electron Jacket, Montane North Star Lite Jacket or the Marmot Guides Down Jacket.



Midweight Insulated Jacket

This is a versatile layer that can be worn while trekking. The jacket can be made from a synthetic insulation like Primaloft or similar materials, an insulated softshell or 200–300 weight fleece (although, fleece has little wind-resistance).

A midweight insulated jacket should have a full front zip for ventilation and zip up pockets to prevent items falling out while on the move. A hood is a worthy addition for extra warmth.

We recommend The North Face Thermoball Hoody, Rab Xenon X Jacket, Montane Prism Jacket and the Arc'Teryx Atom LT Hoody.

Lightweight Fleece Top

Bring a lightweight, form fitting fleece top for use over your base layers. You can wear this as your top layer when warm or put your midweight insulated jacket or shell over it, when it gets colder.

This layer can be a light fleece pullover or jacket with a full zip. A zip chest pocket is useful for keeping sun cream and snack bars accessible. Hoods are optional but recommended.

We recommend The North Face TKA $\frac{1}{4}$ Zip, Rab Power Stretch Pull-on, Montane Power Up Hoodie, Patagonia R1 Hoodie and the Earth Sea Sky Replay Fleece Tops.

Lightweight Fleece Pants

Bring some lightweight fleece or expedition weight pants (100 weight or lighter), which are great to wear around the lodge at night and for your nights in camp.

We recommend The North Face TKA 100 Pant, Earth Sea Sky Micropant or the Rab Power Stretch Pro Pants.

Long Sleeved Trekking Shirt

Even though most of the clothes on the packing list are required because it can be very cold during the trek into Base Camp, it will be rather HOT when trekking lower down in the valley. A lightweight, long-sleeved trekking shirt with a collar to protect your neck from the sun can be very useful.

A shirt made of a modern quick drying fabric can be nice but otherwise, an old office shirt is fine.

We recommend The North Face Adventure Consultants Branded Long Sleeve Cool Horizon Shirt, available from our office.

Trekking Pants

A lightweight pair of quick drying trekking pants is ideal. Convertible pants are handy for their versatility but are not essential.

We recommend items from The North Face Paramount Peak II Convertible Pants, Montane Alpine Trek Pants, Rab Traverse Pants and the Marmot Transcend Convertible Pants.

		
The North Face Adventure Consultants Branded Long Sleeve Cool Horizon Shirt	The North Face Paramount Peak II Convertible Trekking Pants	Rab Merino+ 160 Long Sleeved Zip Tee

Base Layer Top and Leggings x 2

Base layers must be made from materials such as merino wool or polyester. No cotton please! We recommend that you bring one set of lighter weight thermals and one set of medium or expedition weight thermals.

The lightweight set should have a light-coloured top for sunny days. Tops should have long sleeves and a high neck with a zip to allow some ventilation.

Base layer leggings should fit snugly without constriction. These can be worn as a single layer on hot days or under your shell or trekking pants when additional warmth is required.

We recommend Icebreaker, The North Face Warm, Rab Merino+, Earth Sea Ski First Layer and Merino, Montane Primino and Smartwool Base Layer Ranges.

Underwear

Please bring underwear made of fast drying polyester or wool, which are much nicer in cold and wet conditions. Do not bring cotton, as this can leave you cold and damp and in risk of chafing.

Bring sufficient changes of underwear for the trip. It is generally possible to wash small items when in the mountains, but please consider the drying time when packing.

We recommend the Icebreaker, Smartwool, Rab Merino+, Earth Sea Sky Merino and Montane Primino Underwear Ranges.

Casual Wear

Bring a selection of casual clothing for wearing in Kathmandu before, during and after the trek. Items such as lightweight trousers, shirts, t-shirts and shorts are useful although, please don't bring "short" shorts in respect of the local customs.

We recommend The North Face Range of Trekking Clothing.

2.0 Head Wear

Warm Hat

This hat can be made from wool, acrylic, Windstopper or fleece. It should extend over the ears and be snug enough not to fly off in a strong wind.

We recommend The North Face Bones Beanie or a locally made Yak Wool Hat readily available in Kathmandu.

Sun Hat

The sun is extremely strong at altitude. Bring a wide-brimmed hat or baseball cap with a bandana to protect yourself.

We recommend The North Face Horizon Breeze Brimmer Hat, available from our office.

Bandana/Buff

A lightweight cotton bandana and/or Buff are a highly versatile addition to your sun hat to protect the back of your neck from the sun.

These can also be used as a face mask on dusty days and should be thin enough to breathe through, thus reducing your likelihood of contracting the infamous 'Khumbu Cough'.

We recommend the Adventure Consultants Branded Buff, available from our office.

Sunglasses

Bring sunglasses with good lenses and side protection. The lens should be dark enough to withstand the intense reflection from snow and MUST filter 100% of UVA, B and C radiation. Snow reflects up to 85% of solar radiation and the UV index increases 10% with every 1,000m gain in altitude, so it is of utmost importance that you protect your eyes. A Category 3 or 4 polarised lenses with an anti-fog coating is ideal.

If you wear prescription glasses, we recommend you get grey or amber prescription glasses. If you wear contact lenses, it is advisable to bring a pair of prescription glacier glasses as a back-up. Leashes and nose guards are worthy additions.

We recommend Julbo, Bollé, Adidas, Oakley and Smith Sunglasses.

		
The North Face Breeze Brimmer Sun Hat	Julbo Monte Bianco Sunglasses	Black Diamond Midweight Gloves

3.0 Hand Wear

Fleece Gloves x 2 Pairs

Fleece finger gloves are very useful and used most of the time for protection against the cold. They can also be useful to protect your hands from sunburn on a hot day.

We recommend The North Face Power Stretch, Rab Power Stretch Pro or the Black Diamond Midweight Fleece Gloves.

4.0 Foot Wear

Socks x 3 Pairs

Various combinations suit different people and you will need at least 3 complete sets of your personal preference. Some people prefer to wear just one pair of socks in their boots, while others wear two; a thicker pair over a thinner one.

We recommend Smartwool, Bridgedale and Thorlos Socks.

Lightweight Shoes/Sandals

Bring a pair of lightweight shoes or sandals that have a good sole. These can be worn in the evenings and when travelling. It is nice to put your feet in comfortable shoes after a long day in your (sometimes smelly) trekking boots!

Sandals or Crocs are useful to keep your feet off cold floors in the evening and for use while showering in the lodges.

We recommend the Salomon XA Pro 3D Ultra 2, Salewa Firetail 3 or the La Sportiva TX4 Shoes.

Trekking Boots

You want a soft, lightweight, comfortable pair of boots with good ankle support and sole traction. Some people prefer a trekking shoe because they are lighter, but a boot offers superior ankle support.

We recommend La Sportiva Trango TRK GTX, Salomon Quest 4D GTX, Salewa Rapace GTX, Lowa Camino or the Scarpa Kailash Trekking Boots.

Snow Gaiters

Gaiters are used to keep snow and small rocks out of your boots. These should be a Canvas/Cordura or Gore-Tex combination covering the top of your boots and extending to the top of your calf. They need a good tie down under the boot to stop them creeping up at the heel when walking in soft snow.

Generally, there is not much snow on the track, but it sometimes snows in the afternoons (melting off quickly the next morning). Gaiters increase the warmth of your feet by keeping your socks and boots dry.

We recommend the Sea to Summit Alpine or the Rab Latok Alpine Gaiters.

5.0 Packs & Bags

Small Lockable Duffel Bag (30+ litres)

You will require a small sized (30–40 litres) duffel bag or travel bag for storing clothing and items left in Kathmandu while on the trek.

Bring a lock for the duffel. If you're particularly adept at losing keys, please make sure to buy combination locks and set them to an easy to remember number!

We recommend the Osprey Transporter 40 and Marmot Long Hauler Duffels.

		
La Sportiva Trango TRK GTX Trekking Boots	The North Face Base Camp Duffel	Osprey Talon 33 Daypack

Lockable Duffel Bag (95+ litres)

You will require a large sized (95–130 litres) duffel bag for daily transportation of any gear not being carried in your daypack. It will need to be large enough to carry all your trek equipment—see the packing list above for guidelines.

Bring a lock for your duffel. If you lose keys easily, a combination lock with an easy to remember number is the best option!

We recommend The North Face Base Camp Duffels in 95 or 132 litre Sizes.

Daypack (30–45 litres)

Take a comfortable daypack with a 30–45 litre capacity in which to carry your jacket, camera, water bottle and snack food. This is the pack you will be carrying each day on the trek.

We recommend Lowe Alpine AirZone Trail 35, Montane Medusa 32 or the Osprey Talon 33 (Men's), Tempest 30 (Women's), Stratos 36 (Men's) or the Sirrus 36 (Women's) Daypacks.

6.0 Accessories

Headlamp and Spare Lithium Batteries

Headlamps may be needed for visits to the toilet and/or reading. Headlamps are more versatile than hand torches as they allow you to keep your hands free.

Bring lithium batteries as they perform better in colder conditions. These should be only carried in carry-on luggage when travelling, not in checked luggage as they are likely to be confiscated.

We recommend the Petzl Actik, LED Lenser SEO 7R and Black Diamond Storm or Spot Headlamps.

Personal Toiletries

For personal hygiene—toothbrush, baby wipes and deodorant, etc. Make sure everything liquid is in containers that don't leak or break.

While we do supply toilet paper on the trek, a personal roll of toilet paper and hand sanitiser are recommended to carry in your daypack for impromptu toilet visits.

You're able to buy pretty much all your toiletries in Namche Bazaar, so it is not necessary to bring things from home.

Personal First Aid Kit and Medication

You should always carry a basic first aid kit, including blister tape, second skin, gauze pads, crepe bandage and painkillers. Include any personal medication required and be sure to inform the office and your guide if you are on prescription medicine.

Store your first aid kit in a waterproof container if possible. If you do not have one of these, a plastic bag inside a nylon stuff sack usually works well.

		
Black Diamond Storm Headlamp	Adventure Consultants Branded Nalgene 1 Litre Wide Mouth Water Bottles	Sea to Summit Stuff Sacks

Moist Wipes

"Baby Wipes" or similar pre-moistened cloth wipes for personal hygiene. These antibacterial wipes are excellent for cleaning hands and other hygiene issues during the trek.

Sun Cream and Lip Balm

SPF 30 or higher and waterproof sports versions can provide longer sun protection. Sticks for lips and the nose that can be carried in a pocket for fast application are very useful.

Water Bottles x 2

Two plastic bottles of about 1-litre capacity, with heat-resistant qualities and a wide mouth are required.

Bladder style water carrying systems are useful in theory but may freeze on cold mornings, even with an insulation sleeve on the tube. They are prone to damage and are generally difficult to keep clean.

Metal bottles are not suitable due to the extreme temperatures experienced (cold air temperatures and hot liquids) and narrow-mouthed bottles are difficult to fill and clean.

We recommend the Adventure Consultants Branded Nalgene Wide Mouth 1 litre Bottle, available from our office.

Pee Bottle (optional)

This is just a water bottle with a different job. It is an excellent idea to have a different colour and shape to your standard water bottles, so that you do not confuse them in the dark.

Pee funnels are available for women to allow you to pee without exposing any bare skin to the elements but require some practice to use successfully.

We recommend Nalgene HDPE Wide Mouth 1.5 litre Bottle and the Sports and Travel Freshette for Women.

Earplugs (optional)

These are essential for blocking out the noise of a noisy snorer or a flapping tent.

Dust Mask

We recommend carrying a dust mask or Buff for dry and dusty days on the trek and in Kathmandu. This will help prevent the onset of the infamous 'Khumbu Cough'.

Camera

Bring your choice of SLR or fully automatic cameras. Be aware that batteries can be a problem with cold temperatures, so it is a good idea to bring a spare set.

Stuff Sacks

Lightweight coloured nylon stuff sacks are good for sorting and storing gear. Stuff sacks can be lined with plastic bags to keep gear dry during the trek.

During the trek; place clothing, sleeping bags and other non-hardware items in large tough plastic bags for waterproofing.

We recommend the Sea to Summit Ultrasil Dry Sacks, Compression Sacks and Pack Liners.

Camping Towel

Many of the lodges have showers enroute to Base Camp. You can bring either a small camping or normal towel.

We recommend the Sea to Summit Tek and Drilite Camping Towels.

		
iPhone	12 Volt Electrical Charger	Black Diamond Alpine Carbon Cork Trekking Poles

Personal Entertainment (optional)

Feel free to bring a good book, playing cards, diary and an iPod, etc to fill in any downtime during the trek.

We recommend that you choose solid state devices such as the now obsolete iPod Nano (which we have tested up to 7,950m), as these are the most reliable.

A smartphone used in flight mode to extend battery life, can combine the functions of separate devices (camera, video, music, e-books, etc.) into one, but will require a personal sized solar panel and/or battery charging pack to keep charged throughout the expedition.

Electrical Chargers

Most lodges will recharge camera, phone and iPod batteries for a fee so bring along the relevant chargers/travel adaptors. A 12-volt car charger can be used for charging at Base Camp.

Collapsible Trekking Poles (optional)

Collapsible trekking poles can be very useful on the trek, especially if you get sore knees on the downhill sections.

We recommend Leki and Black Diamond Trekking Poles.

NOTE: If you realise you have forgotten something do not fret, you can buy almost anything in Kathmandu. We will go over these points during our briefings in Kathmandu, and your guides will be able to answer any of your questions, as well as sorting out gear with you then.

Adventure Consultants provide a special order facility for the purchase of recommended clothing and trekking/climbing equipment through our office. Please enquire for catalogue and prices.
