

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. We have tried to pare down this kit list to the absolute must-haves for your trip, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Day sack 25-35L
- Rucksack/Duffle bag 70-90L
- Waterproof liner\*

## CLOTHING

- Waterproof and breathable jacket GORETEX recommended
- Waterproof over trousers
- Down jacket
- Windproof softshell jacket
- Lightweight trekking trousers/shorts
- Lightweight fleece
- Wicking t-shirts (long and short sleeve)
- Thermal long johns
- Bandana/buff for the cold
- Balaclava/hat
- Insulated gloves/mittens
- Sunglasses
- Warm, casual clothes for evenings
- Smart clothing for celebration meal\*
- Swimwear (dependent on hotel)\*

## GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- 2 x Water bottles/bladder min 3L in total
- Personal high energy snacks (cereal bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Walking poles
- Camera\*
- Gaffa tape for emergency repairs\*
- Alarm clock/watch\*
- Ear plugs\*

## FOOTWEAR

- Walking boots with ankle support
- Hiking socks, at least two thermal pairs
- Comfy shoes for evenings\*
- Spare laces\*

**KEY** \* Indicates Optional

## SLEEPING

- 4 seasons sleeping bag comfort rating -10
- Sleeping mat/Thermarest
- Sleeping bag liner\*

## SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters and blister plasters (eg Compeed)
- Zinc oxide tape
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Dextrose tablets for extra energy\*
- Deep heat\*
- Knee support\*

## TOILETRIES

- Personal toiletries
- Anti-bacterial hand gel
- Tissues/toilet paper
- Insect repellent containing DEET
- Sun protection (min factor 30)
- Aftersun/moisturiser
- Travel towel
- Dry wash\*
- Contact lenses (plus spare glasses)\*
- Baby wipes\*

## DOCUMENTS

- Passport
- Tickets
- Photocopy of passport
- Money – see Challenge trip notes
- Copy of travel insurance

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). You can hire good quality outdoor equipment for weekends and often hiring a high-quality piece of equipment is better than purchasing a cheap version

# MAKING THE MOST OF YOUR KIT

## LUGGAGE AND PACKING

Your main luggage bag should be a holdall/duffle bag rather than a suitcase so that it is easier to transport. The internal flight to Lukla has a baggage allowance of 15kg. Whilst you may be able to leave non-trekking items in the hotel in Kathmandu, we strongly recommend that you do not over pack!

A useful tip for packing is to compartmentalise your clothing and you can use dry bags or zip lock bags to do this. For example, you could have a bag for underwear and socks; and another for t-shirts and pyjamas. Try laying things out on the floor so you can see everything in one go. Make sure you have everything you need, then if you have space, add some additional things.

You will need a day sack which you can take as your hand luggage on the plane and use for the items you'll need each day on the trek. It is sensible to travel with your hiking boots and jacket in your hand luggage in case your main luggage is delayed en-route.

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. This should be between 10° and -10° C for Everest Base Camp. If you particularly feel the cold then upgrade your sleeping bag to the next level, e.g. from 4 Season to 4+ Season. A silk sleeping bag liner will provide extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag while you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

## CLOTHES

Temperatures can fluctuate enormously from day-night and between the bottom of the mountain and Base Camp. Lots of light layers are key, as well as a synthetic or down jacket for reaching Basecamp. Be sure to pack for all weather conditions including intense sunshine, rain and even snow. A pair of comfortable hiking boots with good ankle support can make all the difference. Try and wear them as much as possible before your trip to ensure that they are the perfect fit for you.

## HYDRATION

At high altitude and during exercise your fluid needs increase dramatically, and hydration is vital, not least to help prevent Altitude Sickness. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a wide mouth bottle with a drinking tube adaptor ([click here](#) for an example). This set up is easy to fill on the mountain and if the tube freezes it can be removed and you can still drink straight from the bottle.

See Outdoorhire's top tips for hydration [click here](#) for an example

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking, and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.

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